



Bimini Dolphin Retreat:
Remembering Your Radiance
Your True Essence
with Lisa Denning and Hydee Tehana

July 19-25, 2026 (week 1)
July 26-August 1, 2026 (week 2)

We invite you to dive deeper within yourself as we offer guided meditations and discussions that will assist you in expanding your consciousness if you choose. This goes “hand in hand” with swimming in the salt water crystals of the ocean as well as swimming eye to eye with a wild dolphin. This journey is all about having fun and discarding our limitations. Your whole being is absorbing healing energy and is immersed in the powerful vortex energies of Bimini.

Is your soul calling you here? How is your soul perceiving the world these days? Are you questioning many things that you were taught as a child? What is true for you and how do you discern this? Perhaps your true essence is calling you from within for you to remember what you are doing in this world? Is it time for you to throw off old limitations and shine? Who would you be if you did this?

Dolphins are some of the most intelligent beings on Earth, have the ability to choose each breath they take, and shut off one side of the brain to sleep. They have been assisting humanity in remembering the truth of who we really are along with the rest of Mother Nature. Many of us are ready to remember and expand our consciousness as the cycles are shifting.



There is something magical about Bimini in the Bahamas that lends to unraveling the mysteries of this Earthly Realm. Perhaps it is the possible connections to Atlantis that the mystical prophet, Edgar Cayce, revealed in his many transcriptions. Many people are drawn to these beautiful islands



because of the spotted and bottlenose dolphins who swim in the warm waters around Bimini. The veils are thin here and the locals talk of the island being surrounded by underwater pyramids.

It seems that many people are wondering what is “real” in this world and is this world just a movie? Shakespeare said, “All the world is a stage and all the men and women merely actors.” Could it be true that this world is just an illusion as many masters and

enlightened ones have shared? Are we here just experiencing another world where we got lost in the experience?

Shall we unravel these mysteries of existence together as many of us hold pieces of the puzzle? The energy of Bimini and the wisdom of the dolphins allow us to dive deep and explore on a much deeper level as it is like Bimini is outside of time and space.

What if the world is just perfect the way it is and it is us that need to change? “Be the change you wish to see in the world,” as said by Gandhi. Once you transform your internal world, the whole world magically melts around you to support your frequency. Master your frequency and you “game the game.”



This retreat is held at WildQuest Retreat Center where we will enjoy wonderful meals from the chef on staff, sleep in rooms that overlook the ocean (if you choose), spend part of the day on their boat with the dolphins and in Mother Ocean, have opportunities for massage and energy healings, guided 432 hz meditations, and enjoy discussions to take us deeper into ourselves. You are also free to take time for yourself if you need a day to just be.



We are being given the opportunity to discard our limitations that no longer works for us and to let go. Many of us are questioning what is next for us at this time as things that worked for us before, no longer do. We are in the unknown and following our true essence is key. Your heart will lead the way instead of your head.

Bimini holds many keys for us and we have noticed that these retreats are incredibly transformative. The joy and love that we feel from the island, the ocean,

and the dolphins are deeply healing and nurturing. So much happens in one week (or two, if you feel called to both weeks).

Bruce Lipton said it best when he said that the secret to life is our subconscious beliefs/programs. It is just so simple and what we choose to believe can limit us or expand us. We are like a computer with many old programs ready to be upgraded if we choose. How magical would you like your world to be?

Come and remember a different way of being in this world...where you live and play in joy, fun, and laughter!

Become the master of your world where you create knowingly and on purpose.

It's a reunion!

COST: \$3222



Retreat Leaders and Guides:

Your retreat leaders/guides will be Lisa Denning and Hydee Tehana.

Together, Lisa and Hydee created **Soul Adventures by Land and Sea** to offer experiences into a deeper connection within. To find out more about them and their retreats:

Go to <https://www.souladventures.love/>



Lisa Denning is one of your retreat leaders/guides for your journey. She is an adventurer, photographer, producer, mermaid, writer, and loves to have fun. Lisa has always been an ocean being and this is where she feels most alive and connected to the truth of who she is. She grew up in New Orleans and moved to the Big Island of Hawaii in 1999 because her soul was calling her to the ocean to be with the dolphins and to heal. Lisa was ready to find out more about the connection she had been feeling with them all of her life. On her first swim in the Hawaii waters, Lisa was surrounded by a pod of wild dolphins and welcomed into their pod.

For the last 26 years, she continues swimming with them and diving deeper into parts of herself. Lisa has traveled around the world to meet many species of dolphins and whales while capturing these magical moments on film and with photographs. She has co-led retreats in many locations with dolphins and whales for the last 26 years. She is passionate about introducing others to our ocean family. We have so much to learn from these magnificent beings. For more information, see www.lisadenning.com You can also see her shop at <https://www.etsy.com/shop/LisaDenningImages>.



Hydee Tehana is one of your retreat guides for your journey. Hydee grew up in California and has a deep love of all of Mother Nature which has always been part of her life. She met the wild dolphins in 2013 which changed her life and began to remember even more of her connections with them and all the cetaceans. Hydee loves to swim in the ocean and to be with all the oceanic beings, as well as be on the land, in the mountains, and forests. By listening and allowing her inner guidance to take charge, she began following the intuition of her heart.

Hydee has a background as a firefighter/paramedic for over 20 years which allowed her to be with people as they crossed over and helping people at their toughest times. She also became a therapist to assist those with trauma. Spirit guided her to retire from the fire department to a new spiritual path of sharing, teaching, producing, and writing. Hydee is an author, producer, speaker, farmer, and guide. For more information, see www.hydeetehana.com



Together, Lisa and Hydee produced the movie, *Ocean: The Story of the Dolphins and Whales told through the Life of Joan Ocean*. This movie is a 3 part movie where you can deep dive into the consciousness of the dolphins and whales.

Joan Ocean is a pioneer in the field of studying wild dolphins and whales since the 1980s.

To view the film, go to <https://www.joanoceanfilm.com/>

MORE INFORMATION:

Includes: 6 night accommodations (one night at a hotel in Florida, 5 nights at WildQuest Retreat center), all meals except for one night out in Bimini, and all program costs. 5 boat trips to be with the Dolphins.

Not included: Flights to Florida and to and from Bimini, one meal out in Bimini. (To make it easy for our group, there is an optional travel package for \$525/person (estimated) which covers: transport from hotel in Ft. Lauderdale to Ft. Lauderdale airport, roundtrip flight from Ft. Lauderdale to Bimini, and all transportation on the island to and from the retreat center. We will all be flying together this way). More details when registering.

Deposit required to hold your space: \$777 (non-refundable due to international payments). Please inquire about travel insurance. Remaining payments of \$1222 due January 1, 2026 and \$1223 due March 1, 2026.

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Please contact LISA for more information at lisaandhydee@souladventures.love

Thank you!

