

Humpback Whale Adventure:
Aitutaki Island in the Cook Islands of the South Pacific

Heart Song
Remembering Your Essence
October 13-20, 2026

Some of the most powerful, yet gentle giants on this planet live in the water and we call them “Whales.” Who are they really? Why do they stir the soul of the human and draw us closer to swim with them? Are they reminding humanity who we really are? Are we ready?

When the whales call to you, you are being called back into remembrance and higher ways of being human. Their primal sounds sing and call to our soul essence. These humpback whales are very social and offer close encounters as they feel our energy. Many of us have connections with these whales beyond what the conscious mind knows.

Are you questioning who you are and what is next for you? Does life no longer make sense from how you were taught? How is your soul perceiving the world? Have you ever wondered what you are doing here on Earth?

Well, congratulations. Your soul is asking you to remember the truth of who you really are...not the mask that you wear with an identity and personality, but your soul essence that goes beyond space and time. The humpback whales have been holding this remembering and our memories for humanity all this time as they traverse this Earthly plane through the waters, singing their songs.

These are incredibly transformative retreats that are sometimes difficult to put into words. These are experiential retreats where your intentions lead the way for what your soul wants to experience as you stay open and curious.

There are limited spaces here as this is a small group of eight at a beachside resort.

Retreat Cost: \$6999
Deposit to hold your space: \$2500

Contact Lisa to reserve your spot: lisa@lisadenning.com

Included: 7 night accommodations at a beachside resort, 5 days out on the water (4-5 hours with weather permitting), breakfast each morning, lunches on all boat days, 5 nights of dinners, one night

buffet dinner and show, optional meditations, all airport and boat transfers, and inter-island airfares (Rarotonga-Aitutaki-Rarotonga).

Not Included: International flights to Rarotonga, Cook Islands, other transport around Aitutaki, lunch on Saturday and Sunday, any drinks that are not included with breakfast or dinner, wetsuits, and travel insurance.

*“To ask the question, ‘What is water’ is to ask, ‘What was the creator before form?’”
~Non-verbal boy thru Veda Austin*