Dolphin Wisdom & the Solar Eclipse

Healing and Meditation Retreat in Sataya Bay, Red Sea, Egypt.

July 31st to August 7th, 2027

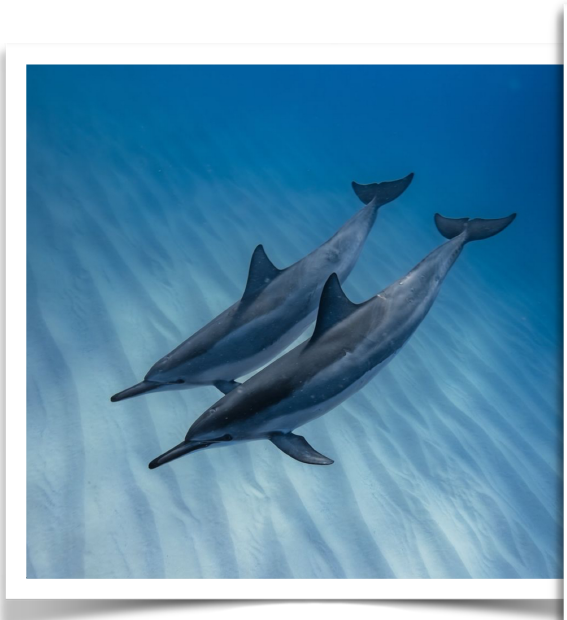
With Joseph Schmidlin, Kiara Windrider & Sandra Gonzalez

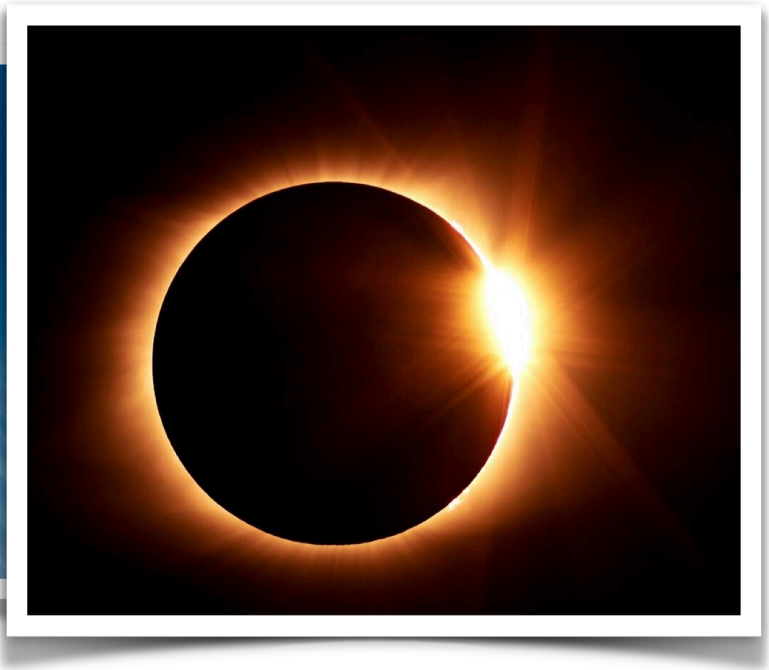
Welcome to the world of wild dolphins in Sataya Bay, one of the most pristine reefs of the Red Sea. Guided by Joseph Schmidlin, Kiara Windrider and Sandra Gonzalez, we will learn the different healing arts while experiencing the gentle, intuitive presence of the dolphins who naturally inhabit these waters.

Dolphins and humans share a unique resonance. Their ultrasonic emissions are believed to support healing, emotional regulation, nervous system balance, and enhanced learning. Over centuries, dolphins have been described as beings with special powers, and modern research continues to confirm their positive impact on human well-being.

Throughout the retreat, we honor the dolphins completely. All encounters happen only in their natural habitat and always on their terms.

A unique feature of this particular excursion will be a total solar eclipse on August 2, visible for 6 and a half minutes from this location, and hailed as the longest eclipse of the 21st century. We will plan to be with the dolphins during this time if possible, or be in a meditative space together.





Weekly Program

Day 1 – Arrival (Saturday , July 31, 2027)

The closest airports are Marsa Alam or Hurghada. Private buses will bring you to Hamata Bay where our boat awaits. You can arrive anytime on Saturday, July 31st and leave anytime after 1 pm on Saturday, August 7th from Marsa Alam or 4 pm from Hurghada. If you wish to come earlier or leave later there are several hotels and resorts to choose from.

- Marsa Alam → Hamata: ~2.5 hours
- Hurghada → Hamata: ~5 hours
  We spend the first night on board.



Day 2 – Sailing to Sataya (Sunday)

We depart early for Sataya Reef. After a two-hour cruise, we anchor for the entire week.

The bay is calm, clear and shallow, so seasickness is rare once we arrive.

After a safety briefing, we enter the water for our first dolphin encounter

Days 2–7 – Life On Board

Dolphins visit the bay regularly to rest and play, giving us multiple opportunities each day to swim with them. We approach gently—by zodiac or by swimming when they come close.

If dolphins move away, we respect their space and wait for their return. In the meantime, you can snorkel along the colorful coral gardens filled with fish of every shape and color.

Daily rhythm includes:

- 2–3 dolphin swims
- Morning meditations/Healing practice (~1.5 hours)
- Evening Healing sessions, meditations or breathwork (~2 hours)
- Time to rest, journal, sunbathe, or enjoy the sea

Day 8 – Return to Hamata

Depending on flight schedules, we sail back after the final dolphin swim on Friday afternoon or early Saturday morning. A bus will take you to the airport or to your hotel if staying longer.



Life on the Boat

The crew includes the captain, snorkel and dive guides, zodiac drivers, cook and assistant, mechanic, and steward.

- 12 cabins with 2 single beds each (no single cabins)
- Private bathroom in every cabin
- Many guests enjoy sleeping on the upper deck under the stars
- Delicious, plentiful meals prepared by our cook, including excellent vegetarian options
- Snacks, tea, coffee, and bottled water available throughout the day
- No smoking in cabins, dining area, or upper decks
- Connectivity: Phone and internet work intermittently. European sockets are available.



What to Bring

- Light summer clothes + warmer clothes for evenings
- Swimwear, pareos
- Shorty wetsuit or old t-shirts for sun protection in water
- Snorkeling gear (good mask, snorkel, comfortable fins – MARES, SCUBAPRO or CRESSI recommended)
- Sunscreen, hat, sunglasses, reading material, journal, musical instruments, art supplies (optional)
- Personal medications
- GoPro or underwater camera, USB stick for photo sharing (optional)
- Flashlight
- International data roaming or Egyptian SIM card available at airport (optional)

- If you wear glasses: bring a prescription mask or a mask that fits over your glasses.



Frequently Asked Questions

- **I’ve never snorkeled before. Is it okay?**

Yes. Our guides will teach you everything gently and safely. The Red Sea is very salty, making it easy to float.

- **I can’t swim at all. Can I still join?**

Yes. With armbands or a life jacket, you can still join the zodiac and spend short moments in the water if you feel comfortable.

- **Are dolphins always there?**

They usually visit daily, but they are free beings. Some days they stay all day; occasionally they don’t appear. We respect their rhythm entirely.

- **Are there sharks?**

No. Sataya Bay is too shallow for sharks.

- **Can I dive?**

Yes. Our dive master can guide dives, and equipment is available on board. You can also complete a PADI certification.



Total cost of the retreat is €2400 including:

- Transfers to/from Marsa Alam
- Accommodation and all meals on the boat
- Snorkeling guidance
- Daily dolphin and reef activities
- ***Flights are not included.***
- There may be a small surcharge for transfers from Hurghada, also if your time of arrival/departure is very different from the rest of the group
- 90€ tip for the crew is expected at the end of the retreat.

Discounts:

- **€ 2200 (Early bird special** before November 1, 2026)
- **A non-refundable deposit of € 500** due upon registration.
- The remaining amount will be due as announced later.
- **Customized pay plan if needed**



Contact for booking and questions.

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- **Joseph** : +1 585 309 8744 @onetone_sonic_alchemy
- **Kiara**: kiara@eternaldoorway.com
- Video: https://youtu.be/dCSILiDvIhM?si=uCdSaZINjH__mofXm





Vegetarian options





Joseph & Kiara

Joseph Schmidlin (D.O.mtp, LMT) is a classical osteopathic physician and graduate of the Canadian Academy of Osteopathy. He has completed over 30 years of teaching and practice in the field of energy medicine, including Cranial Sacral, Zero balancing, Traditional Chinese Medicine and Ayurveda. He utilizes sonic vibrational medicine and Nada yoga in his teaching and clinical practice. He is the founder of OneTone Sonic Alchemy and frequently leads trainings, retreats, sound immersions and meditations around the world.
For more information visit www.jschmidlin.com
or instagram @onetone_sonic_alchemy

Kiara Windrider, MA, is a transpersonal psychotherapist, author, and science researcher. His own journey includes Sri Aurobindo's Integral Yoga, Kashmir Shaivism, Egyptian mysteries, Inka shamanism, and a healing system he has developed known as lilahinooor. He is also deeply interested in the journey of planetary transformation from the perspectives of science, ancient history and galactic cycles. He is available for seminars, retreats and travel programs around the world, including special around the world to experience the presence of wild dolphins. His experiences with whales and dolphins have shown him how humans can learn to access intuitive and spiritual states of consciousness by tuning in to the right brain of Gaia, a field of awareness that cetaceans can easily access and transmit.



Sandra Gonzalez is an internationally revered healer, spiritual teacher and Sacred Journeys tour leader. With over 30 years of experience, she has a rare gift for guiding people through profound transformations in a deeply loving and nurturing way.

Sandra is a deeply intuitive empath who is wholeheartedly committed to service for the highest good. Sandra will draw on her own personal connection to ancient Egypt throughout this journey to inspire, uplift and facilitate accelerated spiritual growth with joy and love.