

RECREATION/ACTIVITIES

While one or more members of the family participate in the Ayurvedic Retreat Program, others can enjoy any of the fabulous recreational activities Doe Bay's location on Orcas Island provides. These include:

- Kayaking
- Scuba diving
- Sailing
- Whale watching
- Fishing
- Hiking any part of the 30-mile trail system of the 5252-acre Moran State Park cedar forest
- Bicycling
- Lake swimming or paddle-boat riding

The Island is also home to many artists and crafters who display their wares at galleries around the island. An excellent assortment of island restaurants cater to all tastes, from Asian to Pacific fusion. Day excursions by ferry to neighboring islands are also available.

ACCESS TO ORCAS ISLAND

Doe Bay Resort can be reached by ferry from Anacortes on the Washington mainland, a two-hour drive from Seattle, or from Victoria, British Columbia. The scenic ferry ride, often with a stop at Shaw Island where nuns from the local convent operate the gangplank, allows the visitor the opportunity to relax and begin the unwinding process that Doe Bay's serene environment will complete.

The Island can also be reached by commercial or charter air service from Seattle, with a flight time of approximately 45 minutes from either Boeing Field or by seaplane from Lake Union.

CONTACT



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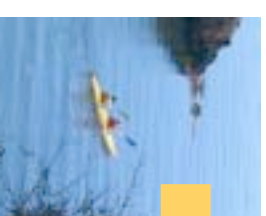
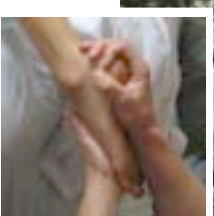
Simplicity, Indulgence, Discovery, Tranquility, Health, Fun... Come to us.



DOE BAY RESORT



ORCAS ISLAND, WA



AN AYURVEDIC OASIS

THE IDEA

For many, the idea of a place away from noise, far from the daily grind, and geared towards relaxation seems like a lovely, but distant dream.

That dream is now within reach.

Doe Bay Resort, on Orcas Island off the coast of Washington, is a place of tranquility, of world-class beauty, of quiet rejuvenation—of wellness.

Doe Bay Resort offers all the activities and amenities of a seaside resort. The Ayurvedic retreat is a week-long wellness program for just yourself, or the entire family.



WHAT IS AYURVEDA?

Ayurveda—the ancient healing science of India—views disease as arising from imbalances at the physical, emotional or spiritual level. It only makes sense that by creating harmony at each of these

levels that true health can be attained.

As each person is a unique expression of the five basic elements of nature, the measures required for each of us to achieve a state of balance must be specifically designed for the individual.



During your Ayurvedic Retreat week, you will first learn how to identify your constitutional nature and to recognize any imbalances. We will then introduce practices appropriate for you to restore balance in your life.



Doe Bay Resort
AYURVEDIC RETREAT

DOE BAY RESORT

Our Ayurvedic Retreat is located at Doe Bay Resort, on the stunning shores of Orcas Island in the San Juan Islands, northwest of Seattle, Washington.



Doe Bay

The site was originally a Native American gathering place and fishing village. Situated on the water and occupying nearly 40 wooded acres on the east end of Orcas, the Resort offers spectacular views of Doe Bay and the surrounding waterways.

Accommodations range from one and two-bedroom cabins with full kitchens and bath facilities to camp sites, as well as yurts and dome tents. Outdoor hot tubs and a cedar sauna overlook Otter Cove.

CUISINE

The resort also features a waterfront restaurant located in the Island's original post office, a site now listed on the National Register of Historic Buildings.

Meals may be ordered a la carte, or included as part of a Resort package.



THE PROGRAM

Program participants learn the fundamental principles of Ayurveda and, at the same time, enjoy the entire resort experience and Ayurvedic lifestyle during a week-long stay at Doe Bay. By the end of the program, you will know the elements of your constitution and will carry the skills to incorporate balancing measures into your daily life. Referrals to Ayurvedic practitioners will be provided for continuing care.

Here is a look at the week:

Day 1-2:

Individual evaluation by a Certified Ayurvedic Specialist.



Discussion/Lectures on fundamental Ayurvedic principles, including: the Five Elements, Constitutional Theory, and the Six Tastes.

Day 3-7

Lectures on Ayurveda's therapeutic modalities including: nutrition, lifestyle changes, daily practices, aromatherapy, color therapy, and constitutionally appropriate cooking.

- Yoga asana classes
- Pranayama or breath techniques
- Mantra
- Meditation

In addition, participants receive several Ayurvedic treatments, including:

- Tandem massage and
- Shirodhara—a deeply relaxing warm oil treatment.



If you wish, additional massages and other Ayurvedic treatments—as well as more extensive Ayurvedic consultations—can be arranged. (Fees vary, depending on treatment.)

You will be treated to three delicious, Ayurvedically-prepared meals each day.