

March 12-19, 2006, in Baja, Mexico:

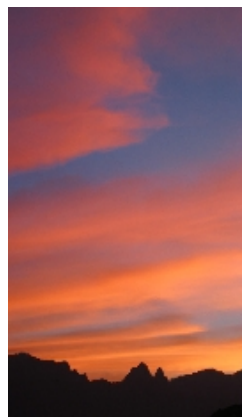
"Embodying Nature" on the Sea of Cortez ...
with Rana Stewart, based on the Halprin Life/Art Process



This week on the Sea of Cortez will offer expedition kayaking in pristine, clear blue-green waters. The itinerary includes island-hopping, camping, snorkeling, swimming and hiking, all the while surrounded by the gorgeous and rugged mountain scenery of the Loreto National Marine Park, where several species of whales, dolphins, and an abundance of marine life can be found.

Single kayaks are available for beginning to advanced skills-training. Our expert guides/instructors are all naturalist-trained, bringing an added dimension to understanding the region's habitat and ecology. Blue Waters offer this itinerary from mid-February through mid-April, including this special week of movement explorations with Rana, apprentice to Anna Halprin.

Join Blue Waters in celebrating 20 years in Baja this winter with a series of Specialty Offerings, presented in collaboration with "The River Guidess" . . .



About Rana Stewart:

"Embodying Nature," developed by Rana Stewart, is a means to directly experience the connection between our bodies and the greater Body of Nature. We will enjoy morning "Movement Ritual" sessions, a fluid, yogic dance to begin each day with a fully engaged, five-sense awareness of our natural surroundings. Throughout the day, we'll explore both individual and group activities, and work with site-specific "dance" to build connections between participants. Working with our surroundings in this creative and artful way will help awaken us to our own deep wisdom and truth.

Rana Stewart is an enthusiastic and talented mover, facilitator and dancer. She's a Halprin Practitioner, currently sits on the board of directors for the Tamalpa Institute, and is currently assistant teaching with Anna Halprin. She also teaches Modern, Jazz, Improv, Ballet and Tap in San Francisco. Her passion for dance and nature comes together in "Embodying Nature," an inspired collaboration that helps us experience peace and harmony in our bodies, as well as on the planet.



Cost: \$1,295 before January 15, 2006; \$1,345 thereafter.

Includes first and last nights' stay in a Loreto hotel, plus full itinerary, delicious meals, and all ground transportation in Mexico; excludes airfare. Book soon for the best fares from L.A. to Loreto at www.AlaskaAir.com.

For info, bookings, additional dates on the Sea of Cortez and Magdalena Bay, as well as year-round "Adventures in the Flow":

Contact Gail: 415-312-3112 * go@RiverGuidess.com * www.RiverGuidess.com