

# Alaska Wilderness “Mothership” Adventure Charter

July 30-August 5, 2008



Experience the Alaska you've dreamed of from the comfort of our “Mothership” the MV *Sundance*. Immerse yourself in the overwhelming beauty of remote, scenic, wildlife-filled Alaska that few visitors get to experience.

Your captain and crew will personally share with you Southeast Alaska's impressive wildlife, rich history, majestic mountains, awe-inspiring glaciers, granite-walled fjords, lush forests, endless shorelines and idyllic coves. Our secluded route from Ketchikan to Sitka will take us through prime wildlife habitat where we are likely to see bear, eagles, sea lions, seals, whales and dolphins.

Each day's activities include not only cruising, but ample time to explore your remarkable surroundings. From the *Sundance*, you can launch a kayak, row a skiff, or venture ashore to hike, beach comb, discover fascinating historic sites or relax in remote hot springs. Keep an eye out for whales, listen to their songs using the on-board hydrophone, and maybe even experience the thrill of paddling in their midst! Enjoy sport fishing, set and harvest shrimp and crab pots, and then enjoy your catch for dinner! Learn navigational skills from the captain and try your hand at steering the vessel!

To prime you to participate in the many activities on this trip, soothe your body after a full day of adventure and facilitate deeper relaxation and enhanced well-being, you'll be guided through a group *FELDENKRAIS* training session each day. During your individual hands-on *FELDENKRAIS FUNCTIONAL INTEGRATION* session, Shari will focus on addressing your own specific concerns for your utmost comfort and improvement.

## **Your 7 Day/6 Night Alaska Wilderness “Mothership” Adventure Charter Includes:**

### **1. Explore from Ketchikan to Sitka, Alaska via Endicott Arm**

Our private charter operator is Alaska Exploration Cruises, an adventure company whose specialty is to share the overwhelming beauty of remote Alaska and guide guests to see and experience the Alaska they've dreamed of. Go to <http://feldenkraisjourneys.com/PDF/7DayNBKTN-SitkaviaEndicott.pdf> to view a sample itinerary.

### **2. Stateroom Accommodation**

The MV *Sundance* has 4 staterooms. Each has a double berth with a single berth above. Each stateroom has a sink. There is a shared bathroom with a full size shower on the stateroom deck, and shower and sauna on the main deck. See <http://alaskaexplorationcruises.com/boat.htm> for photos & video tour of boat.

**3. Three Hearty Meals Daily**, some fresh from the bounty of the sea, plus homemade deserts prepared by your crew in a large fully-equipped galley.

### **4. Activities**

Have fun, explore and participate in the activities of your choice. Kayak along shorelines spying on bears, among icebergs, and even with whales. Soothe yourself in a remote natural hot spring next to a rushing waterfall. Take the speed boat in to shore to hike or beach comb. Row an historic wooden rowing skiff, set and pull shrimp and crab pots, sport fish, and learn how the crew prepares the catch. Learn navigation with your captain and tap his 30 years of experience at sea. Steer the *Sundance* under his guidance. Visit an art gallery in a remote village accessible only by small boat or float plane, or sit back, relax and watch the spectacular scenery go by! For exciting videos of guests kayaking with whales see <http://alaskaexplorationcruises.com/alaskaadventuregallery.html>

### **5. Daily FELDENKRAIS or Bones For Life<sup>®</sup> Movement Session**

Improve the way you move and feel as you are guided through gentle movement sequences that reduce unnecessary muscle tension, stiffness and pain. Develop smoother, more efficient actions to improve your performance, balance, posture and enjoyment. For more info on FELDENKRAIS visit [www.feldenkrais.com](http://www.feldenkrais.com)  
For more info on *Bones For Life*<sup>®</sup> visit [www.bonesforlife.com](http://www.bonesforlife.com)

### **6. One ½ hr. Individual FELDENKRAIS Session**

Specific hands-on assistance to develop and integrate healthy movement patterns more quickly and easily into your daily life.

**7. On-Board Cedar-lined Sauna** for your comfort & relaxation.

### **8. Flat Screen TV & Surround Sound Stereo System**

View your movies or photographs from the day & listen to your favorite music.

**9. Flexible Itinerary** uniquely customized with activities to match group interests, opportunities that arise, and what nature chooses to reveal!

**10. Free Pre-Trip Lodging On-board the Sundance**

Be lulled to sleep in the harbor on the night of July 29<sup>th</sup>, prior to our early morning departure from Ketchikan on July 30<sup>th</sup>.

**Not Included in Your Charter:**

Transportation to Ketchikan, transportation from Sitka, on shore accommodations, additional individual *FELDENKRAIS FUNCTIONAL INTEGRATION* sessions, alcoholic beverages or items of a personal nature.

**Who Can Go:** This trip is **perfect for anyone who would like to experience Alaska's wilderness in comfort, without having to "rough it"**. From your "Mothership" you have the luxury of participating in adventurous wilderness activities to whatever degree you prefer, knowing that the amenities of the *Sundance* are ready and waiting for you! The *FELDENKRAIS* sessions offered will help you to be more efficient, adept and comfortable in the activities you choose to pursue, and in the quality of relaxation that you will experience. **If you prefer *not* to participate in the FELDENKRAIS sessions, no problem! You are more than welcome to be part of the trip!**

**Cancellation Policy**

**All payments are non-refundable.**

Neither Movement Options LLC, nor Alaska Exploration Cruises, Inc. will be held liable for losses or delays due to weather or circumstances beyond their control. ***You will be required to sign an Acknowledgement of Risk and Waiver of Liability Form prior to the trip.***

**Travel Insurance**

We **strongly recommend that you purchase trip cancellation/travel insurance** in case of any unexpected events. **If you need to cancel your trip or "no show" for any reason, your payments are non-refundable.** For your convenience, you may go to [www.travelexinsurance.com](http://www.travelexinsurance.com) or call **1-800-228-9272** (M-F, 8 a.m. to 8 p.m. CT) to review their TraveLite and Travel Plus travel protection plans. **Please contact Shari for new location number to use when enrolling.**

**To Register**

Please complete and return the following registration form with your initial deposit. You will receive a written confirmation, detailed information packet, arrival & departure form, and a liability waiver to complete and return.

**Questions?** Contact Shari Lee at Movement Options LLC (907) 274-3539 or [MovementOptions@yahoo.com](mailto:MovementOptions@yahoo.com) [www.FeldenkraisJourneys.com](http://www.FeldenkraisJourneys.com)

**Alaska Wilderness “Mothership” Adventure  
Movement Options LLC FELDENKRAIS® Charter  
with Alaska Exploration Cruises  
July 30-Aug. 5, 2008**

**REGISTRATION & \*PAYMENT FORM**

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

Phone(s) \_\_\_\_\_ E-mail \_\_\_\_\_

**Lodging Preference** (Each Stateroom has one double bed + 1 single bunk)

**\*\*\*SPECIAL SAVINGS!!!      \*\*\*LIMITED TIME OFFER!!!**

- NOW \$3,000 pp** triple when 3 register together. **Over 15% off-Save \$650!**
- NOW \$3,550 pp** triple when less than 3 register together. **Save \$100!**
- NOW \$3,650 pp** double when 2 register together. **Over 25% off-Save 1,349!**
- NOW \$3,850 pp** dble less than 2 register together. **Over 20% off-Save \$1,149!**
- I would like to room with: Name \_\_\_\_\_  
Name \_\_\_\_\_
- Please assign me roommate(s) **if possible**. (If roommates are not available, you will be charged based on the actual occupancy of the stateroom.)
- Single occupancy-if available; contact Shari regarding rates if interested.
- Special dietary needs: \_\_\_\_\_

**Payment Schedule**

- 50% Due upon initial registration.**
- 50% Due within 30 days of initial registration.**

**Important:** *\*Payments are non-refundable. Please make payments in a timely manner. Please notify me ASAP if you have any change in plans. We highly recommend purchasing travel insurance to protect your investment in the event of unforeseen circumstances. Thank you!*

**Please Make Checks Payable to: Movement Options LLC**

**Please Mail Registration & Payments to: Attn. Shari Lee  
P.O. Box 140162, Anchorage, AK 99508-3030**