

Dolphin Within Program Application Form

The *Dolphin Within* program costs **\$300** per person which includes the hire of the vessel with a captain, snorkelling gear, a diver master, **Dolphin Society** membership, insurance, morning tea & lunch, the stress management workshop with an assessment of your heart variability (best way to measure your stress level) and the Dolphin Team.

If you wish to join us, please fill in the details:

Name _____

Address _____

Postcode _____

Age _____ Occupation _____

Phone _____ Mob _____

Email _____

Please tick the day you wish to come:

Dolphin Within Programs - 2008	
May 17	<input type="checkbox"/> Saturday
June 7	<input type="checkbox"/> Saturday
Sept 27	<input type="checkbox"/> Saturday
Oct 25	<input type="checkbox"/> Saturday
Nov 14	<input type="checkbox"/> Friday
Dec 5	<input type="checkbox"/> Friday

Mail your order form with your **cheque** or money order to: **The Dolphin Society,**

PO Box 921 Neutral Bay NSW 2089.

Or use **NetBank** with The Dolphin Society

Commonwealth Bank Account

BSB: 062142

Account No: 1001 8333

Send us an email: olivia@dolphinsociety.org.au

Departure from Nelson Bay Marina

The program starts on **Saturday/Friday 6:30 am** at Nelson Bay Marina aboard Imagine the Big Cat, and finishes at 3 pm. You will need to arrange your own transport to and from the marina.

Sleeping on **Friday/Thursday** night from 7:30pm (camping style) aboard the Catamaran Imagine in Nelson Marian **may** be possible if the vessel is available – check with the **Dolphin Team** first.

For a more comfortable night we recommend the Pacific Blue hotel – [www,theoakgroup.com.au](http://www.theoakgroup.com.au)

Map of the Route



Dolphin Within Programs



The Dolphin Society Incorporated
Registered No 2052205
PO Box 921 Neutral Bay NSW 2089
Australia
Mobile 0407 277 274
email: olivia@dolphinsociety.org.au
www.dolphinsociety.org.au

Why Join the Dolphin Within Program?

The Dolphin Society is a non-profit organisation established to research the effects of human interaction with wild dolphins and to develop Dolphin Therapy.

As part of the research, we organise, once a month a research trip to meet dolphins in the wild. You are welcome to join our **Dolphin Within** programs regardless of your age, abilities, etc.

Like adults and children who have joined us in the past, you may have one of the following characteristics (please tick one or several boxes):

- Addictions (food, cigarettes, drug, alcohol)
- In grief
- Depressed
- Stressed
- Suffers from autism or epilepsy
- Love dolphins
- Other (please describe):.....

What You Should Bring

Please bring a minimum of clothes and gear (space is precious on the boat):

- Swimmers, T-shirt, shorts
- Windcheater, track suit
- Flat shoes
- Towel, hat
- Sunglasses, sun block, zinc
- Mask, fins, snorkel (if not - available aboard)
- Wetsuit**, you can hire a wetsuit on Saturday at ProDive before leaving the marina, at 6 am.

The Dolphin Team



Dr Olivia de Bergerac, founder of the *Dolphin Society* (1994), grew up with dolphins and whales and her brother, a Cousteau Diver. Olivia is a Corporate Trainer in Sydney.



Capt. Martin Skipper, Master Mariner, has spent a lifetime in matters maritime, sail training, wind surfing, skin diving and protecting our marine environment. Martin is a shipping executive.



Lilou has been with dolphins since she was in her mummy (Olivia) and since her water birth in 2004.

Word research shows that dolphins can:

- facilitate human learning
- reduce stress
- alleviate depression
- help autism and epilepsy
- reduce addiction (cigarette, alcohol, drugs)
- help people with mental & physical disabilities

“The dolphins nurture our capacity for surrender and trust, for love and serenity, and facilitate a level of consciousness that has an untapped therapeutic potential for humankind”. *Dr. Ari Kiev, Director of Society Psychiatry Research Institute, New York.*

The Dolphin Within, Awakening Human Potential, by Olivia de Bergerac, is a book published by Simon & Schuster Australia. It describes how Dolphin Therapy affects people through diverse case studies and a research on the human brain.

Learning Opportunities

Being part of the Dolphin Within program gives you the opportunity to experience, observe and share with the group the therapeutic effects of dolphin encounters on yourself and others.

We have observed over the last fourteen years that living and snorkelling in the Dolphins’ territory creates a very safe learning and healing environment. We have tested the dolphin effect by using an EGG machine, which monitors our brainwaves before and after the encounters with dolphins. We produce more **Theta brain waves** which facilitate the access to unconscious, vivid memory, creative ideas and **Delta brain waves**, which triggers release of healing growth hormone.

We now use the HeartMath technologies to monitor the participants’ heart rate variability.

Here are some of the learning opportunities:

- Swimming with wild dolphins
- Learning the dolphin swim
- Snorkelling
- Assessing your mind, body and spirit
- Monitoring your heart rate variability
- Learning to manage your stress
- Video filming & taking photos

No alcohol or tobacco consumption during the programs for safety, health, social and environmental reasons.

We protect the dolphins and their habitat as our first priority. **We have Class A research licence issued by NPWS.**