2019 Advanced Mediation Training Retreat
Four Seasons Hotel, Seattle, WA
September 18-21, 2019
"I attend a number of conferences most years: ACCTM, IAM, JAMS’ Owners, JAMS mediation training, JAMS arbitration training, Georgia Bar’s ADR Institute, and Georgia Bar’s Arbitration Institute, as well as several one day programs on ADR, mediation or arbitration. The NADN conference is one of the very best. I particularly enjoyed the way Lee Jay Berman used the vast experience of the group to allow attendees to learn from one another. Highly recommended."

- Terrence Lee Croft, Atlanta, GA

"The NADN Advanced Mediation Training Retreat truly lived up to its billing. The trainers, program and attendees all were unquestionably advanced - to the extent that it likely was the best ADR conference I’ve ever attended. The venue (city and hotel) were top-notch, and the format well organized. I fully intend to attend the next one, which unfortunately is not for 2 more years!"

- David Abeshouse, New York, NY

"Superb! We had speakers discussing psychology, communications (the use of feedback), mediation techniques, pre-mediation ideas, and strategies in unusual and large cases, and the use of an opening joint session, and so much more. This is without doubt the best advanced ADR course I have ever attended."

- Frank Hamlin, Little Rock, AR

"I’ve been attending CLE’s and programs for more than 40 years either as an attorney or judge, and this was amongst the very best. I look forward to a long affiliation with NADN and am proud to be a member of the Academy”

- Hon. Robert Lunn, New York, NY

"It doesn't get any better than this! How many times do we attend ‘advanced’ mediation training courses, only to find out that they are not so advanced? The opportunity to be among the best and most experienced neutrals in the country for two days - in gorgeous surroundings - was really remarkable. I can’t wait for the 2019 meeting!"

- Will Pryor, Dallas, TX

"Every two years, this is the course I am most grateful for. The quality of the presentations is quite simply without peer."

- Peter Grilli, Tampa, FL

“This was the best of the best! Programs of the highest level of sophistication, analytical erudition and all with a sense of humour, too. Just excellent!”

- Hon. Deanne Wilson, Mendham, NJ

“This is the best mediation training that I have ever attended. The comprehensive simulation mediation was insightful and outstanding. This Retreat will help take my mediation to the next level!”

- Lee Hornberger, Traverse City, MI

View many more photos & testimonials from previous Retreats at www.nadn.org/retreat
Surrounded by snow-capped mountain peaks, deep-blue waters and swaths of evergreen forests, Seattle is as wild as it is trendy. The Four Seasons Hotel is ideally situated in the heart of the city’s downtown, with the Seattle Art Museum on one side, iconic Pike Place Market on another and the waters of Elliott Bay gleaming to the west.

Academy members and their guests are invited to enjoy the hotel’s renowned Goldfinch Tavern Restaurant, head out to explore the city’s eclectic neighbourhoods, or unwind at the hotel’s Spa & Wellness center.

**Reduced Room Rates for Attendees**

We have a block of 90 rooms reserved for members across 4 nights, from Wed Sep 18 to Sat Sep 21, at a reduced rate of $399 (+taxes) per night. (Note that regular September room rates are nearer to $600)

Guests are able to check in after 3pm on Wed Sep 18, in time for the evening’s Welcome Cocktail Reception. Our CLE training completes at 12.30pm on Saturday - so, note to members: please don’t book any return flights departing before 5pm at the earliest. Or, better yet, stay and enjoy exploring the city for the weekend at these reduced rates.

Attendees will reserve directly with the hotel using a credit card after March 1st, but approved guest names will be provided to the hotel in advance by NADN to receive these discounted rates - first come, first reserved - so please get your registration form back ASAP to avoid disappointment!
LEE JAY BERMAN, Los Angeles, CA (American Institute of Mediation)

Lee Jay Berman began as a full-time mediator over 20 years ago, and has successfully mediated over 2,000 matters. He is a Charter Member of the National Academy of Distinguished Neutrals, a national panelist with the American Arbitration Association, a Distinguished Fellow with the International Academy of Mediators and a Dispute Resolution Expert with the United Nations Development Programme. He was ‘Mediator of the Year’ for the US Bankruptcy Court in California, Los Angeles’ Daily Journal twice named him “Top Neutral”, Acquisition International Magazine awarded him “Mediator of the Year - California” 5 times since 2012, and he has been voted by his peers several times into the Who’s Who of International Commercial Mediation. A respected ADR trainer, Lee Jay founded the American Institute of Mediation, after retiring as Director of Pepperdine Law School’s ‘Mediating the Litigated Case’ program. In addition to lecturing and training at Pepperdine, he has also taught at Southwestern Law School, University of Texas, Southern Methodist University, Cal-State Northridge, UC Santa Barbara, and Bond University in Brisbane, Australia. Lee Jay has trained judges, attorneys and business leaders in India, Australia, Europe and the Middle East.

In 2017, Lee Jay was presented with NADN’s inaugural Distinguished Neutral of the Year Award, in recognition of national excellence in the practice of mediation and for his exemplary skills as an ADR trainer.

SHEILA HEEN, Triad Consulting & Harvard Program on Negotiation

Sheila is a Founder of Triad Consulting Group and has been on the Harvard Law School faculty since 1995. Sheila’s corporate clients include MetLife, BAE Systems, Pixar, Tatweer of Dubai, Unilever, the Federal Reserve Bank, Ford, the NBA, and numerous family businesses. She often works with executive teams, helping them to work through conflict, repair working relationships, and make sound decisions together. In the public sector she has also provided training for the New England Organ Bank, the Singapore Supreme Court, the Obama White House, and theologians struggling with disagreement over the nature of truth and God. Sheila has spent more than twenty years with the Harvard Negotiation Project, developing negotiation theory and practice. She specializes in particularly difficult negotiations – where emotions run high and relationships become strained. Sheila is co-author of the New York Times Business Bestseller, Difficult Conversations: How to Discuss What Matters Most (Penguin 2000), and the recently released Thanks for the Feedback: The Science and Art of Receiving Feedback Well (Even When It’s Off Base, Unfair, Poorly Delivered, and Frankly, You’re Not in the Mood) (Penguin 2014). She has written for the Harvard Business Review, for the New York Times as a guest expert and as a Modern Love writer. Sheila has appeared on shows as diverse as Oprah and the G. Gordon Liddy show, NPR, Fox News, and CNBC’s Power Lunch. Sheila is a graduate of Occidental College in Los Angeles, and Harvard Law School. She is schooled in negotiation daily by her three children.

DOUG NOLL, Fresno, CA

Academy Member Douglas E. Noll, J.D., M.A. is a full time peacemaker and mediator, specializing in difficult, complex, and intractable conflicts. He has a Master’s Degree in Peacemaking & Conflict Studies. Doug was a commercial trial lawyer for 22 years before turning to peacemaking. Doug is a Fellow of the International Academy of Mediators, and was one of the first U.S. mediators certified by the International Mediation Institute. Mr. Noll was named as an Encore Fellow for his work in prisons, and along with his colleague Laurel Kauffer, Doug was honored by California Lawyer magazine as ‘California Attorneys of the Year’ for their pro bono Prison Of Peace project. A respected author, Doug has written several critically-acclaimed books on conflict resolution. His latest book, “De-Escalate: How To Calm An Angry Person in 90 Seconds or Less”, was an Amazon best seller and was awarded a Book Excellence of the Year Award in 2017.
Mr. Noll is an adjunct professor of law at San Joaquin College of Law, a core faculty member of the American Institute of Mediation, an adjunct faculty member of the Pepperdine School of Law Straus Institute and a faculty member of its Professional Skills Development Program, and serves as a speaker, teacher, lecturer, and workshop presenter nationally and internationally. Doug is also a second degree black belt in Chinese kung fu and has taught tai chi for over 20 years. He has a variety of other interests and accomplishments including certification as a Level III ski instructor, instrument-rated private pilot with multi-engine and helicopter ratings, a jazz violinist, and a white-water rafter.

In 2017, Doug received the IAM's Sid Lezak Award of Excellence and in 2018 Doug was named NADN's “Distinguished Neutral of the Year” honoree, in recognition of national excellence in the practice of mediation and his renowned skills as a mediation trainer.

NINA MEIERDING, Seattle, WA (Negotiation & Mediation Training Services)
Nina Meierding, MS, JD has mediated over 4,000 disputes and has conducted training in almost all 50 states and throughout the world, including Canada, Sweden, Ireland, England, Scotland, the Netherlands, New Zealand, and India. She has consulted and trained many groups, including court systems, law firms, corporations, medical groups, local, state and federal governmental agencies, school districts, small and large business entities, and non-profits in the areas of conflict resolution, cross cultural and gender issues, and negotiation skills. For over 25 years, Nina has been an Adjunct Professor at Pepperdine University School of Law and has been an instructor at many other universities and law schools, including the National Judicial College and the California Judicial College. She is a Past President of the Academy of Family Mediators, has served on the Executive Committee and Board of Directors of the Association for Conflict Resolution, the Southern California Mediation Association, the Ventura County Bar Association, and the California Dispute Resolution Institute. Nina has received many awards including the Peacemaker Award by the Southern California Mediation Association, the Distinguished Mediator Award from the Association of Conflict Resolution and the Lifetime Achievement Award from the American College of Civil Trial Mediators (ACCTM) She is an honorary fellow of the International Academy of Mediators (IAM) and an emeritus fellow of ACCTM.

JOHN W. SALMON, Miami, FL
Academy Member John W. Salmon is a natural mediator with a broad-based educational, legal and business background who has mediated nearly 7,000 cases over the past 28 years. A graduate of Penn State University “with Distinction” and the University of Florida College of Law, he holds an MBA from Florida International University where he was an adjunct faculty member in the College of Business for 15 years. John has also served as an Adjunct Professor at the FIU College of Law teaching Alternative Dispute Resolution. John is a Distinguished Fellow of the American College of Civil Trial Mediators and past President and Diplomate of The Florida Academy of Professional Mediators (FAPM). In 2010, he was the recipient of FAPM's Award of Merit for service to the mediation community in Florida. Recently, John was named Editor-In-Chief of the American Journal of Mediation and selected as a 2018 ADR Champion by the National Law Journal. A ten year plus Super Lawyer in the area of ADR, John is a frequent lecturer on "Appropriate Dispute Resolution", often incorporating martial arts and mediation techniques into his presentations. He is a Nidan, Second Degree Black Belt - with the Cuong Nhu Martial Arts Association.
ARRIVAL: WEDNESDAY SEP 18
• Guests can book in to their rooms at the Seattle Four Seasons any time after 2pm.
• REGISTRATION & COCKTAIL RECEPTION @ 6.00pm-7.30pm (Venue: BALLROOM WEST)
  All attendees plus spouses/guests are welcome - name tags distributed to members.
  Dress code is “business-casual” as photographer will be present (after which guests free to dine privately)

THURSDAY SEP 19 - TRAINING DAY 1
All Daily CLE Courses commence at 9am sharp (Venue: Aria Ballroom West)
• 8:00-8:55 Continental Breakfast & Drinks Served
• 9:00-10:30 “The Impact of Culture & Gender on Mediation” (Nina Meierding)
• 10:30-10:45 Coffee/Refreshment Break
• 10:45-12:15 “The Impact of Culture & Gender on Mediation” (Nina Meierding)
• 12:15-1:15 Lunch Served
• 1:15-1:45 “NADN Marketing Report” (Darren Lee)
• 1:45-3:15 “The Role of Feedback in Mediation Practice” (Sheila Heen)
• 3:15-3:30 Refreshment Break
• 3:30-5:00 “The Role of Feedback in Mediation Practice” (Sheila Heen)

FRIDAY SEP 20 - TRAINING DAY 2
• 8:00-8:55 Continental Breakfast & Drinks Served
• 9:00-10:45 “Mediation Masterclass: De-Escalating” (Doug Noll)
• 10:45-11:00 Coffee/Refreshment Break
• 11:00-12:30 “Mediation Masterclass: De-Escalating” (Doug Noll)
• 12:30-1:30 Lunch Served
• 1:30-3:00 “Mediation Masterclass: De-Escalating” (Doug Noll)
• 3:00-3:15 Refreshment Break
• 3:15-4:45 “Verbal Aggression: A Somatic Workshop” (Doug Noll & John Salmon)
• 6:00-9:30 ACADEMY BANQUET (Venue: Ballroom West)
  Evening starts with drinks and hors d’ouvres at 6.00pm
  Banquet commences at 6.30pm. Dress code “business attire” please (Photographer in attendance!)

SATURDAY SEP 21 - TRAINING DAY 3
• 8:00-8:55 Continental Breakfast & Drinks Served
• 9:00-10:45 “Mediation Workshop: Impasse Is A Fallacy!” (Lee Jay Berman)
• 10:45-11:00 Coffee/Refreshment Break
• 11:00-12:30 “Mediation Workshop: Impasse Is A Fallacy!” (Lee Jay Berman)
The Impact of Culture & Gender on Mediation
Presented by Nina Meierding
9:00am-10:30am & 10:45am-12:15pm

We each look at the world through the lens of our own reality and our own unique experiences. We erroneously believe we can simply “pretend to be in someone else’s shoes,” but our own biases (known and unknown) get in the way. Therefore, we can easily misunderstand why people do what they do and say what they say.

The morning sessions will focus on how we can better understand and work more effectively in mediation with people whose backgrounds/cultures/genders/ages are different from our own and how to avoid impasses that can be caused by miscommunication in specific areas of cross cultural and gender differences. This course is practical and applies specific skills and techniques to underlying theory and research. What you will learn:

• Different perceptions of fairness
• Monochronic and polychronic processing and attitudes towards time
• High and low context speech
• Individualistic and collective outlooks on relationships – saving face
• High and low power distance
• Approaches to risk and uncertainty
• Rapport and report talk
• Validation
• Cross-talking and sequential speech
• Humor
• Apology
• Use of technology in mediation

Along the way we will discuss how to manage experts and tackle questions of ethical issues unique to a complex case environment. Finally, we will pay particular attention to tracking the negotiations and ensuring confidentiality in our 24/7 world as we seek to ensure a binding and enforceable agreement.

The Role of Feedback in Mediation Practice
Presented by Sheila Heen, Harvard Program on Negotiation
1:45pm-3:15pm & 3:30pm-5:00pm

Most disputes involve feedback in some form - each party believes that the other party needs to change. And as the mediator, they have feedback for us too - about whose side to take, who's being reasonable, and who you need to talk sense into...

This session will take a hard look at the challenges of receiving feedback - for ourselves, and for the parties we are trying to help. Based on Sheila’s 2014 bestseller Thanks for the Feedback: The Science and Art of Receiving Feedback Well (Even When it’s Off-Base, Unfair, Poorly Delivered, and Frankly, You’re Not in the Mood) co-authored with Doug Stone, as well as more than two decades of practice as a mediator, this presentation will challenge our members to think about the feedback (solicited and unsolicited!) you are getting from clients that you might not truly be hearing.

We'll examine how to identify your own blindspots and learn where you could grow as a result. We'll also brainstorm suggestions as to how to help the parties navigate the feedback they have for each other while in joint session. (Book included for attendees)
In the morning session, we will learn about the four levels of reflective listening and why “active” listening has never worked. The fourth level, affect labeling, is a counter-intuitive and highly effective skill Doug stumbled upon in a high conflict mediation in 2006. His extensive research into the “why” and years of experience refining it will culminate in your introduction to and beginning mastery of this foundational skill.

You will learn the five basic strategies all humans use in emotional situations and why they do not work. You will learn about the 6 needs of victims and why lawyers often feel and act as victims in mediation. You will learn about emotional invalidation: how to recognize it, and how to avoid it in mediations.

In the afternoon session, Doug will introduce more advanced skills around affect labeling and explain polyvagal theory. Polyvagal theory, developed by Stephen Porges Ph.D., is an elegant explanation of how the brain connects to the gut. You will learn some simple, effective tools for activating the myelinated vagal system in parties and lawyers and thus create a deep sense of safety and trust in the room.

This is a highly interactive workshop. You will be talking, practicing the skills, and applying your new deeper knowledge so that it will be immediately useful to you on your return to the office.
Verbal Aggression: A Somatic Workshop
Presented by Doug Noll & John Salmon
3:15pm-4.45pm

All of us face parties or lawyers who become verbally aggressive when emotionally upset. The typical response is to freeze, flee, or be counter-aggressive. Most mediators experience some anxiety around verbal aggression and do their very best not to show that anxiety. But what if you could learn to have a relaxation response to verbal aggression rather than a freeze-flee-fight response that you must consciously suppress?

In this workshop, we will explore how our bodies unconsciously react to verbal aggression. You will be invited to participate in a series of exercises that will literally reprogram your brain so that your body will not tense up when confronted with verbal aggression. Instead, you will see the aggressive move for what it is, a fear reaction from the aggressor, and your body will relax. Doug and John, both experienced martial artists, will teach you how they have been trained to deal with aggression without fear or reactivity. They will show you how the principles taught to martial arts students are directly applicable to your mediation practice.

There will be very gentle physical movement and contact in this workshop. The exercises are not vigorous or aggressive. You will not need any previous training or experience in the martial arts to master these “Jedi Mind Tricks” taught by two masters. (Participation is encouraged but not mandatory!)

Mediation Workshop: Impasse Is A Fallacy
Presented by Lee Jay Berman
9:00am-10:45am & 11:00am-12:30pm

This high energy, seriously practical, advanced workshop will engage you – first in identifying the most common specific causes of impasse, and then in delivering tools that will help you to resolve more cases by avoiding these common traps.

“Together, we will explore tools to rethink how you do every stage of the process, beginning with convening a case and the mediator’s introduction, right through how you can manage joint sessions and caucuses more effectively, and then finally how to close the deal more successfully.

“The beauty of this course is that it exposes you to the experience of the trainer as well as all of the other advanced mediators in the room. We'll begin by brainstorming; listing all of the causes of impasse that we've all faced in mediation. Then we go about figuring out all of the ways that we mediators can avoid running into these hurdles by doing things during each stage of the process to keep them from ever occurring. We break down the mediation process into five primary stages (using Len Riskin's mediator style grid) and then we go through each stage, diving deep into all of the things that mediators can do that helps us avoid later impasses. Operating under the assumption that mediators have the ability, if not responsibility, for seeing potential road blocks on the horizon and preempting them from their own experiences, this workshop is geared to accelerating those experiences by sharing them and giving every attendee a minimum of 20 new behaviors that will help them make impasse a thing of the past!”
2019 CLE & CME CREDITS - APPROVALS

- Alabama: “NADN Retreat” Course #214241, Approved for 15.5 CLE Hours, incl. 1.5 Ethics Hours
- Alaska: MCLE State Reciprocity program - Members to Self Report totals from NEW JERSEY
- Colorado: Sponsor #106973, Course #774215 (18.0 CLE Hours, incl. 0 Ethics Hrs) - members self report
- Florida: Course#1902602N - 18.5 CLE credits, incl. 2.0 Ethics credits. (CME Self Reporting: 18.5 CME Hrs, incl. 2.0 Ethics)
- Georgia: Course#249644 - 15.0 CLE Hours, incl. 1.0 Ethics Hours. (CME Self Reporting: 18.5 Hrs, incl. 2.0 Ethics)
- Illinois: Sponsor NAT0002, Approved for 15.0 CLE hours plus 1.0 Ethics Hours
- Indiana: Course #217250 Approved for 8.1 Regular CLE, 8.3 Non-Legal & 1.0 Ethics Credits. (15.8 CME Credits)
- Idaho: Course #19-1546 - Approved 13.0 General CLE and 1.0 Ethics. Members to self-verify attendance.
- Iowa: Course #318688 (15.0 CLE Hours, including 1.0 Ethics Hrs)
- Kentucky: Sponsor 8707, Course #206414 (15.0 CLE Hours, incl. 1 Ethics Hrs). CME 15Hrs, self reporting.
- Maine: CLE Course 050169 - 15.0 General Credits, incl. 1.0 Ethics
- Minnesota: Sponsor #1000551, Course #270838 - 15.0 CLE Hours, incl. 1.0 Ethics (15 CME Hrs, self reporting)
- Mississippi: “NADN Retreat” Approved for 15.0 CLE Hours, incl. 1.0 Ethics Hrs.
- Missouri: “NADN Retreat” Approved for 18.0 CLE Hours, incl. 1.0 Ethics Hrs.
- Montana: Provider 921, Course #7989 - 15.75 CLE Hours, incl. 1.0 Ethics Hrs.
- Nebraska: Activity #173766 - Approved for 15.0 CLE Hours, incl. 1.0 Ethics Hrs.
- New Jersey: Provider #1364, Course 4 (18.6 CLE Credits, incl. 1.8 Ethics)
- New Mexico: “NADN Retreat” 15.0 CLE Hours, incl. 1.0 Ethics
- New York: MCLE State Reciprocity program - Members to self report totals from ALABAMA
- North Carolina: Sponsor 6034, Course #1 - 15.0 CLE Hours, incl. 1.0 Ethics Hours
- Ohio: Activity#409163 - Approved for 15.0 CLE Hours, incl. 1.0 Professional Conduct
- Oklahoma: Provider 3383, Course #106319 - Approved for 15.0 CLE Hours, incl. 1.0 Ethics
- Oregon: CLE Program 6060*4 - 12.0 General Hours + 3.0 Access to Justice (CME 15hrs, self reporting)
- Pennsylvania: Provider 9832, Course #299920 - Approved for 15.5 CLE Hours with 1.5 Ethics
- South Carolina: Course #194595 - Approved for 15.0 CLE Hours incl. 1.0 Ethics
- Tennessee: Course #241170 15.0 CLE Hrs incl. 1.0 Dual Hrs (CME Self Reporting: 16.5 Hours, incl. 1.0 Ethics)
- Texas: Sponsor 13345 Course #17404849 - 15.0 CLE Hours, incl. 1.0 Ethics Hours. (CME self reporting)
- Vermont: “NADN Retreat” - Approved for 15.0 CLE Hours, incl. 1.0 Ethics
- Washington: Course # 1104358 - Approved for 15.0 CLE Hours, incl. 1.0 Ethics

ARIZONA, CALIFORNIA, NEW HAMPSHIRE, WISCONSIN members to self-report valid CLE / CME CONNECTICUT, MARYLAND, MASSACHUSETTS, MICHIGAN - no formal CLE or CME requirements.
2019 NADN Advanced Mediation Training Retreat
Four Seasons Hotel, Seattle, Washington, Sep 18-21 2019

Only members of the National Academy of Distinguished Neutrals are eligible to attend this course.

NAME ____________________________    FIRST NAME FOR LANYARD: ____________
FIRM ______________________________________________________________________
CITY/STATE/ZIP ___________________________________
TEL ___________________________    EMAIL _____________________________________
ANY SPECIAL REQUIREMENTS (Dietary etc) ______________________________________________________________________

PLEASE MARK CHECK BOXES BELOW:

☐ Yes, I’ll require a hotel room at reduced nightly rates
☐ No hotel room required, I’ve made my own arrangements

☐ Course Attendance Fee ................................................................. $1495
   Incl. Wednesday reception, Friday Banquet + all breakfasts, lunches & daytime refreshments included
   Please specify likely preference for Friday Banquet Entrée: (Fish/Meat/Chicken/Veg) _________

☐ Invited Banquet Guest: .............................................................. @ $150
   Please provide name of your spouse/guest ___________________________

☐ Private Whale-Watching Day Trip for Guest: ......................... @ $200

TOTAL: $ _________

THIS TOTAL WILL BE BILLED TO MY CREDIT CARD ON FILE ON MARCH 29, 2019

Signature ______________________  Date ______________________

(If your credit card is not on file for Academy dues, please contact Rose-Anne Raies to make payment arrangements)

Hotel Reservations:
Hotel rooms are in addition to the above course fees. Due to limited capacity, our guests are split between the Four Seasons and the nearby Loews Hotel 1000 as our overspill option.
Four Seasons Seattle Reservation Line: (206) 749-7000. NADN members room rate is $399 (+tax) nightly.
Loews Hotel 1000 Reservation Line: (206) 957-1000. NADN members room rate is $350 (+tax) nightly.
Please be sure to identify yourself as a member of NADN when making booking.

Cancellation Policy:
Full course refund before May 1, 2019 - no refunds thereafter, as hotel cancellation penalties will be applied to NADN.

Please fax or email signed form to Rose-Anne Raies at (866) 257-4698 or roseanne@nadn.org
As Academy Members will be busy in the training room, we’ve scheduled an exciting day for guests and family members, exploring the beautiful scenery of Puget Sound and the area’s wildlife!

Guests will be collected from the hotel by bus, shuttled to a private clipper, which will cruise north through the scenic Deception Pass to Friday Harbor. Under the guidance of an expert onboard naturalist, our guests will be able to see firsthand the area’s renowned wildlife, including orca, humpback and minke whales as well as bald eagles and seals!

**Proposed Full Day Schedule:**

8:00AM: Shuttle Bus picking guests up from hotel  
8:30AM: Private Ferry, departure from Seattle’s Pier 69  
11:30AM: Arrive Friday Harbor, San Juan Islands. 1 Hour to explore.  
12:30PM: Lunch served at the charming Coho Restaurant  
1:30PM: Back onto boat for Whale & Sealife Observation (exploring outer islands/breeding grounds for 90mins)  
3:00PM: Ferry heads south, back to Seattle  
6:00PM: Arrive at Seattle Pier 69, shuttle bus to drop guests back to hotel.

If your own spouse/guest(s) would like to go on this day trip, please provide name(s) below so we can gauge if sufficient interest!

1) ____________________________  
2) ____________________________