

Heart Pan Am: New Moon Meditation Yacht Cruise



Join [The Healing Boat](#) for their first community event on Wednesday July 15, 2015 and experience healing and stillness on Lake Ontario surrounded by the Toronto Islands.

They have two meditations throughout the event from both Debbie Danbrook and Troy Shepherd. Debbie Danbrook is a master player of the Shakuhachi flute, an ancient Japanese instrument that was originally played by monks as a type of Zen called 'Suizen' or blowing Zen. Troy Shepherd is an experienced teacher and advocate of mindful movement meditation, finding calm through expression of the body.

The cruise includes an opening ceremony, which will honour the land and water through singing and drumming with welcoming remarks given from a Mississauga First Nations Elder, two meditations, organic gourmet dinner and free time to enjoy the yacht.

Adults are \$150, children under 13 are \$75 and those under 5 years old are Free!