



THE MEDICINE OF LIFE

ADVENTURE CLUB - INAUGURATION



My Way

The Balls Deep Living Adventure Club is about bringing extraordinary people into extraordinary situations and watching them flourish. From meeting like-minded members to accomplishing tasks and experiences most often only dreamed about, these excursions will be life-defining!

The Balls Deep Living Field Trips are excursions where each member utilizes the treatment therapies in once-in-a-lifetime situations.

Simply put... this is about making you indestructible in the game of life...

~Dr. Ivan Rusilko



BALLS DEEP LIVING : FIELD TRIP 1.0

WAITING ON : A HEARTBEAT



BALLS DEEP LIVING : WAITING ON A HEARTBEAT



Mission

- To inaugurate the Balls Deep Living Adventure Club with its first field trip ever... "Waiting on a Heartbeat".

Location

- Dominica Island

Date

- Jan. 28th - Feb. 1st, 2023

Objectives

- Swim with Moby Dick
- Canyoneer Like a Champion
- Rappel Through a Waterfall
- Get Published

Video



BALLS DEEP LIVING : WAITING ON A HEARTBEAT

This inaugural BDL: Adventure Club Field Trip will provide a conversational highlight to all of your future conversations. This excursion takes us to the last untouched island in the Caribbean, Dominica, where a resident population of sperm whales await your interaction. Dominica is located in the Caribbean between the French island nations of Guadeloupe and Martinique and is a member of the EU. It is nicknamed "The Nature Island" due to its dense forests, stunning waterfalls, intense rainbows and strikingly high mountainous terrains where a secondary excursion will take place. It is home to over 170 bird species and around 1000 different types of flowering plants that are scattered throughout its mostly undeveloped landscape.

We have partnered with Shark Team One, a non for profit charity focused on improving the world around them in the most exhilarating of ways. Two days of this field trip will be devoted to cruising several miles off shore in thousands of feet of crystal clear blue water in search of Moby Dick himself to not only document but also interact with! Numerous sperm whale family's inhabit these waters and can be found year round with Jan. being prime time to encounter a male sperm whale which can measure up to 70ft in length and weigh over 9000lbs. These resident family groups contain mothers, juveniles, and calves which can prove to be rather playful in the water as you swim amongst them. The BDL adventurers will be some of the few who have ever had the privilege of swimming alongside these whales as they nurse, play, and eventually dive to over 3,000 feet looking for squid. ([see video](#))

2022 Expedition Whale Report

- Documented nursing, posturing and play fighting
- Had a calf get physical with Dr. Rusilko in the water on several occasions
- Officially documented and named that very same calf for all research purposes
- Documented a giant squids tentacle hanging from a nursing mothers mouth

With this being an official research expedition the chance of being published in National Geographic is a real possibility if the right image or story is captured. Top that off with the potential of documenting a new whale and getting to name it!

But this journey is not only restricted to the sea. One day of the field trip will take place in the greenest of gorges where the adventurers will try their luck at extreme canyoneering. They will traverse Dominica's Green Canyon several miles by swimming, rappelling and even jumping along its picture'esk landscape, and thats just part one. At the end of this gorge lies Trafager Falls, a 243ft waterfall that starts where your canyoneering experience ends.



BALLS DEEP LIVING : WAITING ON A HEARTBEAT

Part two of your adventure will utilize what you have learned along your canyoneering experience to rappel down the middle of the full 243ft of waterfall therefore completing something only 14 people a year do on average. ([see video](#))

During the afternoons, lectures and talks will be giving by both Dr. Rusilko and David Morin on topics including but not limited to nutrition and exercise, psychedelics, philosophy, goal setting and the future of lifestyle forms of medicine. Interaction will be encourage with questions and consultations being available at all times.

Two of your nights will consist of enlightenment therapy sessions that will be organized around the events we are doing. This is a trip to enhance your emotional health with self reflection and examination being a must in order to do so. This experience is not a requirement but an included offering for those that qualify and desire to do so.

To keep with the theme of diversifying your lifestyle a sleight of hand magic trick will be taught just for the fuck of it to leave each member in attendance more unique than when they landed. This trip is about adding to your life story so be prepared to write some new chapters.

Each adventurer will receive a welcome package the night they arrive that will consist of some very unique and appropriate items they will use throughout the trip to accomplish various tasks given. Items that they will be able to use for the years to come.

The accommodations are exactly what you thought they should be for a trip like this. You will be staying in a cottage feet from the waves that crash across the beach in front of you. Each night we will dine on the islands finest foods and experience culture their way. Breakfast and lunch will be swift as we will be in the field doing epic things. Transportation will be organized for everywhere you go putting your mind at ease. From the second you land you're covered so look forward to putting your phone in airplane mode and partaking in the first of many once in a lifetime experiences found on this field trip.

Only (2) spots available.





BALLS DEEP LIVING : WAITING ON A HEARTBEAT

Whats Included

- All lodging, food, equipment, and transportation
- (2) Days Sperm Whale Interactions
- (1) Day Extreme Canyoneering
- Initiation Package
- (2) Enlightenment Experiences
- Daily Lectures and Talks

Badges Possible

Sea Beast

Canyoneering

Rappelling

Published Work

Philanthropy

Cost

\$15,000

Only (2) Spots Available



EXTREME | DOMINICA

SHARK TEAM ONE®





Canyon Experience

Discover your inner explorer and join the local Extreme Dominica team on an epic half day adventure and explore the most spectacular canyons in the world.



Bucketlist Adventure

Canyon Experience

Experience the ravishing natural beauty of Dominica from the inside out on this adventure. Imagine hiking down through the rainforest to a secret waterfall that drops off into a hidden canyon far beneath the sunlit forest canopy. That is the beginning of the Secret Waterfall Canyoning Experience. All are welcome as no training or experience is required for this epic excursion.



1. Rappel Control

During a rappel you will control your own speed. You will learn this easy skill during the brief training at the start of the adventure.



2. Belay Safety Line

This extra safety line is attached to your harness and controlled by the canyoning leader at the top of the rappel.



3. Fireman Support

The canyoning leader at the bottom of the rappel called the "fireman" is holding and guiding your rappel line as extra safety.

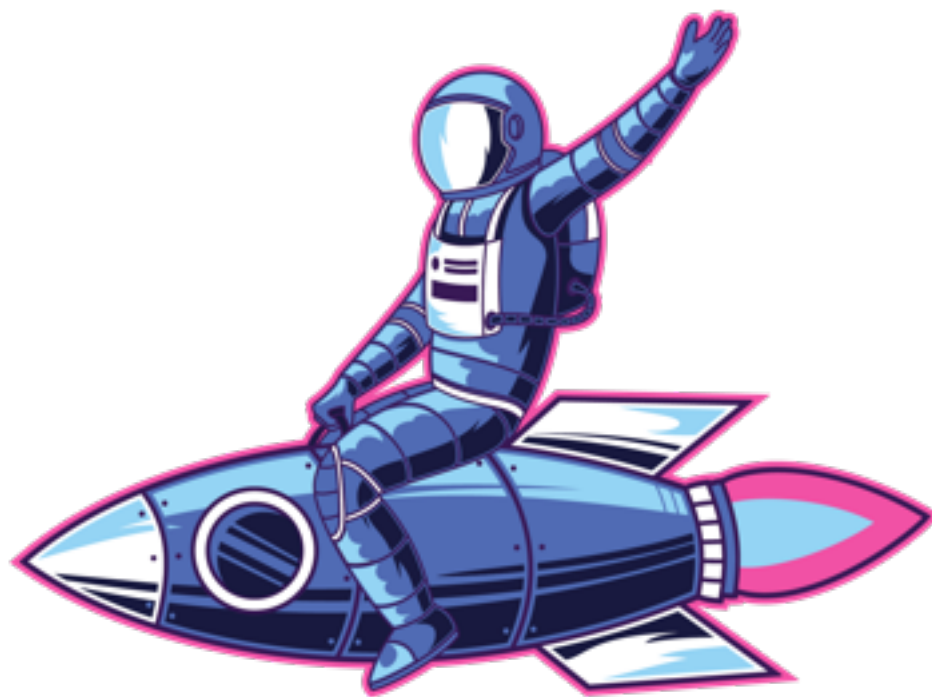


The Terrain

Jump in hidden pools with crystal clear water beneath the rainforest and descend into deep gorges in rock carved from thousands of years of rainfall. Whether hiking through lush jungle or rappelling halfway down a rock to drop in the water below, your day is sure to be filled with the sound of cheers for every natural obstacle tackled. A breathtaking view unveiled with every step taken, you will discover new treasures to admire as the surrounding scenery changes throughout your adventure and offers an array of native plants and wildlife to learn about.

What To Expect

This epic excursion will call for swimwear, a towel and closed footwear of your own, and your guides will take care of the rest. After getting geared up at Extreme Dominica's headquarters you will learn how to rappel on a 8-foot training wall and receive a briefing before you go on a 15 minute drive to the canyon where the real adventure begins. After traversing the magical canyon the tour concludes with a 15 minute hike back to the starting point. The tour ends at the canyoning center with hot cocoa tea and fresh local fruit.



Extreme
Canyoneering
Preview





The "Sperm Whales of Dominica" Expedition!





We have created an amazing expedition that combines endangered species research and conservation, photography, filmmaking and cultural aspects of the Windward Islands, West Indies region. On this expedition we will be snorkeling and free diving with sperm whale family groups, doing a cloud rainforest birding and botany trek and have cultural excursions to remote villages on the island of Dominica, West Indies.

Dominica is located deep in the Caribbean between the French island nations of Guadeloupe to the north and Martinique to the south. The

island is also called "The Nature Island" due to its dense forests, stunning waterfalls and beautiful high mountainous terrain. Dominica has remained almost untouched by development and is also home to over 170 bird species and around 1000 different types of flowering plants. The sperm whale family groups are the main attraction and we will be in the water with these magnificent creatures witnessing calves nursing, young whales socializing and see gigantic adult whales preparing for their deep dives to hunt for squid.

This expedition will consist of a very small group and we will be documenting sperm whale individuals, family groups including calves and other cetacean species in this beautiful Caribbean setting for an ongoing project. You will assist the team, may be trying your hand at piloting an ROV and will get to know the amazing individual whales that are seen in these waters!

While on the water we'll also be looking for false killer whales, short-finned pilot whales, pygmy sperm whales, Cuvier's beaked whales and a number of dolphin species such as Fraser's dolphins.

You won't want to miss this once in a lifetime experience! Sign up below to receive information. We look forward to seeing you in Dominica for the sperm whale action. You will fall in love with these intelligent, gentle giants as we have!



SHARK TEAM ONE®

Our Goals:

- Promote marine protected areas as valuable tools for ecosystem and species protection.
- Stop further loss of endangered marine species by building advocacy in the hearts and minds of humans.
- Conserve ecosystems for future generations by providing education, research, forums and scientific information for policy makers and stakeholders.
- Provide scientific study that leads to increased worldwide protection of endangered marine species.
- Protect and empower community livelihoods with sustainability initiatives, climate change resilience planning and technology for wildlife conservation.
- Create awareness for endangered shark species and the threats leading to their extinction.
- Provide citizen science research expeditions to educate and inform policy for the creation of marine protected areas.
- Inspire families and children to become citizen scientists to help protect endangered species and create the future of conservation.

Alluring Myths or Real-Life Conservation Crisis: Is There Still Hope for the Sperm Whale?

By: Autumn Homer, Shark Team One

An elusive creature, spending less than 20% of its life at the ocean's surface, the sperm whale has captivated the minds of people all over the world for centuries. Herman Melville's classic tale, about the hunt for an aggressive white sperm whale who had dismembered the limbs of multiple captains, has been immortalized into a legend of fear and distrust of these animals. Moby Dick, was based on of a real albino whale who supposedly killed 30 men in the 1800s. (1.) Whether this was an old sailors' tale or not, these stories have grown into a lasting reputation of these deep sea creatures. But are these rumors true? Their mammoth size, mysterious life under the sea and troublesome relationship with sailors generated the perfect concoction for a horror story, but today research is being done to push past the myths and discover the truth about these giants.

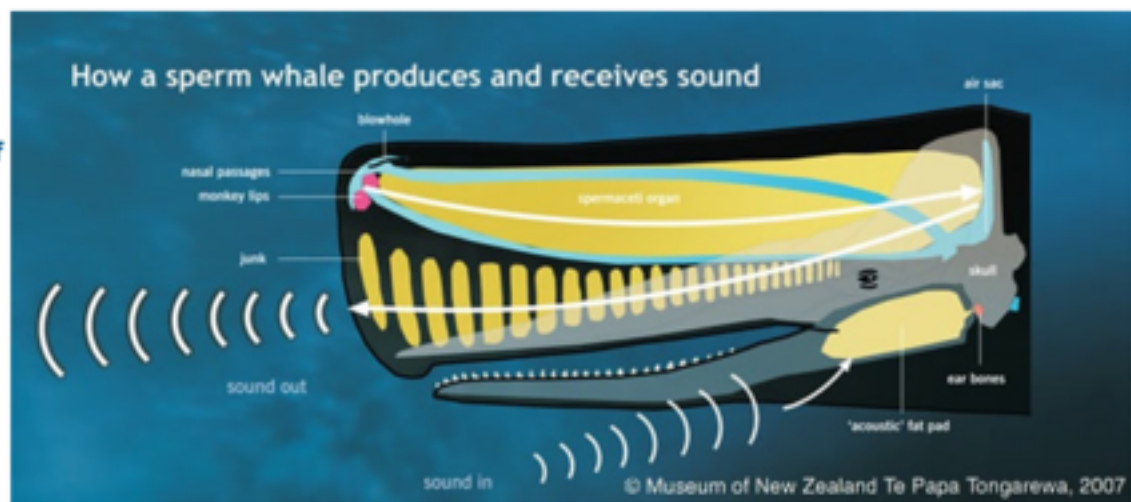
To put the origin of these sailors' stories into perspective, they took place during the commercial whaling era in the 1800s to mid 1900s. During the peak of this time, around the 1950s, about 25,000 whales were killed per year, dramatically depleting the global population. These whales were highly sought out and massacred in search of a substance that had the value similar to oil of its time. Their large heads are filled with a white, waxy substance called spermaceti. Meaning "seed of the whale", due to the fact that it was mistakenly thought to be seminal fluid. This substance was highly valuable as it was rated at a much higher quality than the oil found in the blubber of other whales, and it could be used for a variety of things. Lamps, soaps, cosmetics, dog food, brake fluid, cattle fodder, leather preservers, vitamin supplements and butter were all products that benefited from this substance. The industrial revolution was heavily tied with commercial whaling, as the oil fueled the new industry. (2.)



Along with the practical use of spermaceti there was also a cultural identity that formed among the people who harvested this substance. Hal Whitehead, a biologist at Dalhousie University in Nova Scotia said, "Old-time whaling had a dual identity. It was a way of getting stuff we needed, but also a wild, romantic chase." This dangerous romanticism, paired with a highly valuable commodity led to a massive reduction in the sperm whales' population. Due to the large decrease, the International Whaling Commission put a ban on whaling. Before commercial whaling, scientists estimate that there were more than one million sperm whales. Today that number may be around 360,000, although it is unknown whether the populations are increasing. (3.)

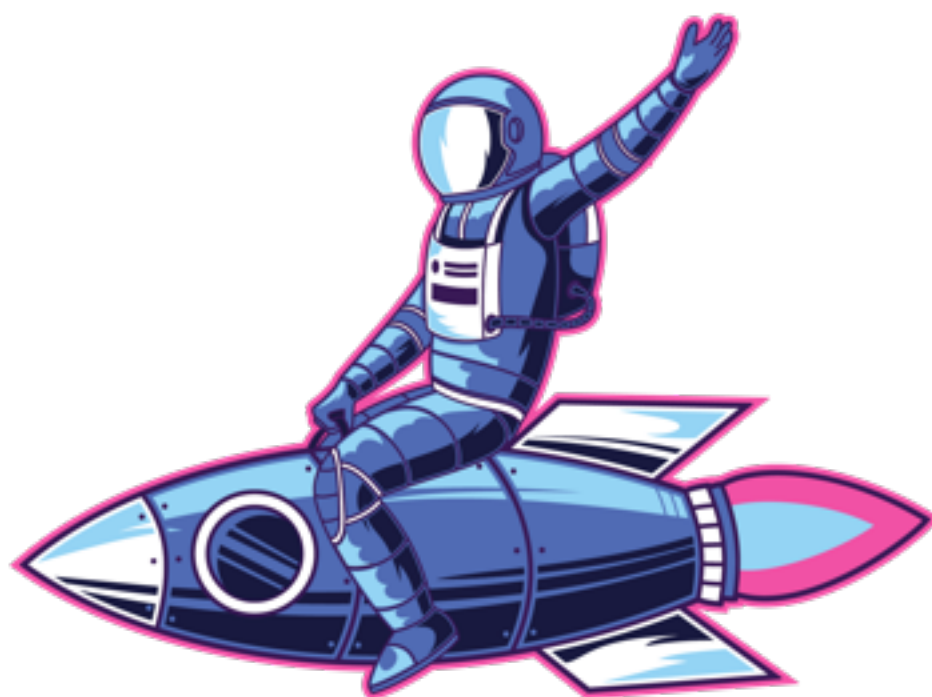
While commercial whaling was detrimental to the species population health, it is also where most of our knowledge of the species came from. Whaling gave us access to an otherwise remote animal and sparked an interest in something that was virtually unknown. Today, scientists like Whitehead study sperm whale communication strategies in an effort to understand how they socialize and hunt for food to hopefully find ways to help the remaining populations. Like other whale species, the sperm whale uses echolocation to hunt for their food. Unlike whales such as the humpback whose vocalizations sound like a song, the sperm whale is known for its loud knocking. Whalers in the 1800s used to nickname them "the carpenter fish", because they would hear what sounded like a hammering on the ship's hull.

These sounds are created through a complex system that takes place inside the giant head of the whale. The animals are able to emit pulses of sound in particular patterns. It is even thought that they can aim their clicks at certain targets in search of prey. The way it works is through the whale's spermaceti organ (the valuable substance whalers sought) and a large chunk of oil-saturated fatty tissue called "the junk". Surrounding these, are two long nasal passages. The left nasal passage runs directly to the blowhole which lies at the top of the whale's head. The right nasal passage does not have a straight path, its twists and turns form air-filled sacs that are able to reflect sound. Near the blowhole is a pair of clappers called "monkey lips". To make a sound, the whale will force air through its right nasal passage to the monkey lips, which then shut. This creates a click noise which bounces off the air filled sacs, through the junk and out into the water. It is thought that the whales might have the ability to change the shape of the spermaceti organ and the junk, which would allow them to aim where they send the clicks. (4.)



These noises are how the whales are able to socialize with one another and some scientists have even hypothesized that with certain clans of whales there are particular vocalizations that are unique identifiers, essentially names. Their complex language and social dynamic is intriguing. Having the largest brain of any creature to live on earth, their intelligence is something we still don't fully understand. (5.) It is some scientists' belief that the whales have a good memory. Due to the social groupings and lifelong companions these animals have throughout their lifespan, it is assumed they have to be able to remember them all. Their cerebral cortex, which is the part of the brain responsible for thinking, perceiving, and producing and understanding language, is also much more elaborate than a human cortex, which implies it is a complex function.

It is this good memory that some think the stories of Moby Dick may have originated from. If the whales themselves remembered the whalers' ships who had attacked them, is it possible they sought to attack back? The Essex, a ship that sunk in 1820 because it was rammed by a sperm whale was what sparked Melville's imagination to write his classic tale. Dr. Lindy Weilgart, a research associate in the department of biology at Dalhousie University in Canada states, "I do believe a sperm whale is capable of the aggression necessary to attack a ship, especially a mother if her young is threatened." Whalers during this time were known to first harpoon calves, then keep them alive to attract the rest of the pod who would come assist the baby. They would then kill the adults. A cruel method of hunting, that demonstrates the strong social bonds these whales have for one another. (6.) Essentially, these whales may not seek out ships to attack, but when a relative is in danger, aggression is possible.



SWIMMING
WITH GIANTS
PREVIEW



Your Cottage



Our Vision and Mission

Vision:
To create a space of natural relaxation and
quaint accommodation

Mission:
To exceed guest expectations while promoting
eco-vacationing

We extend a welcome of fresh fruits, genuine warm service and assistance for anything you are interested in Dominica, the Nature Island of the Caribbean. The most mountainous in the Eastern Caribbean, Dominica boasts a river for every day of the year with numerous waterfalls and lakes. One of the least-populated countries on earth and named one of the happiest places to live. Dominica offers the adventurous-at-heart a plethora of opportunities to be at one with nature.

Picard Beach Cottages is set on 6 acres of an old coconut plantation and is host to numerous grasses, flowers, and fruit plants, as well as a mature Saman tree (600-year old), many Coconut trees and an array of wildlife. A playground for young and wise, for families, for you. We pride ourselves on our on-going wildlife protection and environmentally sensitive operations and invite our guests to fully participate.

You will be accommodated in a quaint cottage only steps away from Dominica's longest sandy beach where you are able to snorkel on reefs just offshore. At night you will be serenaded by nature's orchestra and the rhythm of waves lapping at the shore. Wake up to the song of the birds and the view of our Cabrits National Park, an inspiration to live your day to the fullest.

Our Values

Our Guests:
You are the reason that we exist and
we thank you for choosing us as
your accommodation on the Nature
Isle

Our Environment:
We pride ourselves on being an
ecotourism boutique hotel

Our Role in the bigger picture:
We support local businesses, we
hire local people, we are locally
owned.

Beach-side living, naturally

Welcome to Picard Beach Cottages, Dominica's only locally-owned, bungalow cottages steps away from the water's edge.



Guest Adventurer

International fitness model David Morin will be joining the inaugural BDL Field Trip adventure. Dave will be lecturing on the topics of fitness, nutrition and all around life experience each night as well as joining in the fun during the day.

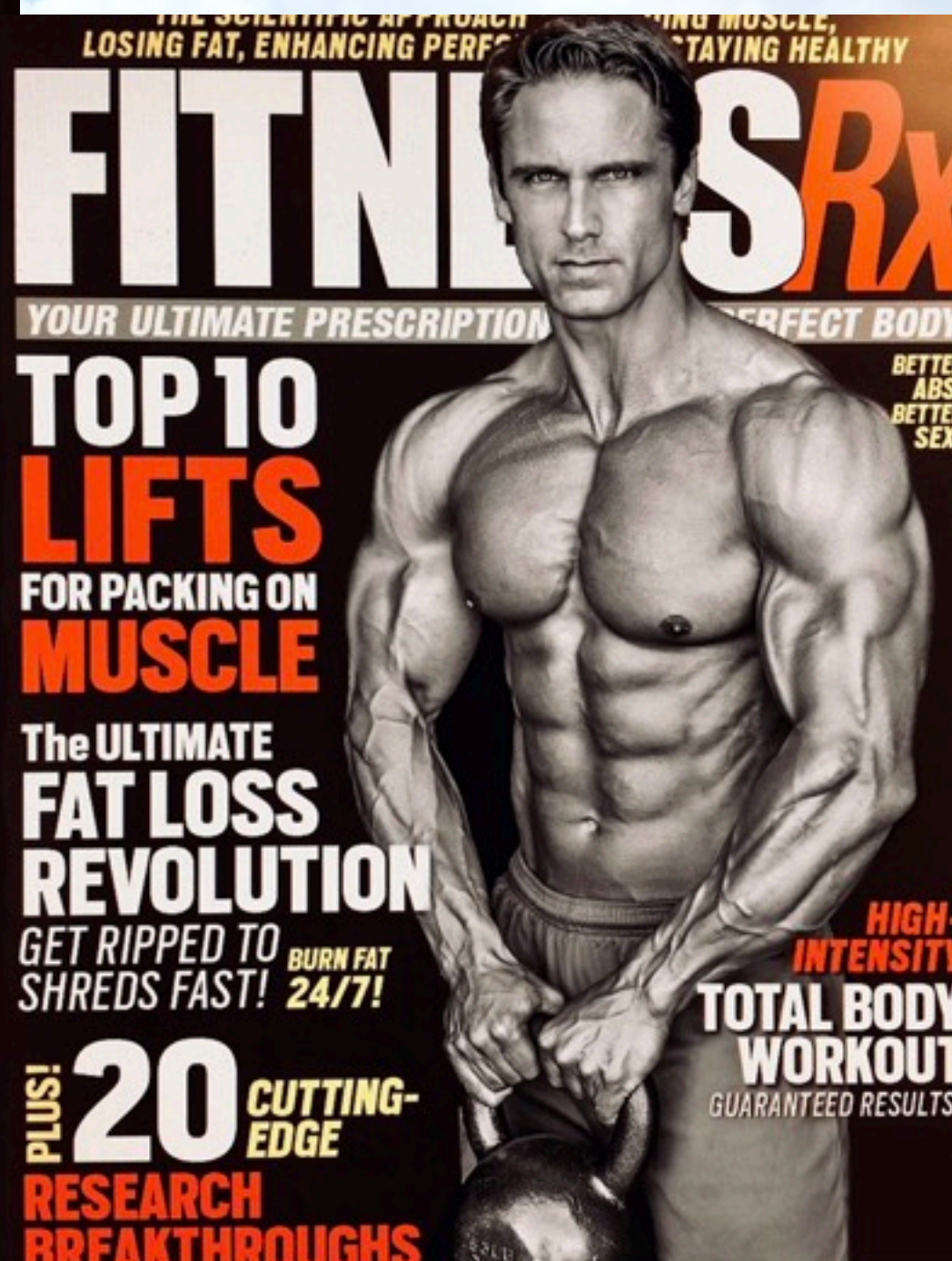
Dave has a vast amount of life experience to share at the age of 48 having survived both being in a coma as well as being a father of four.

Throughout the trip he will meet personally with each adventurer to review their overall lifestyle habit's in order to create a management plan to work towards their unique goals.

Dave is no stranger himself to the BDL Adventure mentality as he joined Dr. Rusilko in 2019 for a make shift field trip in the wilds of Bolivia where they each got to experience some once in lifetime moments.



BDL Bolivia





BALLS DEEP LIVING : WAITING ON A HEARTBEAT

SHARK TEAM ONE®

Dates

- Jan. 28 - Feb. 1st 2023

Location

- Dominica Island

Spots

- 2 Spots

Cost

- \$15,000





BALLS DEEP LIVING

THE HEART BEAT : GAME ON



BALLS DEEP LIVING : THE HEARTBEAT



Mission

- To inaugurate the Balls Deep Living Adventure Club’s annual Adventure Bowl, with 2023 being entitled “The Heartbeat”.

Location

- Dominica Island

Objectives

- 10 surprise adventures with a point accumulation system.
- Highest points by the end of the trip wins the “Balls Deep Award” which goes to the highest scorer throughout the trip as well as numerous other unique prizes.
- Collect the Most Badges



Experiences

Rediscover your childlike enthusiasm for exploring and living each moment that the day brings



This part of the inaugural BDL: Adventure Club Field Trip will provide a conversational highlight to all of your future conversations. This excursion takes us to the last untouched island in the Caribbean, Dominica, where a resident population of sperm whales await your interaction. Dominica is located in the Caribbean between the French island nations of Guadeloupe and Martinique and is a member of the EU. It is nicknamed "The Nature Island" due to its dense forests, stunning waterfalls, intense rainbows and strikingly high mountainous terrains where your excursions will take place. It is home to over 170 bird species and around 1000 different types of flowering plants that are scattered throughout its mostly undeveloped landscape.

During your stay in a very unique getaway you will be taken on a total of 10 surprise adventures where you will get to experience things in very new way. From below the seas to the tops of mountains life will come at you fast in the most enjoyable of ways. Physical fitness is a must for some things so make sure you prepare.

This field trip is about enjoying the moment and from the moment you land enjoyment is all that's on the menu. The location is nothing but 5 stars as are the life experiences that are planned for those looking to jump start your life on every level.

Whats Included

From the second you touch down in Dominica, everything is taken care of from your transportation and lodging to your 5 star dining and equipment.

Each Adventurer Will Receive:

- Customized Wet Suit and Welcome Package with Numerous Inclusions
- GoPro 10/GoPro Max with Accessories
- Video Package of Their Experiences
- Personal Consultation with Dr. Rusilko and David Morin
- Two Enlightenment Experience for those Who Qualify

During the afternoons, lectures and talks will be giving by both Dr. Rusilko and David Morin on topics including but not limited to nutrition and exercise, psychedelics, philosophy, goal setting and the future of lifestyle forms of medicine. Interaction will be encourage with questions and consultations being available at all times.



BALLS DEEP COPY LIVING : THE HEARTBEAT

Two of your nights will consist of enlightenment therapy sessions that will be organized around the events we are doing. This is a trip to enhance your emotional health with self reflection and examination being a must in order to do so. This experience is not a requirement but an included offering for those that qualify and desire to do so.

To keep with the theme of diversifying your lifestyle a sleight of hand magic trick will be taught just for the fuck of it to leave each member in attendance more unique than when they landed. This trip is about adding to your life story so be prepared to write some new chapters.

Each adventurer will receive a welcome package the night they arrive that will consist of some very unique and appropriate items they will use throughout the trip to accomplish various tasks given. Items that they will be able to use for the years to come.

The accommodations are exactly what you thought they should be for a trip like this. You will be staying in a phenomenal oasis of island magic with each night consisting of dining on the islands finest foods. Breakfast and lunch will be swift as we will be in the field doing epic things. Transportation will be organized for everywhere you go putting your mind at ease. From the second you land you're covered so look forward to putting your phone in airplane mode and partaking in the first of many once in a lifetime experiences found on this field trip.

Only (2) spots available.





Whats Included

- All lodging, food, equipment, and transportation
- (10) Life Experiences
- Initiation Package
- (2) Enlightenment Experiences
- Daily Lectures and Talks

Badges Possible

>10 (Surprise)

Cost

\$25,000

Only (2) Spots Available

BALLS DEEP LIVING : THE HEARTBEAT



Dates

- Jan. 25 - Jan. 29th. 2023

Spots

• 4 Spots

Cost

• \$25,000

• \$40,000 / Team (2)

Dates



Life's Too Short
Not to
Come!