



# B Your Best Seminars @ Sea

## *"Make Time For Happiness" Cruise-2013*

### Join Bonnie Best

Wellness Consultant and Inspirational Coach  
for a week of relaxation, camaraderie, and workshops  
on the Inaugural B Your Best Seminars @ Sea  
from **February 24th to March 3rd, 2013**



#### Cruise the Western Caribbean



on the Norwegian Pearl

#### Would you like to:

- Experience more joy
- Be more fulfilled, content and energetic
- Live a longer and healthier life
- Learn the habits of happiness and reduce stress
- Discover a natural state of peace, joy, and love—no matter what is going on in your life

Bonnie believes that every person has a dream, and she loves to help people explore and manifest their dreams for **REAL SUCCESS**.

*Ms. Best is certified by Marci Shimoff as a "Love Ambassador"*

**Cruise from  
\$849\***

#### What's Included:

Cruise Fare, Taxes, Gratuities,  
Insurance, Transfers, 2 Cocktail Parties

\*Options and pricing on back page

**Seminar**  
(optional)  
**\$179**

#### What's Included:

4 three hour workshops and the book  
"Happy for No Reason" by Marci Shimoff.

For Seminar information contact Ms. Best at:  
(510) 397-3207 or email: [bonnie@bbest.com](mailto:bonnie@bbest.com)



Travel arranged through: Ole Nordhavn, Cruise Holidays

For information or to make reservations contact:

**Ole Nordhavn, Cruise Holidays**  
15577 Montreal Street, San Leandro, CA 94579  
(510) 499-3152

web: [www.CruiseWithOle.com](http://www.CruiseWithOle.com) email: [onordhavn@cruiseholidays.com](mailto:onordhavn@cruiseholidays.com)

CST #2093251-50

## Pricing:

<i>Stateroom Type</i>	<i>Category</i>	<i>Description</i>	<i>Price</i>
Interior	IB	Mid-ship, decks 8 and 9	\$849*
Interior	IA	Mid-ship, decks 10 and 11	\$874*
Ocean View	OK	On deck 8 with obstructed views, porthole or windows	\$924*
Ocean View	OB	Mid-ship, deck 5	\$1064*
Balcony	BB	Forward or Aft on deck 10	\$1224*
Balcony	BA	Mid-ship, decks 9 and 10	\$1244*

***\*What's included: Cruise Fare, Taxes, Gratuities, Insurance, Transfers, 2 Cocktail Parties. Prices are based on double occupancy. Single supplement pricing available. Some staterooms can accommodate 3 or 4 passengers, price available on request.***

***Mini-suites may be available at current pricing at time of deposit.***

***Deposit of \$ 250.00 per person required to secure a stateroom. Final payment is due by December 1, 2012.***

***Prices do not include air fare, onboard purchases, or excursions. Assistance with air transportation can be provided.***



Ocean View Stateroom



Balcony Stateroom



Entrance to the Summer Palace Restaurant

Stardust Theater



## Itinerary:

<i>Date</i>	<i>Port</i>	<i>Arrive</i>	<i>Depart</i>
Sun. Feb. 24	Miami, Florida		4:00 PM
Mon. Feb. 25	Great Stirrup Cay, Bahamas	8:00 AM	5:00 PM
Tue. Feb. 26	At Sea (Morning & Afternoon Workshops)		
Wed. Feb. 27	Ocho Rios, Jamaica	8:00 AM	5:00 PM
Thur. Feb. 28	George Town, Grand Cayman Islands	8:00 AM	4:00 PM
Fri. Mar. 1	Cozumel, Mexico	10:00 AM	6:00 PM
Sat. Mar. 2	At Sea (Morning & Afternoon Workshops)		
Sun. Mar. 3	Miami, Florida	7:00 AM	



Pool Deck & Slide



Onboard Bowling Alley



Indigo Restaurant



Garden Cafe