

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

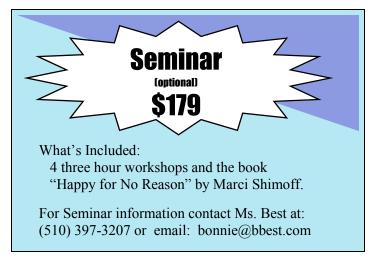
Would you like to:

- 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"







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 email: onordhavn@cruiseholidays.com

Pricing:

Stateroom Type	Category	Description	Price
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.



Itinerary:

Date	Port	Arrive	Depart	
Sun. Feb. 24	Miami, Florida		4:00 PM	GREAT STIRRUP CAY
Mon. Feb. 25	Great Stirrup Cay, Bahamas	8:00 AM	5:00 PM	Mexico MIAMUS
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	GRAND CAYMAN
Fri. Mar. 1	Cozumel, Mexico	10:00 AM	6:00 PM	Caribbean Sea
Sat. Mar. 2	At Sea (Morning & Afternoon Workshops)			OCHO RIOS
Sun. Mar. 3	Miami, Florida	7:00 AM		

