

Yoga Journal Cruise

Costa Atlantica—Costa Cruise Lines

March 7—14, 2004



The Yoga Journal Cruise

You've Chosen Your Path, Now Choose Your Cabin

This yoga vacation and conference will take place onboard the beautiful Costa Atlantica from March 7-14, 2004. You will have the opportunity to study with some of the world's leading yoga teachers while vacationing in the Eastern Caribbean!

The Teachers—Practice with the best...

- Baron Baptiste
- Jimmy Barkan
- Beryl Bender Birch
- Maya Breuer
- Elena Brower
- Seane Corn
- Edward Clark and Tripsichore
- Jason Crandell
- Liliias Folan
- Cyndi Lee
- Charles Matkin
- Lisa Matkin
- Elise Miller
- David Nichtern
- Shiva Rea
- Amy Stone
- Vicki Vollmer
- Rodney Yee



Itinerary—Eastern Caribbean

Day	Port	Arrive	Depart
Sunday	Fort Lauderdale		4:30pm
Monday	At Sea		
Tuesday	San Juan	4:00pm	1:30am
Wednesday	St. Thomas/St. John	7:30am	5:00pm
Thursday	Catalina Island	8:00pm	5:00pm
Thursday	Casa De Campo / Santo Domingo	6:00pm	12:00am
Friday	At Sea		
Saturday	Nassau	1:00pm	6:00pm
Sunday	Fort Lauderdale	8:00am	

Shore Excursions Optional



The Entertainment

Tripsichore—Experience the world of Tripsichore, London's acclaimed yoga theater company. Weaving asanas with innovative choreography, Tripsichore effortlessly turns the world upside down as gravity becomes secondary to the power of the breath.

Drala—Dance underneath the stars to the world fusion band Drala. Melding elements of world grooves, dance, trance, classical Asian, and pop music, Drala will enchant you with their mix of Eastern and Western sounds.

Amenities, Passage & Program

There are many ways to revitalize your body and mind on the cruise. Savor the sunrise and sunset while practicing yoga on the open decks. Luxuriate in pampering spa treatments to relax and rejuvenate. Work out in the state-of-the-art health club with sweeping ocean views. Or just enjoy breathing the fresh ocean air from your stateroom balcony. Join us for the relaxing, yoga-filled week in the Caribbean you deserve.

YOGA JOURNAL CRUISE 2004

MINDBODYTRAVEL A DIVISION OF CARTAN TOURS

<u>Category</u>	<u>Description</u>	<u>Price</u>
2	Inside Stateroom, 2 Lower Beds	\$1,186
3	Inside Stateroom, 2 Lower Beds	\$1,281
4	Outside Stateroom, Obstructed	\$1,375
5	Outside Stateroom, Oceanview	\$1,425
6	Verandah Stateroom, Obstructed	\$1,469
7	Verandah Stateroom	\$1,512
8	Verandah Stateroom	\$1,562
9	Verandah Stateroom	\$1,656
10	Verandah Stateroom	\$1,800
11	Verandah Stateroom	\$1,750
S	Suite	\$1,837
PS	Panorama Suite	\$2,031
GS	Grand Suite	\$2,175

3rd/4th Adult/Child	On Request
Single (on Request)	150% of Cruise Rate
Single/Suites (on Request)	200% of Cruise Rate
Single Available in Category 5	
Government Taxes—\$202.17 per person all categories	

Prices are per person based on double occupancy and include onboard meals, entertainment and all Yoga activities.

Non-Yoga participants please deduct \$570 from the above rates.

Cancellation Penalties:

179-120 days—September 10-November 6, 2003	\$385 per person
119-70 days—November 7-December 28, 2003	\$435 per person
69-30 days—December 29, 2003-February 6, 2004	\$535 per person
29-0 days—February 7, 2004-Departure	100% of cost per person

To Secure your space on this once in a lifetime yoga adventure, or for more information, **call mindbodytravel a division of Cartan Tours at (800) 818-1998.**

