



Join us for a spectacular **7-night voyage** the world's largest sailboat- the **Star Clipper Cruise** that leaves **Oct. 8th** from Athens with stops along the Greek and Italian coast, ending in Rome.

Yoga-meditation with Anna Enea, RYT (perfect for beginners wanting to start a practice as well as advanced yogis) and "The Art & Science of Health and Happiness" classes with Ann Doherty, RN, MS, CDE focused on having you return home rejuvenated and inspired to live each day with joy and optimal health. 15 continuing education credits available for nurses.

Cruise packages starting at \$2000. Daily wellness classes for an additional \$250.

Limited space is available, please reserve as soon as possible:

email Ann Doherty, RN, MS, CDE for more details at

OptimalHealthGetaways@gmail.com or call 510-326-6474

Optimal Health Wellness Classes Registration Form:

Name: _____

Email: _____

Phone # _____

Registration for the cruise is handled separately through Bay World Travel (see attached flyer for contact info). If you are registering for the cruise and would like to participate in the Optimal Health wellness classes on the ship please enclose \$250 payable to Optimal Health Getaways

Please send your registration form and check to:

Ann Doherty 720 Rodney Drive San Leandro, CA 94577



Yoga Themed Cruise Featuring Anna Enea

7-Night Voyage Aboard the Royal Clipper • Greece, Sicily & Amalfi Coast • October 8, 2016

\$100 onboard credit! Take advantage of the Group Savings! Contact Mary Corcoran for details!

Cruise Only Rates Per Person

- ◆ Owners Suite - \$4,595
- ◆ Deluxe Cabin - \$3,630
- ◆ Cat 1 - \$2,775
- ◆ Cat 2 - \$2,460
- ◆ Cat 3 - \$2,310
- ◆ Cat 4 - \$2,185
- ◆ Cat 5 - \$1,880
- ◆ Cat 6 - \$1,775
- ◆ Third Share - \$730
- ◆ Port Charges - \$255



Bay World Travel • Mary Corcoran • (650) 726-7345 • go@bayworldtravel.com

 BAY WORLD TRAVEL

All rates are in US Dollars per person and do not include airfare, port charges or gratuity. Offer may be changed or withdrawn at any time without notice. Other restrictions may apply.