

Health and Wellness at Sea

Alaska Cruise to Sitka

Sailing September 16-23, 2017 from Seattle



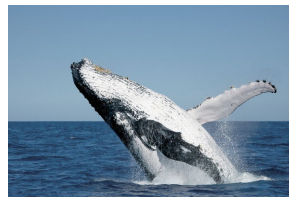
The Healing, Cleansing, Rejuvenating Power of Juice Fasting with Cherie

You will learn about the following:

- The latest research on juice fasting.
- Stem cell regeneration through intermittent fasting.
- The latest research on beet juice and how it can lower blood pressure and improve heart health.
- How magnesium and dopamine affect the brain. You can taste a juice rich in magnesium!
- Prevent Alzheimer's by consuming more fruits and vegetables. A study of over 1,800 Japanese Americans reported that consuming fruit and vegetable juices three times or more per week was associated with a 76% reduced risk for Alzheimer's disease. You'll discover how to rejuvenate your body from your brain to your toes..

Build Resilience and Reduce Stress with Fr. John

Resilience-building tools help individuals become more emotionally and psychologically balanced. Internal coherence is a key factor in harmonious functions of all systems of the body. With knowledge and practice, one can learn to shift from incoherent to a composed state. Resilience training teaches participants how to respond to circumstances, events, and various styles of communication.



Cruise Package Includes

**\$25 OBC p/p * Hosted Cocktail Party
*Book Signing * Juicing & Smoothie
Demos * Lectures * Free Gift * Cherie's
latest Book "The Juice Lady's Guide to
Juice Fasting" * Prize Drawing**

Deposit \$350 p/p

Inside

Ocean View

Balcony

Suite

Starting at
P/P double Occupancy

\$874

\$1,204

\$1,474

\$1,974

** Does not include fees/taxes of \$244.06 p/p or gratuities.*

CALL for EXPLORE 4 PROMOTIONAL PRICING

Reservations made after November 15, 2017 are subject to availability and prevailing cruise line prices.

Turning Dreams into Reality



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