

My Quiet Spaces Retreat at Sea

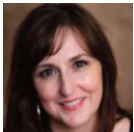
January 25-29, 2018
starting at \$419

A retreat designed for Christian women to engage mind, body and spirit through music, creative writing, meditation, movement and prayer. Join us for a time of renewal and connection with God.

GUEST SPEAKERS



Patricia Wilson, the author of *Quiet Spaces*, spent many years as a professional motivational speaker and has worked in pastoral and palliative care. Her other books include *When You Come Unglued...Stick Close to God* and *Freedom from Worry*.



Jane Herring is a Presbyterian pastor who leads contemplative retreats on prayer, meditation and using writing in prayer and spiritual formation. Jane is author of *One Day I Wrote Back*.



Hilda R. Davis is an integrative health therapist, coach and counselor, who aims to be a guide on the wellness journey for all women. She uses art, meditation, storytelling and music as therapy tools.



J. Dana Trent graduated from Duke Divinity School and has worked in nonprofit fundraising and hospital chaplaincy. She is now a full-time writer, speaker and teacher. She is the author of *Saffron Cross*.



Kristen E. Vincent is a retreat leader and author of *A Bead and a Prayer: A Beginners Guide to Protestant Prayer Beads*. She is a graduate of Duke Divinity School.



Linda Furtado is a woman on a mission to express her creativity in daily life through writing, photography, music and art. She is a wife, mother, seminary student and is on staff at The Upper Room.



Cruise Itinerary

Date	Port	Arrive	Depart
Jan. 25	Tampa, FL		4:00 PM
Jan. 26	At Sea		
Jan. 27	Cozumel, Mexico	8:00 AM	6:00 PM
Jan. 28	At Sea		
Jan. 29	Tampa, FL	7:00 AM	

Ship Amenities

- Vitality Spa with extensive treatment menu
- 2 pools & 6 whirlpools, including an adults-only Solarium
- State-of-the-art Fitness Center, with yoga, tai chi and more
- Library and Card Room
- Complimentary Broadway Style Entertainment
- Rock-climbing wall & Upper-deck jogging track
- Outdoor poolside movie screen
- Family-friendly activities, contests and enrichment classes



CRUISE PRICING*

N	Interior Stateroom	\$419
I	Ocean View Stateroom	\$499
H	Ocean View Stateroom	\$499
E3	Balcony Stateroom	\$599
E2	Balcony Stateroom	\$599

*Does not include airfare, taxes, gratuities & \$75 program fee.

