

Spirit
at Sea
Travel

proudly presents

GUIDE FOR SPIRITUAL LIVING

SCIENCE OF MIND MAGAZINE



DAY 1 DEPARTS 5:30 PM Welcome: **Fort Lauderdale, Florida** Welcome aboard Freedom of the Seas

South Florida's warm climate and sparkling waters make it a magnet for water sport enthusiasts. From the beaches and recreational waterways, to the lively arts and cultural scene, Fort Lauderdale has become a world-class destination.

DAY 2 Cruising

Whether you seek an adrenaline rush or total tranquility, our ships have it all. Try rock climbing, ice skating and surfing 200 feet above the waves. Melt away land-based stress with a spa massage, build a scrapbook of memories or simply relax poolside.



DAY 3 ARRIVES 7:00 AM DEPARTS 3:30 PM (TENDERED) Port of Call: **George Town, Grand Cayman**

Compact and colorful, George Town is a glitzy hub for duty-free shopping on Grand Cayman and signature Caribbean experiences. Think boating, snorkeling, relaxing on a beautiful beach, or meeting friendly stingrays at a shallow sandbar

DAY 4 ARRIVES 11:00 AM DEPARTS 7:00 PM (DOCKED) Port of Call: **Puerto Costa Maya, Mexico**

With sparkling sands and turquoise seas, Costa Maya is a relaxing destination where you can swim and sun, explore the coral reef offshore or Maya ruins in the jungle. The nearby fishing village of Mahahual is even more laid-back.

DAY 5 ARRIVES 8:00 AM DEPARTS 5:00 PM (DOCKED) Port of Call: **Cozumel, Mexico**

Cozumel features great diving, snorkeling and beaches, marine-life encounters, botanical gardens, trails and shopping in the town of San Miguel. The nearby mainland is home to Tulum, Mayan cliffside ruins overlooking the Caribbean.

DAY 6 Cruising

Onboard, dining is about more than just food. Think ambience, variety and the flexibility to decide when and what you savor.

DAY 7 ARRIVES 5:30 AM Port of Arrival: **Fort Lauderdale, Florida**