

Vibrant Mexico “Transforcation”

7-night Mexico Riviera Cruise

Nov. 14 - 21, 2010



The hottest trend in travel for 2010 is a “transforcation” holiday, defined as a vacation with a focus on self-improvement or change. Just south of the U.S. border lies a vibrant culture, world-class beaches, lush green rain forests, and vividly painted architecture that will dazzle your eyes. This ideal location is just right for exploring a colonial city or discovering the joys of a siesta on a white-sand beach while “transforcating” with a positive Journey through Change hosted by the Center for Grief Loss and Transition.

Join Flying Wheels Travel, Tom Ellis and Sara Heinzen from the Center for Grief Loss and Transition on Royal Caribbean’s Mariner of the Seas for this picturesque and accessible cruise. Tom and Sara will host two seminars on the cruise sure to provide positive change in your life. Tom and Sara use humor and fun as they help you explore affirmative techniques to cope with change in your life.

If you are looking for a fun filled vacation with beautiful destinations, upbeat people to meet and the opportunity for self-improvement, this Mexican cruise vacation is perfect for you.

Participants of this escorted group cruise will receive the following:

- Customized private accessible shore excursions (additional cost, above cruise price)
- Experienced care and tour escorts to assist you throughout your travel experience (based on the number of bookings on the cruise)
- Farewell reception
- Government fees
- Journey Through Change Seminars
- Most ship board meals (additional charge for specialty restaurants)
- Port taxes
- Pre-paid gratuities (cabin steward, head waiter, waiter, assistant waiter)
- Selected on-board accommodations
- Shipboard entertainment
- Welcome reception

Sailing itinerary

Day	Port	Arrive	Depart
Nov. 14	Los Angeles		5 p.m.
Nov. 15	Cruising (<i>Journey though Change seminar</i>)		
Nov. 16	Cabo San Lucas	9:30 a.m.	6 p.m.
Nov. 17	Mazatlan	8 a.m.	5:30 p.m.
Nov. 18	Puerto Vallarta	8 a.m.	7 p.m.
Nov. 19	Cruising (<i>Journey through Change seminar</i>)		
Nov. 20	Cruising		
Nov. 21	Los Angeles	7 a.m.	

About the ports

Los Angeles



Los Angeles is an exciting semitropical city of palm trees, swimming pools, television studios and aerospace factories. It is one of the world's most exhilarating cities and the movie-making capital of the world. Wherever you visit, from ritzy Beverly Hills to the wondrous Hollywood Bowl, you will have an unforgettable journey.

Cabo San Lucas



Once referred to as the "millionaire's sandbox," Cabo San Lucas is Mexico's jewel resort at the very tip of the Baja Peninsula. Its remote location and unspoiled beauty make this a seaside paradise.

Mazatlan



An exciting mixture of old and new Mexico, Mazatlan has been blessed with a harbor of natural beauty. The neighboring mountain range rises as a majestic backdrop for this scenic city. As Mexico's first major resort community, Mazatlan owes its continued popularity to vast unspoiled beaches, first-class resorts and friendly people.

Puerto Vallarta



This once-sleepy fishing village became a popular resort after *The Night of the Iguana* was filmed here in 1964. Nestled on the 28-mile curve of Banderas Bay, Puerto Vallarta has steadfastly held on to its character. Red tile roofs and rows of balconies, spilling over with colorful bougainvillea, still line its cobblestone streets. A pleasure for both the eye and the camera.

Journey through Change Seminars



you.

Two on board seminars will be hosted by author and marriage and family therapist Tom Ellis, executive director of the Center for Grief Loss and Transition and Sarah Heinzen, marriage and family therapist. These seminars will provide insight and techniques on change you experience in life while living with a disability, chronic illness, aging or other life transformation that may affect



Both Tom and Sarah are widely recognized for their ability to help you identify changes that are affecting you and deliver a humorous and fun way of giving participant ways to positively cope with change and stress in your life.

These seminars are an ideal way to incorporate self-improvement in this “transformation” cruise.

Reservation deadline for this cruise is May 14.

Cabins may be available after this deadline. Please contact us for more information.

Rates are per person, based on double occupancy and include all of the above group benefits. Rates are subject to availability. The numbers of accessible cabins are limited and available on a first come basis. [Book early](#) to guarantee your cabin choice or contact us to establish an interest free monthly payment plan.

Accessible Inside Stateroom:	\$1173.59 per person
Accessible Ocean View Stateroom:	\$1243.59 per person
Accessible Deluxe Ocean view with Private Balcony:	\$1393.59 per person

Non-accessible cabin rates are the same as above.

A deposit of \$250 per person is required to confirm your reservation. If traveling as a single occupant a \$450 deposit is required. All major credit cards accepted for deposit. Final payment is due by July 16.

All itineraries and prices are subject to change without notice.

Flying Wheels Travel can customize your trip to suit your needs and interest.

- Travel Insurance is available and strongly recommended.
- Hotel packages for pre- or post- stays are available at an additional cost
- Flight accommodations and ground transportation are additional and will be arranged by Flying Wheels Travel