

# TRAVEL SOBER

The Journey Begins

Presents

**A Recovery Conference @ Sea**

**With Stephanie Brown Ph.D. From Menlo Park, CA**

On This cruise we will explore Deepening Your Recovery:  
Self-reflection, Exploration and Connection.

Join us for a fabulous 7-day Cruise Conference vacation at sea on the

**Norwegian Cruise Lines 'Norwegian Dawn'**

**April 2<sup>nd</sup>-9<sup>th</sup>, 2017**

*R/T From: New Orleans to Cozumel, Roatan-Honduras,  
Harvest Caye-Belize and Costa Maya-Mexico*

**Speakers, Workshops, Meetings, 'Old-Timers Panel', Couples Forum,  
Sober Social Networking, Great Entertainment, Dancing,  
Karaoke, Dining Options, Great Spa plus Lots & Lots of Fun and Fellowship**

**Great Prices Start at and includes port charges & tax, govt. fees**

<u>Interior</u>	837.00	per person dbl/occ
<u>Oceanview</u>	987.00	per person dbl/occ
<u>Balcony</u>	1387.00	per person dbl/occ

Not included are tips, items of a personal nature and \$150.00 conference registration fee

Cruise deposit plus Conference Fee is required to hold your space. Latitudes members and other discounts may apply & free upgrades may be available! JUST ASK! Cruise rates are subject to change.

In This Life offers price guarantee and upgrade protection!

Pre-cruise hotel in New Orleans and low cost air is available

Conference attendance only through exclusive booking arrangements by

**In This Life Custom Getaways @**

805 927-6910 or 1 800 531-7578

Check out [www.travelsober.com](http://www.travelsober.com) for more great trips

**The Speakers: Stephanie Brown** is a popular speaker with long term recovery. She is a licensed psychologist with more than 35-years of experience and directs the **Addictions Institute** in Menlo Park, CA. The author of eleven books on the subject of addiction, she maintains a private practice, lectures widely, and serves as a consultant to groups and organizations. Visit her website at [www.stephaniebrownphd.com](http://www.stephaniebrownphd.com)  
Stephanie delighted participants on the May of 2016 Alaska cruise and will be presenting 3 talks. She will also lead a panel on 2nd stage recovery.

What happens to people in recovery? What is the “normal” process of opening up to a new relationship with yourself? Come join us for a recovery cruise symposium combining lecture, discussion and sharing together in deepening our recoveries. We will explore the work of recovery for children of addiction and trauma, the individual addicted person, and the family, including the new challenges of living in a fast world of SPEED!

In Stephanie’s newest book, SPEED, she describes how society has lost control. Addicted to constant “connection,” instant gratification, and the worship of impulse in the pursuit of non-stop progress and success, society today is driven by a denial of human limits. We will look at the impact of living in a chaotic, out-of-control culture on people in treatment and recovery.

**About the Itinerary:** This area of the Western Caribbean has some of the best snorkeling in the Caribbean. The itinerary offers history, great beaches, snorkeling, scuba diving, hiking and great shopping. The four ports of call also offer Mayan Ruins, deep sea fishing, sailing and much more.

**In This Life** will offer exclusive optional private value-added tours in all the ports. For 12-steppers, meetings are available at the ports for those who want them. Our onboard hospitality desk will be open to provide helpful information. The cruise program includes speakers, karaoke (get out of your comfort zones gang), optional private tours, fellowship, breakout groups, program meetings, social networking with great dining and fun-filled onboard activities. Top rated children’s programs are available onboard free of charge.

<u>Day</u>	<u>Arrive</u>	<u>Depart</u>
<b>April</b>		
Sun 2	New Orleans	4:00PM
Mon 3	At Sea (Speaker Meetings AM & PM)	
Tue 4	Cozumel, Mexico	8:00AM 5:00PM
Wed 5	Roatan-Honduras	9:00AM 6:00PM
Thu 6	Harvest Caye-Belize	8:00AM 5:00PM
Fri 7	Costa Maya-Mexico	8:00AM 4:00PM
Sat 8	At Sea (Speaker Meetings, Dinner & Thank You Party)	
Sun 9	New Orleans	8:00AM

**Norwegian Cruise Lines ([www.ncl.com](http://www.ncl.com))** is a 5-star cruise line. NCL invented the concept called “Freestyle Cruising”, giving you choices about everything you do. Enjoy a variety of fantastic restaurants, with choices from Continental, Italian, Sushi, Teppanyaki, Cagney’s Steak House, French, even a Brazilian Carvery. Entertainment on NCL is top rated and they have one of the finest SPA and fitness programs at sea. Children’s programs at sea (free of charge). Imagine unpacking only once and then relaxing and enjoying the activities on your cruise.

**A cruise deposit plus and a \$150.00 Conference Registration Fee, reserves your trip on this fun-filled cruise experience. Join fellow friends in recovery & meet new friends too! Sign-up today to be eligible for an Early-bird upgrade! Let us know if you are a Latitudes Member. You may qualify for a further discount.**

Reservations: [805 927-6910](tel:8059276910) or [1 800 531-7578](tel:18005317578) Email: [trips@inthislife.com](mailto:trips@inthislife.com)  
Visit [www.travelsober.com](http://www.travelsober.com) to get information on our other great trips.

**Payments can be made by credit cards, call us (no email) or by check to: 895 Napa Ave. Ste.A-4 Morro Bay, CA 93442**