



***January 19-23, 2026***

***5 days Ft. Lauderdale to Bahamas  
onboard Celebrity Reflection***



## OUR RETREAT



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This is not the typical Yoga retreat. In many ways, it's the total opposite.

Think 5 star cruise ship, gourmet food, music, parties, ports, karaoke, casino, shopping, oceanfront sunrises and sunsets. Add yoga sessions, workshops, meditations, sound healing and The Sivananda ashram full day excursion.

**The best of both worlds!**

YogAtSea





# MISSION

Cruise

Flow

Transform

## **YOUR AQUA CLASS INCLUDES**

- spacious balcony cabins
- pillow menu
- Yoga mat with carry bag to use on board
- Massaging shower-head and complementary bathroom amenities
- Unlimited access to the Persian Garden and relaxation room at the spa
- Personal spa concierge
- Complementary dining at Blu for breakfast and dinner
- Healthy room service menu options





INCLUDED

- Cruise amenities: pool, food, shows, activities
- Some drinks, like coffee, tea, lemonade, iced tea, and some juices
- All your aqua class amenities including Blu and spa
- Sunrise top deck morning Yoga sessions
- Workshops, meditations, sound healing
- A full day Sivananda excursion in the Bahamas
- Fun time with Like-minded friends

NOT INCLUDED

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- Wifi onboard
- Specialty restaurants
- Spa treatments
- Optional excursions other than Sivananda
- Mini bar, drink packages, including alcohol and specialty coffee
- Onboard gratuities \$19 per person per day automatically charged on your account and can be paid modified by visiting guest relation desk



SWAN MICHELLE



## OUR TEACHER

Michelle, affectionately known as Swan Michelle or Swan, now resides in Grayton Beach FL 30A. She is the Wellness Director for Raw & Juicy Cafe Grayton, teaches yoga at Studio Thirty A, and leads numerous trainings, events and concerts throughout the Gulf Coast.

Swan Michelle has been teaching yoga full & offering wellness events and trainings full time since 1998. Coming most recently from Pensacola (2020-2024), she produces Beach Wellness Events with the Positive Vibrations Foundation in symbiotic stewardship with nature on the Gulf, the Sea turtle ambassadors and the Audobon for shorebirds.

Swan also currently offers extensive virtual trainings in numerous modalities, including Ayurveda, Yoga Teacher Training, ongoing yoga and morning meditation series.

Her most recent certification is with Dr. Joe Dispenza. She is on his global team as a Certified Neuro Change Solutions Consultant, training beings to evolve and change through the health of their nervous system from survival to creation, leading Quantum meditations with specific sound therapy techniques.

<https://swanmichelle.com/about/>





# OUR SCHEDULE

## Day 1

- 11-1pm - Embarkation
- 1-2 pm - Meet, eat and greet - buffet
- 2-4 spa time - pool time - sail away party
- 4-6 meet at conf. room- deck 14 fwd
  - Opening Circle
  - Somatic Meditation & Sound Healing Journey. Experience Somatic Therapy Meditation with Swan Michelle, a full body form of meditation to release the energy of the past for deep healing
  - ...followed by a Sound Bath Journey, a meditative form of receiving sound for calibration of the nervous system with spacious hertz frequencies and sacred tones of crystal bowls, soothing vocal soundscapes, elemental chimes, flute, planetary gong and more.

Swan Michelle is a student of Dr. Joe Dispenza and graduate of his Neuro-Change-Solutions-Consultant Certification program. She has been teaching yoga and wellness full-time since 1998, is a Certified Restorative Yoga Instructor and Ayurveda Yoga Therapist.

- Dinner time - showtime – party time

# Day 2 - Day at sea

- 7-8 am sunrise yoga - top deck.

Enjoy a classical hatha flow practice that will encourage long held poses, balance, strength, flexibility and modifications. With emphasis on personalized, postural stability & the linking mechanism of the breath, it is the perfect balance of both steady challenge and sweet flowing accessibility. For the mornings sunrises, we will offer a holistic variety of standing poses, forward folds, backbends, twists, supine poses, and a gem of soothing relaxation at the end, leaving you with the sense of deep, inner balance and wholeness.

- Fun day at sea- Spa- Pool - ship activities
- 3-5 pm - Conf. Room deck 4 fwd

Introduction to Dr. Joe Dispenza's Neuro Change and Quantum Meditation:

- This is an introductory insight into my certification with Dr Joe Dispenza's official course, called NeuroChangeSolutions, as a Certified NCS Consultant on his Global Team. Together we will speak to methods as well as dive into full body meditations for being greater than our environment, greater than our body, and greater than time, along with recognizing what limited beliefs we may be carrying from the past with a labor towards releasing them, moving from survival into creation.
- In this interactive lecture and Quantum based meditation, we will address our limited beliefs, and clue into how this is effecting your body and your energy. Once you question and bring to light how limited beliefs have been affecting your body, and through this meditative work of changing your consciousness to something unlimited, you entire outer world may change.

**Dinner time - show time- party time**



# DAY 3 - KEY WEST

- 7-8 sunrise yoga - top deck.

Enjoy a classical hatha flow practice that will encourage long held poses, balance, strength, flexibility and modifications. With emphasis on personalized, postural stability & the linking mechanism of the breath, it is the perfect balance of both steady challenge and sweet flowing accessibility. For the mornings sunrises, we will offer a holistic variety of standing poses, forward folds, backbends, twists, supine poses, and a gem of soothing relaxation at the end, leaving you with the sense of deep, inner balance and wholeness.

- **Key West** - independent optional excursions - Snorkeling, Hemingway house, butterfly sanctuary. **OR,**
- **Fort Zachery state park** - complementary walking tour to this beautiful historical ocean Front State Park. Swimming and snorkeling from the beach. Duval Street shopping on the way back to the ship.
- Beach/Spa/Pool
- 3-5 pm - Conf. Room deck 4 fwd
- **Tuning Into The Heart;** Heart Brain Coherence Meditation, Lecture & Sound Healing



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Tuning into the heart center of the body, the space of the most electromagnetism of the body, can increase your energy field and inform your analytical mind into greater order and magnetism. Learn about the heart as the space of greatest intelligence, and finely tune it with a heart brain guided coherence meditation and energy clearing and a meditational soundscape of frequencies meant to tune in and turn up your heart center for heart lift off!

- Dinner time - showtime - party time





## Day 4 - Nassau

- 7-8am - Sunrise yoga - top deck
- 8-9 - Breakfast
- 10 getting off the ship to Sivananda Ashram full day excursion:
  - Welcome history tour
  - Oceanfront yoga session Sivananda style
  - Healthy plant-based lunch
  - Workshop with the Swami
  - Beach time
  - Optional walking tour to Queens staircase
- 6:00pm - Closing circle
- Dinner time- Showtime - Party time

## Day 5

- Breakfast and goodbye until next time.





## CONTACT US

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