

Charting Your Course to Optimal Health

Aboard Celebrity Cruiseship - *Reflection*

May 10-18, 2025
leaving from Ft. Lauderdale



Aruba - Bonaire - Curacao



Conference hosted by the
Bioregulatory Medicine Institute (BRMI)

Aruba - Bonaire - Curacao



Charting Your Course to Optimal Health

Saturday

10

ARRIVE AT PORT IN FORT LAUDERDALE BY 1:00PM. OUR SHIP SETS SAIL BY 4:00PM. AHOY MATES!

Sunday

11

AT SEA! 9-11:30AM WITH KEYNOTE DR. JAMES ODELL | 11:30-2 LUNCH & SUN BREAK | 2-5 TBA

Monday

12

AT SEA! "TED-TALKS!" 9-11:30AM SPEAKER TALKS | 11:30 - 2 LUNCH & SUN BREAK | 2-5 TBA

Tuesday

13

AT PORT IN ORANJESTAD, ARUBA 8:00AM - 11:00PM

Wednesday

14

AT PORT IN WILLEMSTAD, CURACAO 8:00AM - 8:00PM

Thursday

15

AT PORT IN KRALENDIJK, BONAIRE 7:00AM - 4:00PM

Friday

16

AT SEA! 9-11:30 "TED-TALKS!" 11:30-2 LUNCH & SUN BREAK | 2-5 TBA

Saturday

17

AT SEA! 9:00-11:30 SPEAKER TALKS | 11:30-2 LUNCH & SUN BREAK | 2-5 WORKSHOPS, & VENDOR PRESENTATIONS

Sunday

18

ARRIVE AT PORT AT 7:00AM - IN FORT LAUDERDALE!

Keynote Speakers



James Odell, OMD, ND, LAc

Timeless Wisdom: Sacred Herbs that
Unlock the Mysteries of Ageless Vitality



Tia Trivasonno, OMD, ND, LAc

Ageless Mind, Timeless Spirit: The Psychology of
Perpetual Joy



Michael Gurevich, MD

Innovative Drug-Free Approach to
Mental Health

**As Well As... 20+ TED-Style Talks, a
Panel Discussion, and Workshops!**

**Stay Tuned as We Add Additional
Speaker Talks!**

Accommodations

Prices include all taxes & port expenses, but not gratuities.

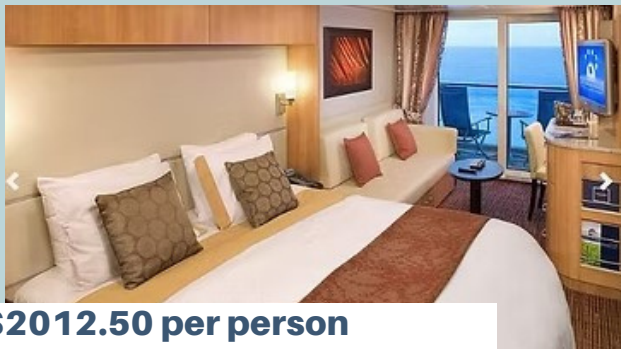
Celebrity's Aqua Class Stateroom



**\$2288.50 per person
based on double occupancy**

Free WIFI
Included free drink package
Located adjacent to Aqua Spa
Free access to Aqua Spa (sauna, rain showers)
Exclusive Blu dining | clean cuisine (breakfast and dinner)
Free exercise classes
\$50 credit for spending on board
Room with private veranda (246-379 sq. ft.)

Celebrity's Veranda Stateroom



**\$2012.50 per person
based on double occupancy**

Free WIFI
Included free drink package
\$50 credit for spending on board
Room with private veranda (246-379 sq. ft.)

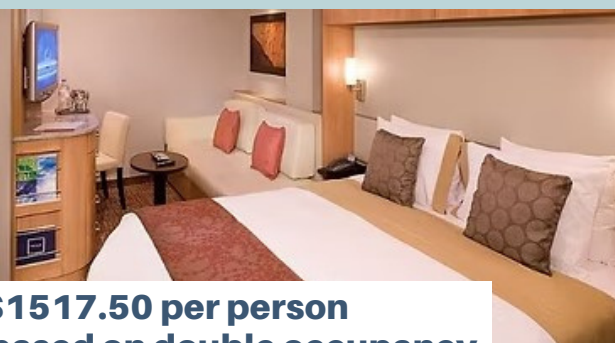
Celebrity's Ocean View Stateroom



**\$1,660.50 per person
based on double occupancy**

Free WIFI
Included free drink package
\$50 credit for spending on board
Room with ocean view (176 Sq. ft.)

Celebrity's Inside Stateroom



**\$1517.50 per person
based on double occupancy**

Free WIFI
Included free drink package
\$50 credit for spending on board
(183-200 Sq. ft.)

Dining & Drinks

Dining on Celebrity's Reflection offers a range of complementary options, allowing you to select from various restaurants at no extra charge. However, for an additional fee, you have the opportunity to enjoy meals at specialty venues.



**The Main Restaurant,
complementary**



**Blu, Exclusive Restaurant for
Aqua Class (Breakfast & Dinner)**



**Oceanview Cafe,
complementary**



**The Spa Cafe,
complementary**



**Mast Grill,
complementary**

Celebrity's six specialty restaurants include: Le Petit Chef, Tuscan Grille, Murano, The Lawn Club Grill, The Porch, & Sushi on Five

CLASSIC PACKAGE
INCLUDES ALCOHOLIC DRINKS UP TO \$10
(\$12 for sailings from UK & AUS ports)

COCKTAILS, SPIRITS, LIQUEURS AND BEER
Up to \$10

WINES BY THE GLASS
Up to \$10 and 15% OFF wines by the bottle

NON-ALCOHOLIC COCKTAILS
FROZEN & NON-FROZEN

PREMIUM COFFEES AND TEAS

SODAS

JUICES
Does not include Smoothies or Spa Cafe Fresh Juices

BOTTLED WATER

We have included the Classic Drink Package with the cost of your room. See What's included on the left.

**Exclusive to Aqua Class, Blu
Features Clean Cuisine**



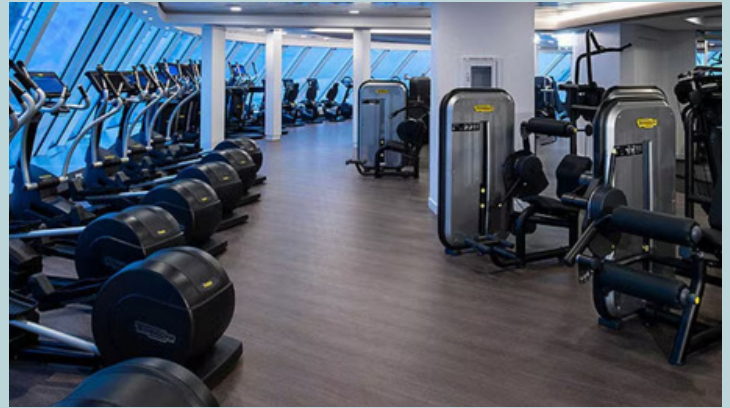
**There are also NINE bars
on board the Reflection!**

Amenities On Board



Live Shows & Entertainment

Day and night, you'll never run out of things to do on board. Broaden your horizons at expert-led talks. Enjoy incredible production shows in our state-of-the-art theatre, as well as comedy, over-the-top parties, and live music around the ship.



Health & Wellness

The complimentary fitness center, featuring state-of-the-art weight machines and cardio equipment is open to all. Floor-to-ceiling ocean views are sure to give you an extra boost. They also offer an outdoor walking/running track, and select complimentary fitness classes.



The Spa

Welcome to The Spa! Dive into the enchanting Persian Garden, where aromatic steam meets tropical rain showers and cozy Infrared Saunas! AquaClass® guests get VIP access to this adults-only oasis, while non-AquaClass folks can purchase a Persian Garden Pass and join in on the relaxation!



The Pools

on Deck 14, there are two pools, four hot tubs, lounge chairs, and sunbeds. It's a popular spot for activities like pool volleyball, live music, and interactive games. There is also an adults-only indoor pool enclosed by the Solarium, which is a popular spot for relaxing. The Solarium also has lounge chairs and sunbeds, and sometimes offers kid's hours in the evening on certain itineraries.

The ship has a high-tech theater with music and standup shows, and a lawn with outdoor games and grilling.

3 Ports to Explore...

Oranjestad, Aruba | Tuesday, May 13, 2025 8AM - 11PM

Aruba is a tropical paradise known for its pristine white sand beaches, crystal-clear turquoise waters, and a rich cultural tapestry that reflects its Dutch and indigenous heritage. Aruba offers a perfect blend of natural beauty and modern amenities. It's a popular destination for beach lovers, water sports enthusiasts, and those seeking a laid back island escape. Beyond its stunning coastline, visitors can explore colorful coral reefs while snorkeling or diving, wander through charming Dutch-influenced towns, and savor a diverse culinary scene influenced by its multicultural history. Whether you're looking for relaxation, adventure, or a taste of Caribbean culture, Aruba has something to everyone.



Flamingos in Aruba



Mambo Beach, Curacao



Bonaire Salt Flats

Willemstad, Curaçao | Wednesday, May 14, 2025 8AM - 8PM

Willemstad, Curaçao, enchants visitors with its vibrant, European-style architecture, crystal-clear waters, and rich cultural heritage. This UNESCO World Heritage site offers a perfect blend of historical charm and natural beauty. Stroll through the pastel-colored streets of the Old Town, cross the iconic Queen Emma Bridge, and explore the fascinating Hato Caves. Beach lovers will adore Mambo Beach and Blue Bay, where they can relax on pristine sands or snorkel in turquoise waters teeming with marine life. The island's diverse culinary scene, influenced by Dutch and Afro-Caribbean flavors, adds to the allure, making Willemstad a must-visit destination.

Kralendijk, Bonaire | Thursday, May 15, 2025 7AM - 4PM

Bonaire boasts stunning natural beauty and vibrant culture. Its name means "coral reef," and it is an overseas territory of the Netherlands. Imagine sun-kissed beaches with soft, white sand and crystal-clear waters ideal for snorkeling and diving among colorful coral reefs. Nature lovers will appreciate the island's unspoiled landscapes, featuring striking cacti and serene salt flats home to flamingos. Discover Kralendijk, the charming capital with pastel-colored buildings, local shops, and cafes offering authentic Caribbean flavors. The island's warm atmosphere is enhanced by lively island music, making evenings feel like celebrations. Adventure seekers can enjoy world-class windsurfing, kayaking, and hiking against breathtaking backdrops. Whether lounging under palm trees or indulging in fresh seafood, Bonaire promises an unforgettable escape where relaxation meets adventure. Experience this tranquil paradise where every moment feels like a postcard come to life.

FAQs

Booking and Planning

What documents do I need?

For this cruise, you'll need a valid passport valid for 6 months beyond the date you reenter the US.

How do I make and manage my reservation?

You can manage your reservation through our Travel Agent, Jane Hopson. Jane is in the Eastern time zone and is available Monday - Saturday 10 am till 5 pm. Any modification or cancellations must be done through her per the Celebrity group department policies.

JaneHopson@aol.com Put in Subject: BRMI Cruise

Office (502) 425-7977

Cell and WhatsApp (502) 376-3003

BRMI does not profit from the cruise bookings.

Reservations for the cruise are separate from the BRMI conference/retreat registration.

Can I make a deposit?

Yes, you do not need to pay for the cruise in full, yet a minimum deposit of \$900.00 per person is required to secure your room and the full balance must be paid by February 10, 2025. (What a wonderful gift to give yourself!) We have a limited block of rooms for this, so cruise space is available on a first-come, first-serve basis!

What if I need to cancel?

Cancellation Schedule

Days Prior to Sailing Cancellation Penalty Prior to Date

89 to 75 25% per Guest 10 FEB 2025

74 to 61 50% per Guest 25 FEB 2025

60 to 31 75% per Guest 11 MAR 2025

30 to 0 100% per Guest 10 APR 2025

*Cancellations must be done on weekdays!

A full refund will be issued if cancelled before February 10, 2025, the last week day before the final payment date before February 10, 2025.

How much is the conference registration fee and when is it due?

The registration fee is \$395 but discounted to \$295 with code **AHOY**. We have an early bird discount of \$100 now until February 10, 2025. So, please sign up before that date.

FAQs Continued...

Who's invited to attend?

We're thrilled to welcome every one who is passionate about health and longevity! Whether you're a practitioner, inventor, vendor, or simply curious about ways to live longer and healthier, you'll fit right in with us!

Can I bring my child? Is there an extra cost?

At the time of booking, if a person wants a reservation for 3rd or 4th person in the room, the rate for each additional person will be at the then prevailing rate for the 3rd and 4th person. Call Jane Hopson for further details and current pricing.

Are there any single rooms available?

Unfortunately, there are no single rooms aboard Reflection. But, why not bring a friend, family member, or colleague? The queen beds can be split into twin beds, and there is so much to do onboard! Your guest is also warmly welcome to join the conference if they so wish! The conference cost is just \$295 with the early bird code: **AHOY**

The other option is to pay double for a single room, but pay the registration fee once.

What is included in my package?

As a part of this package, you will have FREE Wi-Fi and a Classic Beverage Package. (These include alcoholic drinks up to \$10 price on the menu and a wide selection of unlimited premium coffees, bottled water, wines by the glass, beers, and cocktails. This package also entitles you to enjoy a 20% discount on wines by the bottle.) Taxes and port fees are also included in the cost.

What should I wear?

Comfort is key! Pack a variety of casual and more dressy attire for different activities and dining experiences.

<https://www.celebritycruises.com/faqs/onboard-dress-code>

Any other questions?

If there is something you are still wondering about related to the cruise, please call or email.

JaneHopson@aol.com Put in Subject: BRMI Cruise

Office (502) 425-7977

Cell and WhatsApp (502) 376-3003

If there is something you are still wondering about related to the BRMI conference/retreat, please reach out to jdolan@brmi.online



We hope you can join us!