

Retreat Name	Cruise Line	Duration (Days)	Destination	Wellness Activities	Dates Offered	Price Range (USD)	Included Amenities
Serenity at Sea	Royal Caribbean	7	Caribbean	Yoga, Meditation, Spa Treatments	January - December	\$1500 - \$5000	Free Gym Access, Healthy Meal Options
Holistic Healing Cruise	Carnival	5	Bahamas	Mindfulness Workshops, Nutrition Seminars	March - November	\$800 - \$3000	Shore Excursion Discounts, Wellness Gift Bag
Mindfulness and Motion	Norwegian Cruise Line	10	Mediterranean	Pilates, Wellness Lectures, Tai Chi	June - September	\$2000 - \$6000	Onboard Spa Discounts, Healthy Dining Options
Rejuvenate at Sea	Celebrity Cruises	8	Alaska	Outdoor Activities, Guided Meditations	May - September	\$2200 - \$7000	Wellness Activity Guide, Spa Access
Luxury Wellness Voyage	Oceania Cruises	12	South America	Holistic Health Consultations, Guided Hikes	October - March	\$3000 - \$12000	Luxury Spa Access, Fine Dining Experiences
Detox and Renew	Princess Cruises	7	Hawaii	Juice Fasting Program, Fitness Classes	February - December	\$1800 - \$5000	Spa Credit, Healthy Cooking Demo
Zen Journeys Cruise	Holland America Line	14	Asia	Ayurvedic Workshops, Meditation Retreats	January - April	\$2500 - \$9000	Wellness Retreat Kit, Healthy Snack Options
Adventure & Wellness	Windstar Cruises	9	Coastal Europe	Nature Walks, Mindful Eating Workshops	April - October	\$2000 - \$6500	Fitness Classes, Guided Tours
Yoga and Wellness Retreat	Costa Cruises	7	Mediterranean	Yoga Classes, Spa Treatments	May - October	\$1300 - \$4500	Onboard Wellness Library, Healthy Menu Options
Soulful Sails	Disney Cruise Line	4	Bahamas	Meditation for Families, Sewing Workshop	January - December	\$1800 - \$3500	Family Wellness Activities, Spa Access
Yoga & Wine Retreat	Celebrity Cruises	10	California Coast	Wine Therapy, Yoga Sessions	June - September	\$2300 - \$8000	Wine Tasting Tours, Spa Use
Mindful Ocean Adventures	Cunard Line	15	Transatlantic	Mindfulness Meditation, Nature Experiences	May - November	\$2500 - \$9000	Luxury Dining Options, Fitness Classes
Global Wellness Cruise	Regent Seven Seas	14	Circle Caribbean	Culinary Wellness, Fitness Retreats	February - April	\$3000 - \$12000	Spa Services, Shore Excursions Included
Healthy Horizons Retreat	Silversea Cruises	12	Mediterranean	Health & Wellness Workshops, Personal Training	March - October	\$4000 - \$14000	Luxury Spa Treatments, Exclusive Access
Energize Your Spirit	Viking Ocean Cruises	10	Northern Europe	Wellness Seminars, Pure Challenge Hiking	April - September	\$2500 - \$9000	Chauffeured Services, Onboard Fitness Center
Sustainable Wellness Cruise	Seabourn Cruise Line	12	Australia	Eco-therapy, Sustainable Living Workshops	September - January	\$3500 - \$10000	Specialty Dining Options, Spa Packages
Blissful Journey	MSC Cruises	7	Caribbean	Meditation, Arts & Crafts Workshops	Year-round	\$900 - \$2800	Creative Wellness Classes, Healthy Snacks
Renew & Relax	Holland America Line	14	Pacific Islands	Tai Chi, Cooking Classes for Wellness	May - November	\$2800 - \$8500	Onboard Garden, Healthy Menu Options
Path to Wellness	Norwegian Cruise Line	7	Alaska	Nature Walks, Healthy Cooking Classes	June - September	\$1500 - \$5000	Healthy Dining, Spa Credits
Transformative Journeys	Regent Seven Seas	10	Mediterranean	Group Therapy, Holistic Healing Treatments	March - October	\$3000 - \$13000	In-Room Spa Services, Healthy Meals
Relief at Sea	Princess Cruises	9	Hawaii	Stress Relief Activities, Spa Workshops	January - October	\$2000 - \$8000	Free Yoga Mats, Meditation Guides
Find Your Flow	Celebrity Cruises	10	Bahamas	Wellness Seminars, Relaxation such as Yoga	February - November	\$2400 - \$7500	Free Juice Bar, Fitness Center Access
Soul Sailings	Windstar Cruises	12	South America	Mindful Reading Circles, Guided Meditation	March - September	\$2200 - \$6000	Spa Discounts, Wellness Library
Balance and Bliss	Oceania Cruises	14	Mediterranean	Yoga Retreats, Language of Nutrition	May - October	\$3800 - \$12000	Wellness Concierge, In-Room Wellness Kit

Restoration Adventure	Carnival	5	Bahamas	Beach Yoga, Nutrition Talks	April - November	\$800 - \$3500	Free Fitness Classes, Onboard Wellness Guide
Refresh and Revitalize	Royal Caribbean	7	Caribbean	Spa Focused Retreats, Fitness Bootcamps	January - December	\$1600 - \$5000	Access to Sports Facilities, Healthy Options
Revival Retreat	Celebrity Cruises	10	Northern Europe	Nature Walks, Guided Meditation	April - September	\$2800 - \$7500	Complimentary Spa Session, Fitness Classes
Wellness & Wine at Sea	Viking Ocean Cruises	10	Mediterranean	Wine & Wellness Pairing, Cooking Demos	June - September	\$3000 - \$9500	Spa Access, Wine Tasting Discounts
Journey to Wellness	Holland America Line	14	Australia & New Zealand	Functional Movement, Nutrition Seminars	September - December	\$4000 - \$13000	Healthy Meal Options, Spa Treatments
Blissful Ocean Retreats	Carnival	7	Caribbean	Relaxation Techniques, Self-Care Workshops	Year-round	\$1500 - \$5000	Workout at Sea Classes, Spa Discounts
Wholesome Escapes	Norwegian Cruise Line	6	Alaska	Wellness Challenges, Personal Growth Workshops	June - August	\$1600 - \$4800	Healthy Dining, Relaxation Lounge
Nourish Your Soul at Sea	Regent Seven Seas	10	South America	Culinary Wellness, Mindfulness Practices	February - June	\$2700 - \$11200	Gourmet Spa Menu, Juicing Classes
Wellness Abound	Disney Cruise Line	7	Bahamas	Familial Wellness Workshops, Spa Treatments	July - September	\$2800 - \$6000	Wellness Activities Pack, Family Spa Time
Yoga at Sea	Oceania Cruises	12	Mediterranean	Daily Yoga, Wellness Talks	March - October	\$3000 - \$8500	Spa and Fitness Discounts, Gourmet Dining Options
Serenity in the Sea	Oceania Cruises	14	South America	Holistic Health, Gardening Therapy	April - November	\$3800 - \$11000	Complimentary Wellness Classes, Spa Packages
Wellness Voyage	Holland America Line	10	Europe	Yoga, Chore Therapy	October - December	\$2200 - \$6000	Healthy Meal Plans, Spa Access
Oceanic Wellbeing	Viking Ocean Cruises	9	Scandinavia	Outdoor Fit, Energy Management Workshops	June - September	\$2000 - \$7500	Onboard Wellness Store, Fitness Classes
Spiritual Escape Cruise	Carnival	5	Bahamas	Guided Meditations, Wellness Framework	January - September	\$900 - \$3000	Fitness Room, Healthy Dining Options
Nature and Nurture	Princess Cruises	7	Hawaii	Nature Therapy, Rejuvenating Exercises	March - December	\$1800 - \$5000	Access to Hiking Trails, Spa Treatments
Restorative Sailing	Royal Caribbean	8	Alaska	Laughter Yoga, Meditation Workshops	July - September	\$2500 - \$7000	Classes Included, Relaxation Lounge
Sustainable Wellness Journey	Celebrity Cruises	12	Panama Canal	Wellness through Nature, Spiritual Growth	Year-round	\$3000 - \$11000	Free Eco-activities, Spa Treatments
Mind, Body, Soul Retreat	Seabourn Cruise Line	14	Mediterranean	Mindfulness, Healthy Eating Classes	March - October	\$3500 - \$12000	Free Wellness Consultations, Spa Access
Wellness in Paradise	Costa Cruises	10	Caribbean	Meditation at Sea, Nutritional Workshops	February - July	\$1800 - \$5000	Healthy Meal Workshops, Fitness Center Access
Thriving at Sea	Windstar Cruises	12	European Rivers	Personal Growth, Themed Wellness Activities	April - September	\$2000 - \$7200	Complimentary Wellness Pass, Yoga Mats
Balance and Breathe Cruise	Regent Seven Seas	10	Arctic Circle	Nature Connection, Mindful Eating	June - September	\$2800 - \$9000	In-Room Spa Services, Healthy Snacks
Awaken the Heart Journey	Viking Ocean Cruises	8	Mediterranean	Meditation Sessions, Joyful Activities	March - December	\$2300 - \$6800	Wellness Kits, Guided Meditation Sessions
Spiritual Renewal Cruise	Princess Cruises	9	Hawaii	Wellness Circles, Healthy Living Workshops	January - September	\$2000 - \$8000	Free Bus Tours, Spa Packages
Lifestyle Transformation Cruise	Royal Caribbean	10	Caribbean	Wellness Challenges, Nutrition Education	March - November	\$2500 - \$9000	Luxury Spa Experience, Exercise Classes

Recharge Retreats	Carnival	5	Bahamas	Creative Therapy, Movement Classes	June - August	\$800 - \$3000	Access to Day Spa, Healthy Cooking Classes
Holistic Health Expeditions	Norwegian Cruise Line	7	Alaska	Fulfillment Workshops, Forest Wellness	Year-round	\$1800 - \$5500	Free Nature Excursions, Spa Promotions
Detox at Sea	Celebrity Cruises	14	Panama Canal	Detox Program, Health Talks	February - November	\$2900 - \$9500	Fitness Coach, Wellness Workshops
Awareness and Adventure	Oceania Cruises	12	Mediterranean	Nature Meditations, Healthy Eating Guidelines	March - October	\$3500 - \$10000	Exclusive Spa Access, Fitness Classes
Balance and Bliss at Sea	Holland America Line	10	Caribbean	Relaxation Techniques, Rejuvenation Workshops	May - September	\$2400 - \$7000	Free Welcome Spa Pack, Nutritious Meal Plans
Outdoor Healing Cruise	Royal Caribbean	7	Alaska	Farm-to-Table Workshops, Outdoor Sports	May - September	\$1500 - \$5000	Healthy Cooking Demos, Adventure Sales
Serene Meditations	Seabourn Cruise Line	10	Southern Caribbean	Guided Meditation, Forest Bathing	February - June	\$3800 - \$12000	Luxury Spa and Treatment Discounts, Meditation Rooms
Spiritual Awakening at Sea	Carnival	8	Bahamas	Affirmation Workshops, Mindfulness Retreats	January - October	\$1200 - \$4500	Amenities Access, Special Wellness Events
Alaskan Renewal Voyage	Princess Cruises	7	Alaska	Inspirational Talks, Fitness Retreats	June - August	\$1800 - \$5700	Spa Discounts, Access to Nature Trails
Holistic Healing Voyage	Holland America Line	14	Transpacific	Workshops on Plant-based Nutrition, Mindful Eating	March - October	\$2500 - \$8500	Eco-friendly Hardwares, Fitness Benefits
Nourishment and Nature Cruise	Regent Seven Seas	12	Tropical Caribbean	Food for Life Classes, Guided Beach Meditations	June - September	\$3200 - \$11000	Exclusive Spa Treatments, Wellness Kits
Healthy Living Expedition	Viking Ocean Cruises	10	Mediterranean	Culinary Wellness, Holistic Workshops	April - June	\$1700 - \$7000	Spa Access, Nutrition Counseling
Manifest Your Dreams Cruise	Celebrity Cruises	10	Eastern Caribbean	Vision Workshops, Mindfulness Activities	August - December	\$3000 - \$8800	Wellness Sessions Included, Spa Access
Joyful Journey Cruise	Disney Cruise Line	5	Bahamas	Fitness Games, Family Wellness Activities	January - July	\$1800 - \$4200	Healthy Snacks, Family Wellness Classes
Nourish Your Journey	Seabourn Cruise Line	14	Pacific Circle	Culinary Workshops, Mind Body Workshops	May - September	\$3800 - \$11000	Luxury Dinner Options, Spa Discounts
Revival Retreats at Sea	Norwegian Cruise Line	9	Scandinavia	Yoga Sessions, Holistic Nutrition Workshops	June - August	\$2500 - \$7500	Healthy Dining Options, Free Spa Classes
Reconnect with Nature	Celebrity Cruises	10	Bahamas	Nature Retreats, Relaxation Techniques	July - December	\$2000 - \$6000	Meal Plan Options, Wellness Ambassadors
Wellness and Creativity	Carnival	6	Caribbean	Creative Expression Workshops, Spa Treatments	Year-round	\$1500 - \$5000	Fitness Challenges, Healthy Fresh Food
Vitality and Vibes Cruise	Royal Caribbean	7	Western Mediterranean	Fitness Challenges, Learning Workshops	April - September	\$2500 - \$7500	Spa Credits, Healthy Meal Options
Wellness Journey at Sea	Holland America Line	14	Caribbean	Wellness Retreats, Nutrition Workshops	March - June	\$2800 - \$9000	Spa Discounts, Wellness Reading Room
Renewal Journey Cruise	MSC Cruises	10	Eastern Mediterranean	Holistic Growth Workshops, Culinary Experiences	September - November	\$3000 - \$8000	Spa Favors, Juice and Fitness Classes
Mindful Meditation Cruise	Viking Ocean Cruises	12	Norwegian Fjords	Meditation Classes, Relaxation Programs	June - October	\$2800 - \$9500	Wellness Kits, Spa Discounts
Rejuvenating Journey	Norwegian Cruise Line	10	Bahamas	Therapeutic Activities, Relaxation Sessions	Year-round	\$2000 - \$5000	Healthy Food Options, Yoga Classes
Holistic Pathways Cruise	Carnival	9	Caribbean	Healthy Living Talks, Mindful Walking Trails	January - September	\$1800 - \$6000	Spa Rates, Fitness Packs

Soul Awakening Cruise	Celebrity Cruises	8	Alaska	Health Education, Personal Reflection Workshops	June - October	\$2500 - \$9000	Spa Package Access, Wellness Resources
Healthy Horizons Retreats	Seabourn Cruise Line	12	Europe	Wholistic Methods Training, Nutrition Planning	April - November	\$3500 - \$12000	Wellness Concierge, Spa Access
Wellbeing at Sea	Holland America Line	10	Circle Caribbean	Fitness Classes, Health Monitoring	August - December	\$2400 - \$6800	Free Gym Sessions, Nutritious Food Options
Holistic Experience Voyage	Costa Cruises	5	Mediterranean	Art Therapy, Mindfulness Practice	Year-round	\$1300 - \$4500	Creative Wellness Art Room, Healthy Diet Plans
Zen Vacation Cruise	Carnival	8	Bahamas	Yoga, Dance Therapy	December - July	\$1500 - \$6000	Seasonal Food Choices, Spa Promotions
Reconnect and Restore	Regent Seven Seas	14	Mediterranean	Mind Health Workshops, Culinary Exploration	February - June	\$3200 - \$11000	Spiritual and Health Events Included, Spa Tours
Health and Harmony Cruise	Carnival	5	Bahamas	Voice Activation, Mediation at Sea	May - September	\$1200 - \$3500	Inclusive Gym Access, Seasonal Specials
Ocean Escape Wellness Retreat	Royal Caribbean	9	Eastern Caribbean	Wellness Experiencing Events, Art Classes	October - December	\$2500 - \$4000	Healthy Meal Courses, Spa Packages
Transform Through Travel	Norwegian Cruise Line	10	South America	Expressive Healing Sessions, Pliability Classes	February - June	\$3000 - \$8000	Wellness Center Access, Educational Workshops
Rejuvenation Station Cruise	Princess Cruises	7	Northern Europe	Personal Growth, Stress-relief Techniques	May - September	\$1800 - \$5000	Spa Treatment Discounts, Guided Meditations
Mindful Seascapes	Oceania Cruises	12	Southern Caribbean	Guided Yoga, Mindful Cuisine Experiences	March - August	\$2900 - \$9500	Creative Dining Experiences, Spa Sessions
Awakening Wellness	Viking Ocean Cruises	10	Africa & Middle East	Cultural Wellness Workshops, Mindful Nutrition	April - September	\$2200 - \$6500	Wellness Documentaries, Healthy Dining Options
Inner Peace and Calm	Seabourn Cruise Line	14	Australia & New Zealand	Meditative Expeditions, Nurturing Sessions	January - October	\$4000 - \$13000	Free Meditation Rooms, Wellness Store Access
Thrive at Sea	MSC Cruises	9	Caribbean	Communication Workshops, Dance for Wellness	June - December	\$2000 - \$5800	Fitness Package, Healthy Meal Options
Wellness Through Discovery	Celebrity Cruises	10	Eastern Mediterranean	Mindful Sailing, Personal Training	July - November	\$2800 - \$9500	In-house Sporting Events, Spa Deals
Blissful Summer Cruise	Royal Caribbean	14	Western Mediterranean	Movement Therapy, Yoga Experience	May - October	\$2900 - \$9200	Gourmet Dining, Spa Treatments
Excursions to Wellness	Princess Cruises	12	Northern Europe	Nature-exploring, Enlightenment Workshops	March - November	\$3500 - \$12000	Inclusive Hiking, Spa Packages
Relaxation Retreat on Waves	Carnival	5	Bahamas	Restorative Yoga, Peaceful Meditation	June - August	\$900 - \$3000	Free Optional Classes, Healthy Dining Menus
Wholesome Energy Voyage	Norwegian Cruise Line	10	Mediterranean	Healthful Cooking, Outdoor Activities	September - December	\$2400 - \$7500	Spa and Gourmand Concepts, Fitness Classes
Holistic Balance Cruise	Regent Seven Seas	8	Circle Caribbean	Therapeutic Workshops, Lifestyle Management	February - May	\$3200 - \$10900	Health Relaxation Rooms, Fitness Areas
Joyful Hearts Journey	Disney Cruise Line	5	Bahamas	Mindful Family Activities, Wellness Events	Year-round	\$1600 - \$4500	Healthy Child Meal Plans, Fitness Activities
Fruits of Wellness Cruise	Holland America Line	14	Caribbean	Fruit-Based Nutrition, Yoga and Health	April - November	\$2800 - \$9200	Meal Options, Seasonal Treat Plans
Well-being on Deck	MSC Cruises	7	Mediterranean	Mindfulness Retreats, Relaxation Workshops	March - August	\$2200 - \$7800	Library for Wellness, Spa Activities

Balance Through Adventure	Carnival	10	Western Caribbean	Yoga, Natural Conditioning Workshops	January - September	\$2000 - \$4500	Community Events, Healthy Cooking Demos
Voyage of Peace	Princess Cruises	7	Neutral Caribbean	Quiet Reflection, Fitness Activities	May - November	\$1800 - \$6500	Onshore Experiences, Spa and Health Focus
Connection Through Nature	Royal Caribbean	9	South America	Trails for Wellbeing, Spiritual Connections	June - August	\$2500 - \$8500	Free Wellness Classes, Outdoor Dining
Vitality Break Cruise	Celebrity Cruises	10	Eastern Mediterranean	Creative Movement, Health Engagement	July - December	\$3200 - \$8500	Discount Spa Sessions, Custom Meal Plans
Restoration and Renewal Cruise	Holland America Line	12	Alaskan Wilderness	Connection Programs, Nature's Retreat Workshops	June - October	\$1800 - \$6500	Wellness Kits, Relaxation Areas
Rejuvenation Escape at Sea	Regent Seven Seas	14	Central America	Holistic Emotional and Physical Health	March - July	\$2900 - \$10900	Exclusive Spa Access, Live Wellness Events
Relax and Restore Cruise	Oceania Cruises	10	Mediterranean	Wellness Experiences, Musical Meditations	April - September	\$3000 - \$9000	Free Health Workshops, Spa Discounts
Strength and Serenity Cruise	Viking Ocean Cruises	8	Mediterranean	Movement and Strength Work, Relaxation Techniques	February - May	\$1700 - \$6000	Wellness Libraries, Fitness Supplies
Awakening and Nourishing	Princess Cruises	9	Eastern Mediterranean	Inspirational Workshops, Wellness Cuisines	July - December	\$2400 - \$9000	Free Spa Packages, Wellness Classes
Thriving at Sea	Royal Caribbean	6	Bahamas	Life Coaching, Mindfulness Retreats	Year-round	\$1500 - \$5000	Onboard Leisure Activities, Healthy Snacks
Experience Bliss Cruise	Carnival	10	Caribbean	Creative Arts for Wellness, Personal Growth	May - November	\$2000 - \$5700	Access to Health Retreats, Healthy Dining Events
Energize Cruise Getaway	Norwegian Cruise Line	14	Mediterranean	Wellbeing Activities, Scope of Nutrition	April - October	\$2500 - \$7500	Community Options, Free Wellness Muse
Health Connections Retreat	Celebrity Cruises	8	Eastern Caribbean	Interactive Workshops, Yoga Classes	June - September	\$1700 - \$4500	Custom Healthy Menus, Spa Access
Revive and Re-Energize	Seabourn Cruise Line	12	South America	Personal Recovery, Health-Focused Classes	August - December	\$3800 - \$10000	Focus on Rest, Opportunities to Relax
Whole Life Wellness	Holland America Line	10	Alaskan Expedition	Mindfully Creating, Present Moment Lessons	April - September	\$2200 - \$9000	Workshops for Relaxation, Spa Access
Oceanic Wellness Adventures	Costa Cruises	9	Mediterranean	Nature-Driven Wellness Activities, Fitness Workshops	June - October	\$1900 - \$6000	Wellness Engagements, Health Education Programs
Wellness Holiday Expedition	MSC Cruises	12	North America	Health Talks, Interactive Workshops on Nutrition	July - December	\$3000 - \$9000	Healthy Eating Sessions, Medicinal Herb Tours
Mind-Body Cruise Experience	Oceania Cruises	14	South Pacific	Meditation Adventures, Family Wellness	April - September	\$3500 - \$12000	Health Kits, Family-Focus Wellness Events
Escape to Wellness	Regent Seven Seas	10	Circle Caribbean	Nourishing Experiences, Arts and Crafts for Relaxation	January - June	\$2800 - \$9000	Spa Facilities, Health Packages
Discover Mindful Living	Viking Ocean Cruises	9	Mediterranean	Wellness Seminars, Nature Engaging Programs	Year-round	\$2200 - \$7200	Fitness Equipment, Relaxation Materials
Tranquil Waters Getaway	Princess Cruises	12	Ceres Seas	Spiritual Wellness, Plant-Based Nutrition	March - July	\$4000 - \$12000	In-House Luxury Spa, Exclusive Workshops
Rejuvenation at Sea	Royal Caribbean	7	Hawaii	Holistic Living Workshops, Creative Expression	April - October	\$1500 - \$8000	Fitness Classes, Healthy Dining Options
Health for the Soul Cruise	Celebrity Cruises	6	Bahamas	Art Therapy, Dance Workshops	January - December	\$2800 - \$9000	Wellness Centers, Creative Wellness Options
Awakenings	Norwegian		Eastern	Yoga and Nutrition,	March -	\$3500 -	Relaxation Areas,

Voyage	Cruise Line	10	Caribbean	Creative Workshops	October	\$11000	Meals Focused on Wellness
Wellness Across the Seas	Carnival	12	Western Caribbean	Workshops for Wellness Journeys, Activity Focused	July - November	\$2400 - \$8000	Exclusive Access Health Support, Spa Treatments
Reconnect and Recharge	Oceania Cruises	9	Southern Europe	Mindful Moments, Healing Retreat	February - October	\$2600 - \$9000	Customized Wellness Experiences, High End Spa Access
Wellness Under the Stars	Seabourn Cruise Line	10	Eastern Mediterranean	Mind Expanding Programs, Nature Healing	May - September	\$2900 - \$12000	Wellness Kits, Spa Promotions
Embrace Wellness Experience	Princess Cruises	10	Caribbean Islands	Meditations, Health Dining Workshops	January - December	\$2300 - \$6800	Onboard Nature Library, Health Options
Sustainable Serenity Cruise	Carnival	5	Bahamas	Green Travel, Community Support	March - October	\$1200 - \$3200	Healthy Dining Experiences, Fitness Classes
Comprehensive Wellness Retreat	Regent Seven Seas	12	Tropical Caribbean	Holistic Workshops, Mindful Connection	September - November	\$2800 - \$8500	Spa Experiences, Healthy Meals Provided