



Spring clean your body, mind and soul with these bright prospects

Leave hibernation and leap into spring! After long, grey months, our bodies and souls long for sun and fresh energy. To find new focus and stimulate your spirit, what better place than the Canary Islands and Morocco? Wonderful energy radiates from these sailing areas – the fiery power of volcanoes, invigorating green nature, and stimulating, colorful spices of the Orient will give you a new lease of life. The perfect setting to recharge your batteries and take part in our “Body, Mind & Soul” program onboard.



Trips with a lasting impact

Can you feel it? A new SPIRIT is moving across the ocean. Here we can find in ourselves the sustainability we look for in the outside world. Clearing your mind while sailing is child's play. Between the Canary Islands and enchanting Morocco, the horizon spreads out wide. You gain space and time to rethink how to manage your energy and rebalance your life in the long term. Treat yourself to a breather for body and mind – it will turn your vacation on board into a source of strength that you can draw on for a long time to come.

Relaxing and activating

With their program grounded in relaxation and calm, the experienced SOLEMON coaches on board provide new impetus to strengthen well-being, vitality, creativity, and performance. Their credo: “As soon as our organism realizes we have understood it, it stops rebelling”.

Feel better than just good!

Remember that delightful feeling of ease when everything is just the way it should be? In our daily lives, it's all too easy for us to lose touch with the present and lose sight of ourselves. That's where the SOLEMON coaches and their holistic program comes in. From the musculoskeletal system to the metabolism and the mind, they focus on the individual and medical principles to restore physical and mental strength that can be felt long after you return to your regular life.



TAKE A BREATH

Add a new (flavorful) direction to life with a Moroccan twist

Colorful art set against black lava: César Manrique's surrealist masterpieces on Lanzarote.
The Berber city of Taroudant and its souks: Artisan markets hide behind mighty rammed-earth walls.
Mint tea, Moorish cafés, and minarets: a stroll through the atmospheric royal city of Rabat.
Morocco's blue pearl: In the Rif Mountains, Chefchaouen's facades blaze in azure, indigo and cobalt blue. **Fit for spring** – SOLEMON coaches join us on board.



COMBINATION

Combine trips SCS-2410 and SCS-2409 or SCS-2412, and save 10% on the cruise-only rate of the lower-priced trip.



SEA CLOUD SPIRIT **9 NIGHTS**
 Apr 12 to Apr 21, 2024 SCS-2410 Arr Dep

Apr 12 Las Palmas/Gran Canaria **19:00**
 Guests arrive individually in **Las Palmas**.
 Embarkation on the SEA CLOUD SPIRIT.

Apr 13 Arrecife/Lanzarote **13:30 19:00**
 Best of Lanzarote – Fire Mountains and wine; following the footsteps of César Manrique or hike through Timanfaya National Park.*
 ▶ *Depending on the wind: morning under sails*

Apr 14 Day beneath full sails

Apr 15 Agadir/Morocco **08:00 19:00**
 The fascinating Berber city of Taroudant and its unique history; discover the depths of Berberland by jeep or 2-day overland program "1001 Nights – Fascinating Marrakech" (booking only in advance).*

Apr 16 Day beneath full sails
 Enjoy fitness, cosmetics, massage or sun and sea with a good book in the deck chair.

Apr 17 Casablanca/Morocco **08:00 18:00**
 The magic of the royal city of Rabat or discover Casablanca and Hassan II Mosque.*

Apr 18 Day beneath full sails

Apr 19 Tangier/Morocco **08:00 18:00**
 City tour with Hercules Grotto and Cape Spartel or Chefchaouen – the "Blue City".*

Apr 20 Cádiz/Spain **08:00 13:30**
 Cádiz – the gateway to the New World or sherry tasting in Jerez de la Frontera.*
 ▶ *Depending on the wind: afternoon under sails*

Apr 21 Málaga/Spain **08:00**
 09:00 hrs: Disembarkation. Guests return home individually.

Itinerary subject to change!

* These excursions are not included in the cruise-only rate.

CRUISE-ONLY RATE PER PERSON

If booked	SCS-2410	
	by Nov 30, 2023	from Dec 01, 2023
Category		
GTY double cabin**	€ 5.835	€ 6.095
F Single cabin, outside	€ 7.885	€ 8.145
E	€ 6.225	€ 6.485
D	€ 7.285	€ 7.545
C	€ 8.425	€ 8.685
B	€ 10.085	€ 10.345
A	€ 11.665	€ 11.925

Single surcharge: Category D+E: 50%, Category A-C: 100%

** Limited number of guaranteed cabins; allocation starts with Cat. E

Last update: July 11, 2023



What is SOLEMON?

In everyday life, we are adept at performance, but very few of us have learned the best way to recharge our batteries. This is where the teachings of the SOLEMON crew come in. They assume that regaining physical and mental strength does not happen of its own accord: our ability to restore ourselves has to be actively supported. True to its mission statement "from knowledge to action", SOLEMON has carried out research for over 30 years and provides mentorship to people in the fields of competitive sports, business, and society who have to perform at the highest level. With their wealth of experience in organic growth, the SOLEMON team lays the foundations for a process of revitalization that carries on even after your vacation.



Your coaches on board: Franz Mühlbauer (MPhil.)

With more than 37 years of experience, Franz Mühlbauer has developed the SOLEMON philosophy into a successful and established practice of restorative health. SOLEMON's founder and CEO not only supervises reigning world champions and Olympic athletes but also teaches at the University of Graz and coaches people up to the highest levels of management. His credo is: "Renewable energy starts in the individual. Each of us has the key to miraculous powers of revitalization". He is a trained professional with a specialism in sports medicine and psychology, a bestselling author, and a popular speaker.

DDr Luca Mühlbauer

Luca Mühlbauer is appreciated for his qualities of calm, groundedness, and empathy. He learned to assume responsibility early on and was the youngest helicopter pilot in Italy at the age of 17. As a psychologist and sports scientist, he completed various advanced training courses with Eastern and Western gurus – from mindfulness to meditation. Today he assists in seminars, company and management training programs and is the head of SOLEMON's mind work as a certified Lu Jong trainer. His focus is on holistic movement, which brings the body into harmony with the heart and generates new strength.

Depending upon the circumstances, it is possible that other experts will join this cruise instead.

