

# Karen Drucker and Lisa Sullivan Invite you to join them on: The Joy Cruise – A Girlfriend Getaway!

A 7-Day Tropical Caribbean Cruise – January 2-9, 2027

Roundtrip from Ft Lauderdale on Holland America's beautiful Eurodam!



Key West! Dominican Republic! Turks & Caicos! Half Moon Cay!

Join Karen & Lisa for a women's retreat with music, movement, magic and empowerment!

## The Joy Cruise – A Girlfriend Getaway

January 2-9, 2027

With Karen Drucker & Lisa Sullivan

Set sail roundtrip from Ft. Lauderdale aboard Holland America's beautiful Eurodam, with stops in Key West, the Dominican Republic, Turks & Caicos, and Half Moon Cay.

This isn't just a cruise—it's a full-heart, full-body, full-soul celebration at sea.

- ☀ A sacred getaway with a light, joyful tone
- ☀ Space to be you—and connection with like-minded women
- ☀ Warm sun, gentle days, and a much-needed pause

### Picture this:

After the busy fall and the holidaze hustle, you gift yourself something truly nourishing to start 2027: warm Caribbean sunshine, luxury cruising, and a women's retreat designed to uplift and restore.

Each day brings opportunities to gather with an inspiring community of women for singing, gentle movement, meditation, journaling, and soulful connection. Our women-only gatherings happen while we're at sea, so you'll still have complete freedom to enjoy everything else the cruise offers and spend time with friends, family, or do absolutely nothing.

### Each day offers you:

- ✿ Incredible food
- ✿ Beautiful ports and excursions
- ✿ Spa treatments and pampering
- ✿ Lounging by the pool... or blissful naps



Come solo, bring a girlfriend (or a few!), or travel with your family—but make sure you come for you. You'll return home rested, inspired, and with your joy fully refueled.

### This Joy Cruise is for you if you want to:

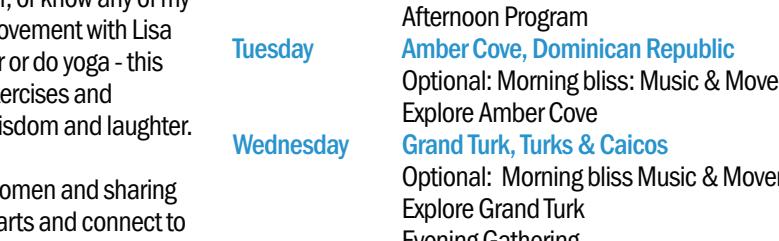
- Be Uplifted by Music and Movement that Heals
- Gain Clarity on What's Next for You
- Learn Tools for Radical, Sustainable Self-care
- Be Truly Seen and Heard
- Be Inspired by the Beauty of the Caribbean

Sing, Laugh, Make New Friends—and Come Home with a Faith-lift!

**It's not an escape from your life. It's a return to yourself.**



Day/Date	Port	Arrives/Departs
Sat 1/2/27	Fort Lauderdale, Florida	Depart 4 pm
Sun 1/3/27	Key West, Florida	8 am / 4 pm
Mon 1/4/27	At Sea	
Tue 1/5/27	Amber Cove, Dominican Republic	8 am / 5 pm
Wed 1/6/27	Grand Turk, Turks & Caicos	8 am / 5 pm
Thurs 1/7/27	At Sea	
Fri 1/8/27	RelaxAway Half Moon Cay, Bahamas	8 am / 3 pm
Sat 1/9/27	Fort Lauderdale, Florida	Arrive 7 am



### What to expect on the cruise: Sample Schedule \*

\*Times and events subject to change.

We will give you a printed itinerary in your welcome packet.

#### What to expect from a Karen Drucker & Lisa Sullivan Retreat

We believe in creating community and connection between women.

We all co-create that space together in a way that is heart opening and fun by utilizing lots of singing (no, you don't have to be a good singer, or know any of my songs!), "Let your yoga dance" movement with Lisa (no, you don't have to be a dancer or do yoga – this can be done in a chair!), group exercises and discussions, and lots of shared wisdom and laughter.

Being in a group of like-minded women and sharing our lives allows us to open our hearts and connect to ourselves in a deeper way. Plus it's just gosh darn fun!

No matter if you have been to a Karen Drucker or Lisa Sullivan retreat before – each one is different based on who shows up and what is happening with ourselves and in the world.



Saturday	Departure Day
Sunday	Late afternoon: Meet and greet welcome gathering Key West, Florida
Monday	Morning possible option: Karen speaking & singing at CSL Key West morning service. Afternoon on your own
Tuesday	At Sea
Wednesday	Morning: Movement and Music with Lisa and Karen/Opening Program. Afternoon Program
Thursday	Amber Cove, Dominican Republic Optional: Morning bliss: Music & Movement Explore Amber Cove
Friday	Grand Turk, Turks & Caicos Optional: Morning bliss Music & Movement Explore Grand Turk
Saturday	Evening Gathering At Sea
	Morning Program: Movement & Music with Lisa & Karen Afternoon Program: More Connecting and Fun Movement and Music
	RelaxAway Half Moon Cay, Bahamas A Day at a Private Island - Beach Dance Party/Ending Ritual Evening Short Ending Send-off and Celebration
	Return to Florida

Grand Turk, Turks & Caicos

Optional: Morning bliss Music & Movement

Explore Grand Turk

Evening Gathering

At Sea

Morning Program: Movement & Music with Lisa & Karen

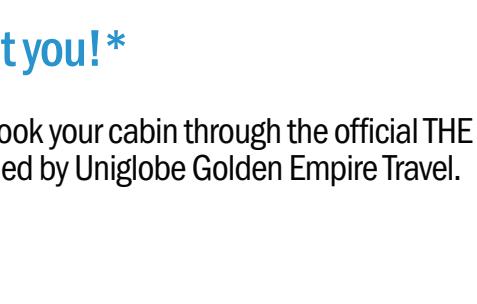
Afternoon Program: More Connecting and Fun Movement and Music

RelaxAway Half Moon Cay, Bahamas

A Day at a Private Island - Beach Dance Party/Ending Ritual

Evening Short Ending Send-off and Celebration

Return to Florida



**Check out this perfect reason why you should join us on this cruise!**

Facebook: <https://www.facebook.com/reel/2671979953164317>

Instagram: <https://www.instagram.com/p/DTt1B9CRgm/>

### All the Specifics:

Fares start at \$1432 pp inside, double occupancy

(ask about single rates and HAL's "Have It All" upgrade).

Reserve your space with a \$350 pp **fully refundable** deposit.

**Spirit at Sea**  
TRAVEL

For details, rates and to reserve your space,

contact Michelle Pray at 800-658-6869.

**\*Make sure you mention Karen sent you!\***

All Program Performances and Private Group events are ONLY available if you book your cabin through the official THE JOY CRUISE reservation number: 800-658-6869. Travel Administration provided by Uniglobe Golden Empire Travel.

### About Your Joy "Cruise Directors"...

#### About Karen

From serenading passengers in a moving elevator to performing as a singing mermaid and even being hired as a singing and dancing casket (yes, really!), Karen Drucker has never met a stage she couldn't transform into magic.

A musical force in the New Thought movement, Karen's creative spirit and dedication have earned her an Honorary Doctorate of Music from the Centers for Spiritual Living Community and a coveted "Grace Note" award from the Unity Movement.

With 23 CD's of original, inspirational music to her name and a best-selling book, "Let Go of the Shore," Karen has mastered the art of combining humor and inspiration with her songwriting and speaking. These days, you'll find her facilitating women's retreats, doing keynote talks at mind-body health conferences, and speaking at New Thought churches across the country. She is dedicated to continuing her mission of making music, making a difference, and touching hearts.

You can learn more about Karen at: [karendrucker.com](http://karendrucker.com)

#### About Lisa

Lisa Sullivan is the founder of Camp Atta Girl!®, a life-changing, focus-on-me-and-give-myself-an-atta-girl retreat for women. For more than seven years, Lisa has led Camp Atta Girl! experiences in New Mexico, Florida, Massachusetts, and Texas, creating a safe, playful, and powerful space for women to reconnect with themselves and other like-hearted women. Camps Atta Girl! is filled with learning, connection, joy, music, movement, and fun and is a combination of joy practices with Let Your Yoga Dance® through the chakras.

Along with Camp Atta Girl!, Lisa is a grateful wife and mom, speaker, author, empowerment coach, and somatic energy healer/guide. She leads playshops for Organizations and Pathways. She also hosts the Happiness Element and guides women who crave more joy, adventure, confidence, and unapologetic self-expression.

Lisa often incorporates Karen's amazing songs into her retreats to empower the women through the dancing, play, and fun of Camp Atta Girl! to the high seas.

You can learn more about Lisa at [campattagirl.com](http://campattagirl.com) or [happinesselement.com](http://happinesselement.com).

**"We look forward to having you join us and creating joyful memories together!!!!"**

Karen and Lisa



A Spirit at Sea

Travel

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