

Volume 4, Issue 2

April/June 2010

\$3.95



NEWSLETTER AND TRAVEL SPECIALS

# Vogue Travel

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(248) 663-2266 • voguetravel@aol.com • www.voguetravelonline.com

## Belly-Dance is good for you

**Exercising the carrying muscles without impact.** Using your quadriceps, hamstrings and glutes to hold you steady as you perform hip movements or travel smoothly across the floor. Even though you get a great lower-body workout, the amount of impact to your knees and ankles is minimal. Impact is measured not only by how hard your feet strike the ground, but by how much stress is placed on your joints. Using this measure, most of Middle-Eastern dance is considered non-impact; some tribal and folk dances are low-impact.

**Building the back muscles evenly.** Belly-dancers use their torsos a lot more than ballet, modern or tap dancers. Only jazz dancers come close to our use of rib movements and undulations. These movements, coupled with shoulder movements, exercise the back muscles, and they exercise the muscles evenly. Strong back muscles prevent back injuries, and they promote good posture as well.

**Exercising the arms.** New belly-dance students are always surprised by much they have to use their arm muscles. Belly-dancers have to hold their arms up for long periods of time, and it actually takes quite a lot of strength to perform arm movements slowly and gracefully.

**Aiding digestion.** It's true! Exercising the abdominal area, not just by rolling the belly, but also by swaying the torso, helps food move along the digestive system. Any form of exercise will have this effect to some degree, but belly-dance is especially good for this purpose.

**WAIT UNTIL YOU SEE PAGE 2**

**The Vogue Travel Club & A River Runs Thru Her**

invites you to pack your bags for the

*Ultimate Girls Weekend Getaway!*

**You will laugh, learn, shop, network, dance, and  
leave feeling excited and rejuvenated**

at the

**6th Annual BOCA (Bellydancers of Color Association)**

**Soul Yoga Movement & Wellness Expo**

**May 28-30, 2010**

**in Silver Spring, Maryland**

\*\*\*\*\*

**The weekend includes:**

**WORLD RENOWNED "VTC PJ PARTY"**

**BELLY DANCE CONTEST**

**DINNER & LIVE BELLY DANCE PERFORMANCE**

**PERSONALIZED BELLY DANCE ACCESSORY KIT**

**SEMINARS**

**WORKSHOPS**

**Don't miss this once in a lifetime Experience  
Who knows... President Obama my join us!!!**

# Travel Specials

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## CRUISES

### July 2010

#### Celebrate Summer

July 18- 25, 2010

Join us as we visit a different exotic port every day ~ San Juan, St. Thomas, Dominica, Barbados, St. Lucia, Antigua, and St. Kitts! So come on and soak up beautiful tropical sunshine and take in stunning scenery! Prices starting at \$948.

### August 2010

#### Taste of the Tropics

August 22 – 29, 2010

7 nights aboard the beautiful Royal Caribbean Cruise Lines' "Freedom of the Seas" Includes: Exotic Scavenger Hunt, Best Caribbean Photo Contest , Complimentary "Passport to Saving" coupon booklet , Dinner Wine and more.....  
Not Included: Airfare to Orlando, Transfers, and Trip Protection Insurance  
Prices starting at \$758

### September 2010

#### It's Better in the Bahamas

September 17- 20, 2010

Join us for the vacation of a lifetime on the *Annual Vogue Travel Club "We Are Family" Vacation!!* Come set sail out of Miami to Nassau and sip sweet rum, dance the limbo, swim through its wrecks, and explore its reefs. **\*\*An added bonus, As we dock overnight in Nassau ~ Don't miss Saturday Night Live in Nassau! \*\*\*Prices starting at only \$275!!!**

### February 2011

#### Escape to Paradise in Hawaii

February 19- 26, 2011

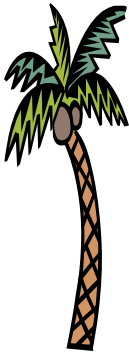
Beauty abounds in this glorious cruise aboard Norwegian Cruise Line's Pride of America! Your package will include Accommodations, Port Charges, Fuel supplements, Taxes, Hawaiian scavenger hunt, Exotic photo contest and more!!! Prices starting at \$1,099

### April 2011

#### The Cruise of Your Dreams

April 2– 9, 2011

7 Days aboard the Brand New Carnival Dream! More than a new class of Ship... It's a whole new class of Fun! Prices starting at \$827



# Travel Specials

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## LAND PACKAGES

### April 2010



#### Oh so much fun!!!

**April - May , 2010**

The spirit and charm of the Dominican Republic is captured in its music, food, beaches and national pastimes that are widely celebrated as being among the world's best. This is destination like no other - a sensual feast of dazzling landscapes, exotic cuisine, and a remarkable variety of arts and entertainment options. The pulse-pounding thrill of the meringue, intriguing relics from centuries past, premium cigars, and even world-class golf which has become one of the hottest spots to tee-off in the Caribbean, if not the world.. Prices starting at \$829 for air, hotel & various amenities..

### May 2010



#### Ultimate Girls Weekend Getaway! **May 28-30, 2010**

**You will laugh, learn, shop, network, dance, and leave feeling excited and rejuvenated**

at the **6th Annual BOCA (Bellydancers of Color Association) Soul Yoga Movement & Wellness Expo. Enter our Belly Dance Contest & experience our world renowned VTC PJ Party :) Prices starting at \$175**

### June 2010



#### The Wizarding World of Harry Potter

**June - December, 2010**

Venture into a world where magic is real... and excitement knows no bounds at The Wizarding World of Harry Potter™ Islands of Adventure® theme park. This EXCLUSIVE vacation package includes:

**Early Park Admission**◊ to experience The Wizarding World of Harry Potter

- **Breakfast at the Three Broomsticks™** - one per person^
  - **Commemorative GRAND OPENING ticket** – one per person
  - **Hotel Accommodations** at a Universal Partner Hotel
  - **3-Day Base Ticket^^ to both Universal Orlando® theme parks** – one theme park, per day
- Access to live entertainment◊◊ at Universal CityWalk® Prices starting from only **\$285**

### October 2010

#### The Splendors of The Nile

**October 30—November 8**

Enjoy 8 incredible days touring the Exotic Treasures of **EGYPT**. Prices starting at \$2285.

**Vogue Travel is a member of IATAN**



# Travel Specials

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## **\*\* Vogue Travel ~ Let's Go Getaways \*\***

Fabulous getaways for couples, families, girlfriends, groups, etc. All destinations offer numerous vacation options including fine dining, theater, spa, shopping, various attractions and more.

*Excellent for anyone, anytime, to fit any budget!*

**Toronto** ....go any time or experience one of the annual events. Caribana (end of July), Toronto Film Festival (September), Molson Indy Car race (mid July). The Santa Claus Parade, spectacular Christmas lighting, and Gala New Years Eve are some of the events which make Toronto the city for all seasons. Packages can include: round trip VIA rail from Windsor or Sarnia, accommodations at the downtown Toronto hotel of your choice, a complimentary coupon booklet including discounts on attractions, dining, shopping & sightseeing- hundreds of dollars in savings, optional tickets to Broadway Theatre and more.

**Chicago**.....Shoppin' Chicago is the ultimate glamour getaway and more. Festivals, museums, dining, Navy Pier, New Millennium Park, Merchandise Mart, American Girl; the list is endless. Packages can include: round trip Amtrak rail, accommodations at the downtown Chicago hotel of your choice, the Chicago guidebook of values including big savings at museums, dining, shopping, sightseeing & entertainment - hundreds of dollars in savings throughout the city, a Navy Pier VIP Card, optional tickets to Broadway in Chicago Theatre and more.

**Niagara Falls**....A wonder of the world - Niagara is a world class visitor destination today. New hotels with spectacular falls views, fine dining, Maid of the Mist, whirlpool rapids, helicopter rides over the falls and new Casino Niagara. The annual festival of lights (November thru January) is a wonder in itself. **For a memorable vacation we suggest a combination Niagara and Toronto combination getaway.**

**Quebec City**....Founded in 1608, North America's only walled city and annually ranked as one of North America's best tourist destinations. A spectacular landscape and many "must see" attractions - St Ann De Beaupre, Island of Orleans, Montmorency falls, whale watching, the citadelle and plains of Abraham. Shop for crafts in vieux Quebec city, sample world renowned French Canadian cuisine in cafes, bistros and fine restaurants, enjoy vibrant nightlife in discos till the wee hours of the morning. Packages can include: round trip Via 1 rail, hotel accommodation & attractions of your choice.

**Montreal** .....The Paris of North America - Montreal is historic yet modern and chic - an interesting combination of old world charm and modern glass skyscrapers. Fine dining, electric nightlife, spectacular cathedrals, museums, historic buildings and sites - Montreal has it all. Located on an island topped by Mount Royal - a truly unique city. Packages can include: round trip Via 1 rail, hotel accommodation & attractions of your choice.

# Group Leaders

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## Make Money & Have Fun!!!!

Do you have a passion for travel and love sharing that joy with others? Are you an "organizer"?

As a group leader you will easily be able to enjoy your passion, share great times with fellow travellers and reap some fantastic rewards.

### Group Leader Benefits

- Earn Free Travel for Yourself
- Cash Back Program
- Group Discounts
- Personalized Amenities
- Customized Group Packages
- Complimentary Presentations
- Hassle-Free Accounting
- Free Promotional Pamphlets
- Price Guarantees
- Value Added Features
- Ongoing Support From Your Vogue Travel Specialist

Group travel is a great fundraising tool, too!

You'll find it surprisingly easy to organize a group. So c'mon, start planning and promoting your own group today! Contact Vogue Travel at (248) 663-2266 and ask to speak with our Group Travel Specialist

## **A RIVER RUNS THRU HER** IS HERE!!!



## COMMUNITY



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**Lisa Robinson, Principal Broker**  
**(404) 246-5333**

Introducing...

**“A River Runs Thru Her”**


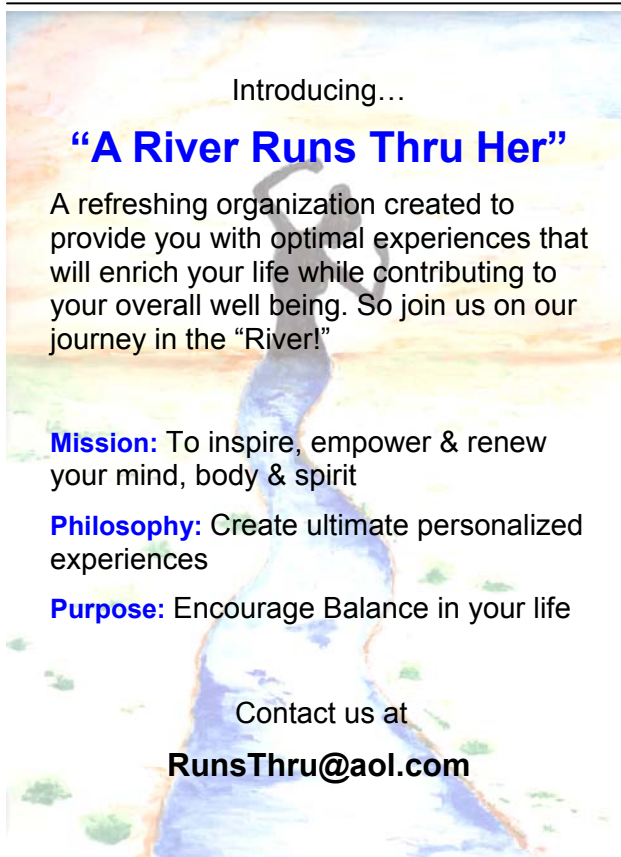
A refreshing organization created to provide you with optimal experiences that will enrich your life while contributing to your overall well being. So join us on our journey in the “River!”

**Mission:** To inspire, empower & renew your mind, body & spirit

**Philosophy:** Create ultimate personalized experiences

**Purpose:** Encourage Balance in your life

Contact us at  
**[RunsThru@aol.com](mailto:RunsThru@aol.com)**

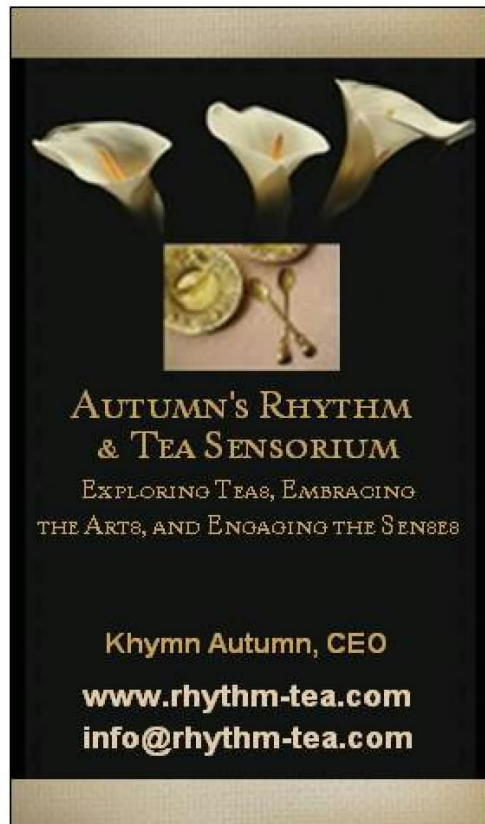


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**Are you ready for some fun?**  
*Then we invite you to join the*

# Vogue Travel Club!

The Vogue Travel Club consist of individuals who desire to make new friends, meet people with common interests, and participate in organized group travel, social and sporting events. From novice travelers to seasoned globetrotters, members share a common love of travel and good times.

Some of our exciting local events have been:

- Luxurious Roof-Top Holiday Fashion Show & Parties
- Annual Summer Breeze Vogue Travel Club Picnic
- Movie & a Martini Afternoon at local movie theatres
- Evenings of dining and live stage performances
- Roaring 20's Dinner Theatre & all-night after party
- Annual Halloween Rock-N-Bowl & Costume Party

Exciting group travel has included:

- Annual "We Are Family" Trips, exploring exciting destinations such as Las Vegas, Dominican Republic, Jamaica, Alaska, and Europe
- Mystery Weekend Excursions
- International New Year's Eve Celebrations
- Wellness/Fitness/Spa Mind & Body Renewal Get-Aways

In support of local charitable events and organizations, The Vogue Travel Club is honored to be part of the Detroit Metro Area community that believes in giving back and supporting those in need. We've participated in:

- Strides Against Breast Cancer Walk
- American Heart Association Marathon & Walk
- American Red Cross Blood Drive
- Holiday Warmth Drives for safe-houses and outreach programs for victims of domestic violence

**So join in the excitement, companionship  
and savings of traveling with the Vogue Travel Club...**

*The only thing missing is YOU!*

**For More Info**

**Call: (248) 663-2266 E-mail: [voguetravel@aol.com](mailto:voguetravel@aol.com)**

