

Relaxing Bedtime Kit

Your companion for peaceful evenings at sea.

Included Stories:

- The Secret Garden A tale of transformation and healing
- The Little Mermaid Poetic retelling of love and sacrifice
- Tristan and Isolde Classic romance and legend

Calming Quotes:

Where you tend a rose, a thorn cannot grow. The Secret Garden

Love is a mighty ocean. Tristan and Isolde

Evening Routine Checklist:

- Dim the lights and settle into your favorite chair
- Play Cruise Conversations bedtime stories or ambient videos
- Reflect in your journal using our printable pages
- Breathe deeply and relax your mind

Reflection Journal Page (Printable)

What are you grateful for today?

What story stayed with you most?

Visit the Cruise Conversations YouTube channel for full episodes.