



CMEatSEA

Tahiti 2010

11 Day Cook & Society Islands

October 12 – 23, 2010

Up to 30 CME Hours

Pain Management Update 2010

CMEatSEA Exclusives

- ✓ Escorted by Sanjay Goel, President of CMEatSEA
- ✓ Up to 30 CME Hours

Itinerary Highlights

- ✓ Huahine – renowned for its spectacular rain forests
- ✓ Aitutaki – virtually flat – you can spot the ocean from nearly any point of the island
- ✓ Rarotonga – built with jagged peaks and deep valleys. Rarotonga's fertile slopes of red earth and sparkling aquamarine lagoon call to mind the classic Victorian ideal of paradise, which the island was called by its first European explorers.
- ✓ Moorea – Covered in an abundance of fresh fruits and flowers, spectacular mountain peaks, peaceful multi-hued lagoons and palm-fringed beaches, Moorea's awesome beauty is unsurpassed.
- ✓ Bora Bora – Pulitzer Prize-winning author James Michener described Bora Bora as “The most beautiful island in the world.”

Cruise Highlights

- ✓ State-of-the-art retractable Watersports Marina
- ✓ Two elegant restaurants and one pool-side grill, all with open-seating dining
- ✓ All ocean view staterooms, nearly 70% with private verandahs
- ✓ In-suite mini-bar replenished daily with soft drinks, beer and bottled water
- ✓ Only 332 guests
- ✓ Complimentary beverages including fine wines and premium spirits, soft drinks, bottled water, coffee and tea served throughout the ship
- ✓ Award winning luxury Spa – Carita



Cook & Society Islands

Nested in the cool Pacific waters, Polynesian settlers found a string of emerald islands, fruitful and fertile, carpeted with lush rain forests and vibrant life. Scattered over a vast, 2.5 million square kilometers area in the South Pacific, French Polynesia is made up of several series of islands, atolls, and archipelagoes, independently surrounded by lagoons and barrier reefs that create unique eco-systems and divine respites for the traveler weary of the usual getaway.

Cook Islands

The Cook Islands are a study in contrasts, with Aitutaki so flat you can see the ocean from virtually any point on the island and Rarotonga made up of jagged peaks and deep valleys. The islands' natives maintain a strong traditional culture through song, dance, legends, and crafts like intricate quilts inspired by nature known as *tivaevae*.

Tahiti & Society Islands

Paul Gauguin was inspired by them, Rogers & Hammerstein immortalized them in song, and James Michener wrote, "Anyone who has ever been there wants to go back." Explore the verdant peaks, crystalline waters, and pristine beaches of these magnificent volcanic islands, from dolphin-watching at Moorea to snorkeling off Bora Bora. Discover the "Garden Island" of Huahine, with its lush rain forests and dramatic terrain, and experience the Polynesian antiquities of Raiatea. Then enjoy an unforgettable day on our own private motu (islet) off Taha'a.



Itinerary

On this South Pacific Odyssey, you'll discover the isle of Huahine, renowned for its spectacular rain forests. Then experience the unique majesty of the Cook Islands. Arid Aitutaki is virtually flat—so much so that you can spot the ocean from nearly any point on the island, sitting in sharp contrast to sister island Rarotonga's jagged peaks and deep valleys. Rarotonga's fertile slopes of red earth and sparkling aquamarine lagoon call to mind the classic Victorian ideal of paradise, which the island was called by its first European Explorers. Return to the Society Islands for days in alluring Bora Bora, Taha'a, Moorea, and Papeete.



Day 1 Papeete/Embark Paul Gauguin

Embark the m/s Paul Gauguin in the afternoon and have time to settle into your cabin before dinner onboard later in the evening. The ship will set sail later that night.



Day 2 Huahine

Huahine is actually two islands, Huahine Iti and Huahine Nui, and the ship anchors between the two in Maroe Bay. This strikingly beautiful pair of islands boasts a crystalline lagoon, colorful villages, and a wealth of Polynesian archeological sites. Rising 2,200 feet above the sea, Mount Turi is the islands' high point and provides a dramatic backdrop. While you're here, you can cruise the lagoon, explore the island's culture, or picnic on the beach. More vigorous pursuits including a hill trek and scuba diving are also available.



Day 3 At Sea

Take a day to enjoy shipboard life: relax poolside, watch the South Pacific pass by, play some table tennis, or read up on our next port at the Reading Gallery.



Day 4 Aitutaki, Cook Islands

Aitutaki's coral reefs enclose a particularly large and beautiful lagoon. Uninhabited, palm-clad islets (motus) dot the reef, and even the main island is only eight square miles in area. Bask in the sun and enjoy breath-taking views of the shimmering lagoon during a lagoon cruise and beach visit. Or venture to a nearby marine reserve for some snorkeling. Arutanga village is the island's town, home to the oldest church in the Cooks, which dates from 1829.



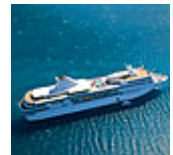
Day 5 Rarotonga, Cook Islands

Call today at Rarotonga, capital of the Cook Islands and the most mountainous of the group. Although this is one of the most beautiful places in the world to do nothing, you have a plethora of options for getting as active as you want. Snorkel in the crystalline waters of Muri Lagoon, or encounter the lushness of tropical nature in the Takitumu Conservation Area. Take an easy ride all the way around the island, or make a rugged hike into its lush interior with "Pa," a local naturalist.



Day 6 At Sea

Spend another day experiencing *Paul Gauguin's* Polynesian ambience: casual, leisurely, and graceful. Take in a lecture on local wildlife or history, and relax this evening over classic French cuisine.



Day 7 Bora Bora

Pulitzer Prize-winning author James Michener described Bora Bora as "The most beautiful island in the world." You might wish to explore the island with a number of activities, such as a tour of the island paradise that affords breathtaking island views. Or, glide over crystalline waters on a glass bottom boat to see the island's famous marine life without getting wet, take a thrilling helicopter ride over the ship and island, or simply spend a few hours lolling on the island's beautiful beach.



Day 8 Bora Bora

Bora Bora's lagoon is constantly replenished with ocean water from the swells that crash between sandy motus and over the lagoon's fringing reef. Perhaps today you will discover its charms while swimming, snorkeling, or via an outrigger canoe.



Day 9 Taha'a (Motu Mahana)

Motu Mahana, an islet adjacent to Taha'a, is our very own South Seas paradise featuring white sand beaches with swaying palms, crystal-clear waters and gentle breezes. As an exclusive *Paul Gauguin* event, guests will spend a full day exploring this idyllic, isolated island, and relaxing with a delicious barbecue lunch and Polynesian entertainment featuring strolling musicians and singers.



Day 10 Moorea

Covered in an abundance of fresh fruits and flowers, spectacular mountain peaks, peaceful multi-hued lagoons and palm-fringed beaches, Moorea's awesome beauty is unsurpassed. White sand beaches lapped by the translucent shimmering lagoon water and shaded by palm, coconut, and ironwood groves stretch for miles. During your visit, you might wish to take an optional air-conditioned coach ride around the island to admire the stunning views.



Day 11 Moorea/ Papeete, Tahiti

Perhaps today you will try an optional scuba diving excursion among the sea turtles and staggering amount of fish species that call Moorea's waters home. Or simply relax and revel in Moorea's natural splendor.



Day 12 Disembark in Papeete

In the morning you'll have brunch aboard ship, then disembark in the spot where you began your trip of a lifetime.





Ports

With the m/s *Paul Gauguin* you'll discover ports as varied and spectacular as a South Pacific sunset. Plus, thanks to the ship's small size, you'll visit spots that larger cruise ships just can't reach. And you'll do it all in style and luxury aboard the award-winning m/s *Paul Gauguin*.

Papeete

The islands of Polynesia are a gorgeous collection of volcanic islands and atolls strewn lazily across the grand Pacific Ocean. The island of Tahiti proper is the largest of the 118 islands and atolls that comprise French Polynesia. Papeete, the modern capital of Tahiti and her islands, contains government offices, hospitals, banks and many other services dedicated to serving the islands as well as tourists who come to these islands for a life-enriching experience.



Huahine

One of the most picturesque and geographically diverse islands in the Society Group, enclosed in a single lagoon, it covers 75 square miles. Huahine is located 109 miles northwest of Papeete. The highest point on the island, Mt. Turi, reaches 2,200 feet and is located on Huahine Nui. Mt. Tavaiura in the Fiti Peninsula looks like a women's face, leading to her chest and her round belly, hence one of the interpretation for Huahine's original name (pregnant woman).



Aitutaki

Aitutaki's coral reefs enclose a particularly large and beautiful lagoon. The main island is only eight square miles in area and is virtually flat—so much so that you can keep the ocean in site from nearly any point on Aitutaki. The island is thought to have been first settled around 900 A.D. by Ru, a legendary Polynesian explorer. Today the island's inhabitants preserve much of their traditional culture through song, dance, legends, and crafts like tivaevae –handmade, intricate, patchwork quilts featuring designs inspired by nature.



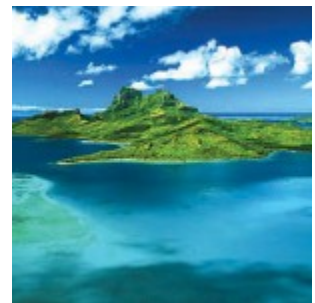
Rarotonga

Rarotonga, the capital of the scattered nation of the Cook Islands, is a relaxing place of beauty and style. Its small population lives on the coast of the circular island, while the interior is lush, rugged, and jungle-clad, offering the opportunity for challenging walks and sensational views. A former New Zealand colony, it has the distinct feel of a New Zealand Polynesian outpost, including New Zealand newspapers and television—as well as the distinctive accent.



Bora Bora

Bora Bora lies 150 miles northwest of Tahiti in the Society Islands. The main island, home to 4,225 inhabitants, is in the center of a multicolored lagoon, surrounded by offshore “motu” islets inside a protective coral necklace. Its lagoon is world-famous for its beauty. A partially paved road circles the island, passing colorful villages, archeological sites, and old Army bunkers and cannons left over from WWII, when 5,000 American GIs made a “friendly invasion.”



Taha'a

Enclosed in a common lagoon with Raiatea and accessible only by boat, Taha'a produces about 80% of all vanilla in French Polynesia. Taha'a is the only island in the Society Islands that can be completely circled by ship inside the protected lagoon. With its many deep bays and deserted motu, Taha'a is an ideal island to escape. With only a handful of guest houses and small hotels, Taha'a is slowly awakening to tourism and yet maintains an authentic flavor of Polynesia.



Enjoy a beachside barbeque on our own private island of Motu Mahana - which means it's your private island for the day. The motu is uninhabited except for fellow guests, and those wonderful Gauguines who will welcome you in song.

Moorea

Moorea, often likened to James Michener's mythical island of Bali Hai, is only 11 miles from Tahiti. Many visitors say it is worth the visit just to see Moorea's spectacular bays. The volcanic peaks, reflected in the waters of Cook's Bay and Opunohu Bay, rise like a shark's jaw from the island's base. Sharks sighting on nearly every dive makes this island a popular diving destination. At times a tuna will come by or dolphins will be heard clicking just out of sight.



Cruising With Paul Gauguin

Set sail on board the Paul Gauguin traveling through the spectacular waters of French Polynesia. Scattered over a vast, 2.5 million square kilometers area in the South Pacific, French Polynesia is made up of several series of islands, atolls, and archipelagoes, independently surrounded by lagoons and barrier reefs that create unique eco-systems and divine respites for the traveler weary of the usual getaway. Enjoy the exhilarating shore excursions that highlight the beauty of the area; make use of the Watersports platform; indulge in the spa or just relax on board.

WHY THE PAUL GAUGUIN?

Luxurious Intimate Style: The smallest and most luxurious ship in South Polynesia, with just 332 passengers.

Staterooms: All oceanview staterooms and suites – nearly 70% with private balconies, feature temperature control, queen-size bed (a limited number can have twin-bed configuration) bathroom with full -size bathtub and shower, bathrobes, slippers, hair dryer, TV, CD/DVD player, personal safe, a refrigerator stocked with soft drinks, and more! There is one wheelchair accessible stateroom, and select staterooms can accommodate three guests.

Cuisine: Nowhere else is the French *art de vivre* – the art of living – more evident than in the sensory pleasures of our moveable feasts. Of course, at every meal select wines are generously poured, compliments of the house. All part of the legendary tasting and temptings that you'll encounter aboard our ship.

L'Etoile

Enjoy fine French cuisine with a Polynesian accent amid the classic furnishings and fluted shell lighting reminiscent of one of the refined dining establishments in Paris. Here delectable cuisine is artfully presented and guests receive the most diligent attention.

Le Grill

Greet the sun with a buffet breakfast at Le Grill. Or enjoy lunch by the pool on a choice of grilled favorites, salads and fresh tropical fruits. At night Le Grill is transformed into a cozy indoor/outdoor restaurant serving grilled specialties in a more casual atmosphere. Dinner reservations are required at Le Grill.

La Veranda

La Veranda's floor to ceiling windows, indoor and al fresco seating, and refined make it the perfect place to enjoy breakfast and lunch.

In both reality and the popular imagination no other country has approached France in terms of elevating its cuisine to a high art form. At dinner, La Veranda is transformed into an elegant French Bistro offering the finest in French cuisine, wine selections and ambiance. The *Paul Gauguin* chefs have created a menu for La Veranda not merely to explore the culinary highways and byways of France but to provide an extraordinary dining experience that captures the very essence of the country.



Spa & Wellbeing: *Paul Gauguin* is home to an award-winning luxury spa. With its unrivalled approach to spa and beauty, services are tailored uniquely to the needs of each individual. Designed as a luxurious refuge from everyday stresses, our spa combines the art of gentle pampering with an extensive range of physical regimens including health and revitalization. Treatments include skin care therapies, skin exfoliating, massage, reflexology, aromatherapy, body wraps, facials and beauty treatments.

Fitness: Exercise your options in our Fitness Center with Lifecycles, treadmills, Stairmasters and weight machines. Or work out on or under the water with windsurfing, waterskiing, kayaking, and our exclusive PADI diving program.

Watersports Marina: Watersports are a highlight of the Polynesian experience. The ship's small size allows it to navigate in shallow lagoons and narrow channels where larger ships may not sail. With the specially designed retractable watersports platform, guests may descend to sea level where they can conveniently hop aboard a windsurfer, launch a kayak, try a little waterskiing or set out for a SCUBA diving expedition. A scuba certification program is offered on board.

Entertainment: On any evening, pulses run high in the Le Casino. Or when refreshments are in order, the Piano Bar provides a warmly relaxing environment.

Le Grand Salon

Watch spectacular performances, such as an electrifying Polynesian show featuring the arts of the islands in the main lounge. One night it might be the soaring acappella harmonies of *himene* songs. Another might feature a thrilling performance of *ote'a* – a complex line dance accompanied by drums telling the ancestral legends of the Polynesian people. Later in your cruise, you'll have a chance to learn how to dance in true Polynesian style from our wonderful Gauguines performers.

La Palette Lounge

Sing along at the piano bar in this spectacular observation lounge atop the ship. At night it's transformed into a romantic nightclub where a chanteuse sings the Parisian blues and couples sway on the indoor/outdoor dance floor.

STATEROOMS and SUITES

Grand Suite



- 529 sq. ft. Stateroom: 332 sq. ft. Veranda: 197 sq. ft.
 - Grand Suites includes Butler service
-

Veranda Suite



- 358 sq. ft. Stateroom: 300 sq. ft. Veranda: 58 sq. ft.
 - Verandah Suites include Butler service.
-

Veranda Stateroom



- 305 sq. ft. Stateroom: 249 sq. ft. Veranda: 56 sq. ft.
 - Verandah Staterooms include Butler service.
-

Balcony Stateroom



- 239 sq. ft. Stateroom: 202 sq. ft. Veranda : 37 sq. ft.
-

Window Stateroom



- Stateroom: 200 sq. ft. with picture window
-

Porthole Stateroom



- Stateroom: 200 sq. ft. with two portholes



TESTIMONIALS

This was a well planned, well executed CME. I'll recommend it to colleagues.

Dr. E. Udoeyop, Cornwall ON

At CMEatSEA you really are treated as 'family'.

Dr. Bob Thompson, Drayton Valley AB

Such care and thoughtfulness was taken when considering the family members of the doctor involved in CME. All events were done with excellence and Judy & Gwen always put fore their best. Much appreciated for all their hard work. Truly felt we belong to an extended family.

Dr. Wilson & Kathrin Leung, Niagara Falls ON

Well worthwhile. Refreshing approach to CME.

Dr. Peter Methven, Langley BC

My wife and I were overwhelmed by your hospitality, efficiency and excellence on this trip. We want to thank everybody that made this trip such a super experience. We will definitely see you on a future program! Thank you again!

Dr. Fanie De Nysschen, Cabri SK

I really enjoyed the CMEatSEA and our 1st cruise. It was a very good balance of life, vacation and education. The CMEatSEA was very well organized.

Dr. Dennis Dahl, Moose Factory ON

You have a high caliber of speakers. I usually don't expect to have this much new information from most seminars.

Dr. Anthony Lam, Calgary AB

This is our 2nd CME with CMEatSEA. Quality speakers, advance course materials, good schedule onboard, social events and excellent service of the CME staff onboard contribute to an excellent CME event with a vacation.

Dr. S. Kalaichandran, North York ON

I wish to use this to thank Judy, Gwen and the other organizers for all the hard work that went into making the whole program a huge success. This was my first cruise and I loved it. It was so nice getting the gifts every night and I couldn't wait to see what the gift of the day would be. Your hard work is greatly appreciated. Keep up the good work. I will surely attend another CMEatSEA program and recommend it to my friends.

Dr. Victoria Udoeyop, Cornwall ON

This was the best organized of the 3 cruises that I have presented at. Your attention to detail was amazing. Family felt part of the experience.

Dr. Roman Jovey (presenter), Mississauga ON

We continue to be amazed at how CMEatSEA assembles and executes their adventures in education. We have developed such complete trust in Sanjay & Gwen to make each day unfold as it should. Amazing

Dr. Bob Fairbairn, Chatham ON



**October 12-23, 2010 - Tahiti - Cook & Society Islands
Pain Management Update 2010
Paul Gaugin**

*****FREE AIR – Companion Travels and Flies FREE. Delegate Flight included**

Accommodation Rates:*	Delegate	Companion
Ocean View Suite (porthole)	\$9499	FREE
Ocean View Suite (picture window)	\$9899	FREE
Balcony	\$12599	FREE
Verandah Stateroom with Butler	\$15999	FREE
Verandah Suite with Butler	\$20599	FREE
Grand Suite with Butler	\$25599	FREE
3rd/4th Guest in Stateroom	Please call	
CME Fee **		
Delegate	\$1495	
Partner Program	\$795	
Cruise Taxes/Gratuities:		
Per person	\$329	

Payment Information:

Deposit 25% of the cruise fare

*****Pricing Subject to Availability and Change – FREE Air is from Los Angeles**

Cancellation Fees:	TAHITI Sailing Only:
121+ days in advance	\$220
120-90 days in advance	25% of the total price
89-65 days in advance	50% of the total price
64-45 days in advance	75% of the total price
44-0 days in advance	Non-Refundable

* Stateroom prices include FREE Air; all on board accommodation, meals, activities and events as described; all inclusive beverage program including soft-drinks, hot beverages and select wines and spirits throughout the ship.

**CME Fees subject to 5% GST at time of Final Payment

***Free Air from Los Angeles. Low air add-ons from other gateways available. Please call for more details.

Final Payment is due June 1, 2010.

All funds stated in CAD dollars.

CMEatSEA reserves the right to change or cancel course content, speaker or topics for cause.

**Reserve Today
1-888-523-3732**



TAHITI Registration Form CAD

GENERAL INFORMATION:

Dr. _____ Date of Birth (mm/dd/yyyy) _____ Shirt Size (S, M, L, XL) _____
First Name Surname (complete name as it appears on your passport)

Professional Degree: _____

Would you like designations to appear on your name badge? Yes No Clinic Name: _____

Street Address: _____

City: _____ Province: _____ Postal Code: _____ E-mail: _____

Telephone Bus.:(____) _____ Telephone Home:(____) _____ Fax: :(____) _____

Partner Name: Dr. Mr. Mrs. Ms. _____ Date of Birth (mm/dd/yyyy) _____

Partner Program: Yes No Shirt Size (S, M, L, XL) Will you be traveling with any other family or friends? Yes No

REGISTRATION RATES (circle your choice):

October 12-23, 2010 FREE AIR**

Destination: Tahiti – Cook & Society Islands

Conference: Pain Management Update 2010

Accommodation Rates:* Delegate Companion

Outside (porthole) Stateroom \$9499 FREE

Ocean View Stateroom \$9899 FREE

Balcony Stateroom \$12599 FREE

Verandah Stateroom \$15999 FREE

Verandah Suite \$20599 FREE

Grand Suite \$25599 FREE

3rd/4th guest in stateroom Please Call

CME Fee:**

Delegate \$1495

Partner Program \$795

Cruise Taxes/Gratuities:

Per person \$329

Payment Information:

Deposit*** 25% of the cruise fare

*Stateroom prices include all on board accommodation, meals, activities and events; beverages as described and FREE air from Los Angeles.

**CME Fees subject to 5% GST at time of the Final Payment.

Final Payment is due June 1, 2010

Please see Cancellation Penalties for this departure

All funds stated in CAD

CMEatSEA reserves the right to change or cancel course content, speaker or topics for cause.

We cannot invoice for payment. Registration will not be completed without payment.

Payment Method

Visa MasterCard Cheque (Payable to Cruise Connections Canada)

TOTAL DEPOSIT _____

I hereby authorize Cruise Connections Canada on behalf of CMEatSEA to charge the credit card provided for the fee indicated.

I am aware that all charges are subject to applicable taxes.

Card Number: _____ Expiration Date: _____

Cardholder's Name: _____ Cardholder's Signature: _____