

Holistic Holiday at Sea Schedule

All classes subject to change

SUNDAY, MARCH 21 - FT. LAUDERDALE

1:30-3:00 pm	Welcome Luncheon Buffet	Room M
4:30-5:45 pm	Introduction of Presenters: Jessica Porter Opening Ceremony: Cruising into Health – Your Voyage to Well Being: Dr. Neal Barnard	Room T Room T
6:00-7:00 pm	Dinner	Room M
8:30 pm	Welcome Cocktail Party	Room P

Key to Lecture Rooms:

A = Augustus Conference Room, Deck 5, Mid Ship (our Bookstore)

C = Card Room, Deck 5

CG = Club Grand Conte Deck 11 Back of Ship

CV = Conte Verde Lounge, Deck 5, Back of Ship

D = Disco, Deck 4, near the elevators closest to Back of Ship

DV = DaVinci Lounge, Deck 5, Back of Ship

M = Michelangelo Restaurant, Deck 3, Back of Ship

P = Central Pool Area, Deck 9, Mid-Ship

S = Saturnia, Deck 12, Front of Ship

T = Rex Theater, Deck 3, Front of Ship

Morning Exercise Classes:

P = Central Pool Area, Deck 9, Mid-Ship

D-11 = Deck 11, Jogging Track, Back of Ship

D-12 = Deck 12, Front of Ship between Squok Club and Saturnia Conference Room

******* Some Lectures & Workshops Have Limited Seating... Please Arrive Early to Secure a Seat*******

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MONDAY, MARCH 22 - AT SEA

7:00-8:00 am	Yoga: Chandrakant	Room P
7:00-8:00 am	Pilates: Beginners' Mat Class: Bianka Steinfeldt	Room D12
7:00-8:00 am	Run, Walk, Stretch: Larry Krug	Room D11
7:00-8:00 am	Morning Meditation Practice: Dr. Abraham and Bineke Oort	Room CV
7:00-8:00 am	Do-In Self-Massage Therapy: Lino Stanchich	Room D12
7:30-8:30 am	Breakfast	Room M
9:00-10:30 am	The Three Sisters: Dr. Neal Barnard and Christina Pirello	Room T
9:00-10:30 am	Cooking Class: Macrobiotic Cooking 101 with the Hip Chick: Jessica Porter	Room DV
9:00-10:30 am	Cranial Sacral Therapy: Dr. Abraham and Bineke Oort	Room S
9:00-10:30 am	Seven Levels of Beauty & How to Achieve Them: Bob Carr	Room CV
9:00-10:30 am	Yoga Flow for Vitality: Steve Nakon	Room D
10:45-12:00 pm	There Is Only One of Us Here: William Spear	Room DV
10:45-11:45 am	Ocean Commotion: Dance Class: Sarah Wilde	Room D
10:45-11:45 am	Ohashiatsu for Cancer Recovery: Ohashi	Room CV
10:45-11:45 am	Pilates: Beginners' Mat Class: Bianka Steinfeldt	Room S
10:45-11:45 am	Swing Golf: Les Bolland	Room C
12:00-1:00 pm	Lunch	Room M
2:00-3:30 pm	An Intensive Plant-Based Diet for Diabetes Management: Dr. Neal Barnard	Room T
2:00-3:30 pm	Cooking Class: Soul Food Revival: Bryant Terry	Room DV
2:00-3:30 pm	Speed Dating: Ages up to 50	Room CG
2:00-3:30 pm	Macrobiotics 101, Part 1: Warren Kramer	Room CV
2:00-3:30 pm	Secret to a Successful Relationship: Yogi Desai	Room S
2:00-3:30 pm	From Stress to Success: Judy MacKenney	Room D
3:30-4:00 pm	FIRE DRILL	
4:15-5:45 pm	Finding Time for Health: Marilu Henner	Room DV
4:15-5:45 pm	Cravings and Addictions – the Hypoglycemic Connection: Warren Kramer	Room CV
4:15-5:45 pm	Laughing for the Health of It: Lino Stanchich	Room D
4:15-5:45 pm	Aging Gracefully: a Flower Remedy Toolbox: Alica Sirkin	Room S
6:00-7:00 pm	Dinner	Room M
8:00-9:30 pm	<u>Keynote Lecture</u> : Understanding Hunger, Food Addictions and Taste Preference: Dr. Joel Fuhrman	Room DV
8:00-9:30 pm	The Psychology of Disease and the New Mindbody Medicine: Dr. Ronald Peters	Room S
8:00-9:30 pm	Joy of Ohashiatsu: Self Development: Wilbur May	Room D
8:00-9:30 pm	Whole Foods 101: Introduction to Healing Foods, Their Uses and Benefits: Jane Quincannon Stanchich	Room CV
9:45 pm	BLUE MOUNTAIN ORGANICS VEGAN ICE CREAM SOCIAL!	Room P

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TUESDAY, MARCH 23 - AT SEA

7:00-8:00 am	Yoga: Chandrakant	Room P
7:00-8:00 am	Pilates: Beginners' Mat Class: Bianka Steinfeldt	Room D12
7:00-8:00 am	Run, Walk, Stretch: Larry Krug	Room D11
7:00-8:00 am	Morning Meditation Practice: Dr. Abraham and Bineke Oort	Room CV
7:00-8:00 am	Do-In Self-Massage Therapy: Lino Stanchich	Room D12
7:30-8:30 am	Breakfast	Room M
9:00-10:30 am	<u>Keynote Lecture</u> : Living in the Zero Stress Zone: Yogi Desai	Room T
9:00-10:30 am	Cooking Class: Three Sisters: Christina Pirello and Dr. Neal Barnard	Room DV
9:00-10:30 am	Yoga Flow for Healing and Renewal: Patricia Nakon	Room CG
9:00-10:30 am	Hypnosis and Healing: Jessica Porter	Room S
9:00-10:30 am	Natural Vision Improvement: Bob Carr	Room CV
9:00-10:30 am	Swing Golf: Les Bolland	Room C
10:45-12:00 pm	Ethical Issues in Food Choices: Dr. Neal Barnard	Room DV
10:45-11:45 am	Breathing without Boundaries: Steve Nakon	Room CV
10:45-11:45 am	Foot Reflexology Part 1: Barbara Panno	Room D
10:45-11:45 am	Do-In Self-Massage Therapy: Dr. Abraham and Bineke Oort	Room CG
10:45-11:45 am	Pilates: Intermediate Mat Class: Bianka Steinfeldt	Room S
12:00-1:00 pm	Lunch	Room M
2:00-3:30 pm	Navigating the "Mindfields" of Self-Sabotage: Marilu Henner	Room T
2:00-3:30 pm	Cooking Class: Vegan Versions of African Cuisine : Bryant Terry	Room DV
2:00-3:30 pm	Four Ways of the Spirit: William Spear	Room S
2:00-3:30 pm	Power Yoga: Intermediate Asana Sequence: Bianka Steinfeldt	Room D
2:00-3:30 pm	Amrit Method: Integrative Relaxation: Chandrakant	Room CV
4:00-5:30 pm	Become a Healthy Activist: Dr. Neal Barnard	Room T
4:00-5:30 pm	Cooking Class: Make Perfect Greens: Jessica Porter	Room DV
4:00-5:30 pm	Numerology: Sheldon Rice	Room S
4:00-5:30 pm	Macrobiotics 101, Part 2: Warren Kramer	Room CV
4:00-5:30 pm	Speed Dating: Age 45 and up	Room D
6:00-7:00 pm	Dinner	Room M
7:45-9:45 pm	Recovery Panel – Health Survivors Share Their Stories: Hosted by Maggie Cottrell, M.D.	Room DV
8:00-9:30 pm	Power of Conscious Eating: Yogi Desai	Room S
8:00-9:30 pm	Techniques Anyone Can Do: Ohashi	Room CV
8:00-9:30 pm	Dancing with the Waves: Sarah Wilde	Room D
9:45 pm	COCONUT BLISS VEGAN ICE CREAM SOCIAL!	Room P

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WEDNESDAY, MARCH 24 – ST. THOMAS / ST. JOHN, U.S. VIRGIN ISLANDS 8:00 am – 6:00 pm

7:00-8:00 am	Yoga: Chandrakant	Room P
7:00-8:00 am	Power Yoga: Intermediate Asana Sequence: Bianka Steinfeldt	Room D12
7:00-8:00 am	Guided Qi Gong Practice and Hara Breathing Technique: Suzen Segall	Room D
7:00-8:00 am	Morning Meditation Practice: Dr. Abraham and Bineke Oort	Room CV
7:00-8:00 am	Do-In Self-Massage Therapy: Lino Stanchich	Room D12
7:30-8:30 am	Breakfast	Room M
9:00-2:00 pm	LEISURE TIME!	
12:00-1:00 pm	Lunch	Room M
2:00-3:30 pm	Maximum Energy and Healing from Your Diet: Lino Stanchich	Room T
2:00-3:30 pm	Recovery Panel Follow Up: Judy MacKenney	Room DV
2:00-3:30 pm	Targeting the Root of Disease with Homeopathy: Sanford Lapedis	Room S
2:00-3:30 pm	Thai Touch for Well-being: Barbara Panno	Room CV
2:00-3:30 pm	Amrit Method: Integrative Relaxation: Chandrakant	Room D
4:00-5:30 pm	50 Anti-Aging Tips: Marilu Henner	Room T
4:00-5:30 pm	Cooking Class: Ital Food is Vital Food: Bryant Terry	Room DV
4:00-5:30 pm	Boning Up: Robert Pirello	Room S
4:00-5:30 pm	Pushing Buttons: Macrobiotics and the World of Emotions: William Spear	Room CV
4:00-5:30 pm	Dancing with the Waves: Sarah Wilde	Room D
6:00-7:00 pm	Dinner	Room M
7:30-8:05 pm	<u>Concert</u> : A Musical Lovefest: Bridgette Kossor	Room DV
8:15-9:30 pm	<u>Keynote Lecture</u> : Understanding Scientific Evidence: Dr. T. Colin Campbell	Room DV
8:15-9:30 pm	Straight Bowel Talk: Warren Kramer	Room CV
8:15-9:30 pm	Live Blood Cell Analysis: Mary-Lynn Wieber	Room S
8:15-9:30 pm	Understanding and Healing the Feminine Body and Spirit: Jane Quincannon Stanchich	Room D
9:45 pm	VEGAN PIZZA PARTY!	Room P

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THURSDAY, MARCH 25 – SAN JUAN, PUERTO RICO 8:00 am – 4:00 pm

7:00-8:00 am	Yoga: Chandrakant	Room P
7:00-8:00 am	Do-In Self-Massage Therapy: Dr. Abraham and Bineke Oort	Room D12
7:00-8:00 am	Run, Walk, Stretch: Larry Krug	Room D11
7:00-8:00 am	Take Charge of Your Health: Hazel Chung-Hood	Room D
7:00-8:00 am	Breathing without Boundaries: Steve Nakon	Room S
7:30- 8:30 am	Breakfast	Room M
9:00-2 pm	LEISURE TIME!	
12:00-1:00 pm	Lunch	Room M
2:00-3:45 pm	Miso Magic – All You Need to Know about This Super Food: John Belleme	Room DV
2:00-3:30 pm	A Better Night’s Sleep: Flower Remedy Solutions: Alicia Sirkin	Room S
2:00-3:30 pm	Foot Reflexology Part 2: Barbara Panno	Room D
2:00-3:30 pm	Alkaline Bodies by Design, Which Are You: Marlene Marcello	Room CG
2:00-3:30 pm	Amrit Method: Integrative Relaxation: Chandrakant	Room CV
4:00-5:30 pm	Eating for Health and Longevity: Dr. Joel Fuhrman	Room T
4:00-5:30 pm	Cooking Class: Soy Vey: Christina Pirello	Room DV
4:00-5:30 pm	Ready, Set, Go for Your Macrobiotic Practice: Warren and Marquita Wepman	Room D
4:00-5:30 pm	Power Yoga: Intermediate Asana Sequence: Bianka Steinfeldt	Room CV
4:00-5:30 pm	Stress and Psychology of Cancer: Dr. Ronald Peters	Room S
6:00-7:00 pm	Dinner	Room M
7:30-8:05 pm	<u>Concert</u> : Classics to Jazz: Judith Alstadter	Room DV
8:15-9:30 pm	<u>Keynote Lecture</u> : Living in the Present Until Our Final Breath: William Spear	Room DV
8:15-9:30 pm	A Powerful Path for Spiritual Development: Lino Stanchich	Room S
8:15-9:30 pm	Ocean Commotion: Dance Class: Sarah Wilde	Room D
8:15-9:30 pm	Breathing without Boundaries: Steve Nakon	Room CV
8:15-9:30 pm	Baby Boomer Fitness: Larry Krug	Room C
9:45 pm	COOKIES & “MILK” PARTY!	Room P

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FRIDAY, MARCH 26 – GRAND TURK, 12:00 pm – 6:00 pm

7:00-8:00 am	Yoga: Chandrakant	Room P
7:00-8:00 am	Pilates: Beginners' Mat Class: Bianka Steinfeldt	Room D12
7:00-8:00 am	Ocean Commotion: Dance Class: Sarah Wilde	Room D
7:00-8:00 am	Morning Meditation Practice: Dr. Abraham and Bineke Oort	Room CV
7:00-8:00 am	Do-In Self-Massage Therapy: Lino Stanchich	Room D12
7:30-8:30 am	Breakfast	Room M
8:45-10:15 am	Our Historic Journey into the Contemporary Dark Ages of Medicine: Dr. T. Colin Campbell	Room T
9:00-10:30 am	Cooking Class: Feeling a Little Irritable? Loving Your Liver: Christina Pirello	Room DV
9:00-10:30 am	Mindful Walking: Suzen Segall	Room D
9:00-10:30 am	The Healing Properties of Everyday Foods: Bob Carr	Room CV
9:00-10:30 am	Yoga Flow for Vitality: Steve Nakon	Room S
10:45-12:00 pm	Role of Your Life: Marilu Henner	Room DV
10:45-12:00 pm	Cooking for Life: the Art of Macrobiotic Cooking: Warren Kramer	Room CV
10:45-11:45 am	Pilates: Intermediate Mat Class: Bianka Steinfeldt	Room S
10:45-11:45 am	Do-In Self-Massage: Dr. Abraham and Bineke Oort	Room D
10:45-11:45 am	Swing Golf: Les Bolland	Room CG
12:00-1:00 pm	Lunch	Room M
2:00-3:30 pm	Music: Pathway to Wellness, Relaxation, and Optimal Living: Judith Alstadter	Room DV
2:00-3:30 pm	The Labyrinth: Meditation in Motion: Connie Fenty	Room D
2:00-3:30 pm	Saving the World with Your Knife and Fork: Tony Wardle	Room S
2:00-3:30 pm	Palmistry: Ginat Rice	Room CV
4:00-5:30 pm	Zero Stress Zone: Mysterious Powers of Yoga Nidra: Yogi Desai	Room T
4:00-5:30 pm	Staying Healthy in the Year Ahead: William Spear	Room DV
4:00-5:30 pm	Yoga Flow for Vitality: Steve Nakon	Room CV
4:00-5:30 pm	Macro Magic: Sheri DeMaris	Room S
4:00-5:30 pm	Dancing with the Waves: Sarah Wilde	Room D
6:00-7:00 pm	Dinner	Room M
7:30-9:30 pm	Group Consultation with Christina Pirello ***Extra Fee Applies***	Room C
8:00-9:30 pm	Fats, Seeds and Nuts for Health: Dr. Joel Furhman	Room DV
8:00-9:30 pm	Living a Compassionate Life: Melissa Karpel	Room S
8:00-9:30 pm	Your Best Diet and Exercise Program for Vitality and Healing: Lino Stanchich	Room CV
8:00-9:30 pm	Talent Show: hosted by Blair Karsch	Room D
9:45 pm	“PURELY DECADENT” VEGAN ICE CREAM SOCIAL!	Room P

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SATURDAY, MARCH 27 - AT SEA

7:00-8:00 am	Yoga: Chandrakant	Room P
7:00-8:00 am	Breathing without Boundaries: Steve Nakon	Room S
7:00-8:00 am	Pilates: Intermediate Mat Class: Bianka Steinfeldt	Room D12
7:00-8:00 am	Do-In Self-Massage Therapy: Dr. Abraham and Bineke Oort	Room D12
7:00-8:00 am	Ocean Commotion: Dance Class: Sarah Wilde	Room D
7:30-8:30 am	Breakfast	Room M
9:00-10:30 am	Why Has the Most Reliable Medical Evidence Been Denied to the Public: Dr. T. Colin Campbell	Room T
9:00-10:30 am	Cooking Class: Eat Your Cake and Have it Too: Jessica Porter	Room DV
9:00-12:00 pm	Group Consultation with Warren Kramer **Extra Fee Applies**	Room C
9:00-10:30 am	Living Life Passionately: Judy MacKenney	Room CV
9:00-10:30 am	You Don't Have to Grow Old: Robert Pirello	Room S
9:00-10:30 am	Yoga Flow for Health and Renewal: Patricia Nakon	Room D
10:45-12:00 pm	What's Wrong with What We Eat: Christina Pirello	Room DV
10:45-11:45 am	Ocean Commotion: Dance Class: Sarah Wilde	Room D
10:45-11:45 am	Caregivers: Easing Stress, Strain and Fatigue with Flower Remedies: Alicia Sirkin	Room S
10:45-11:45 am	Power Yoga: Intermediate Asana Sequence: Bianka Steinfeldt	Room CV
10:45-11:45 am	Swing Golf: Les Bolland	Room CG
12:00-1:00 pm	Lunch	Room M
2:00-3:30 pm	Customizing Your Nutrition Program and Supplementing Intelligently: Dr. Joel Fuhrman	Room T
2:00-3:30 pm	Cooking Class: Greens & Grains on the Deep Blue Sea: Mark Hanna, Christina Pirello & Sandy Pukel	Room DV
2:00-3:30 pm	The Healing Power of Stress: Dr. Ronald Peters	Room S
2:00-3:30 pm	Amrit Method: Integrative Relaxation: Chandrakant	Room CV
4:00-5:30 pm	Keynote Lecture: Healthy Hollywood Secrets: Marilu Henner	Room T
4:00-5:30 pm	Cruisin' for Knowledge Q&A: Sandy Pukel, Christina Pirello and Dr. Martha Cottrell	Room DV
4:00-5:30 pm	Yoga Flow for Vitality: Steve Nakon	Room CV
4:00-5:30 pm	Yoga Nidra: Yogi Desai **Extra Fee Applies**	Room S
4:00-5:30 pm	Radiant Healing from the Inside Out: Marlene Marcello	Room D
6:00-7:00 pm	Dinner	Room M
8:30 pm	FAREWELL DISCO PARTY!	Room P

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Holistic Holiday at Sea Schedule

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SUNDAY, MARCH 28 - FT. LAUDERDALE

7:30-8:30 am Breakfast

Room M

(Disembark)

**THANKS FOR CRUISING WITH HOLISTIC HOLIDAY AT SEA!!!
HOPE TO SEE YOU AGAIN NEXT YEAR!!!**

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