

Holistic Holiday at Sea Schedule

SATURDAY, FEBRUARY 27 – MIAMI, FLORIDA

All classes subject to change

*****PLEASE NOTE THAT THIS IS THE SCHEDULE AS OF January 20, 2016
PLEASE CHECK THE HHAS WEBSITE FOR NEWER VERSIONS.**

Time	Activity	Room
12:00-3:00 pm	Welcome Lite Sit-Down Lunch	BC 6 & VR
3:30-4:00 pm	Introduction of Presenters and Opening Ceremony with Jessica Porter	T
4:00-5:00 pm	Cruising Into Health – Behavior Changes to Support Health with Dr. Neal Barnard *CE	T
5:15 pm	MSC Mandatory Boat Drill	
6:00 pm	Dinner (Doors close at 6:30 pm)	BC 5 & 6 & VR
8:30 pm	Welcome Cocktail Party with Bridgette Kossor	P

HHAS BOOKSTORE AND HOSPITALITY DESK and MSC FRESH JUICE BAR
Silver Lounge (SL) Deck 6, Mid-ship, atrium area on the right side of the ship

Key: Lectures and Dining Rooms:

- BC** Black Crab Dining Room, Decks 5 & 6, Mid-ship
- VR** Villa Rossa Dining Room, Deck 6, Back of Ship
- BW** Black and White Lounge, Deck 7, Back of Ship
- G** Galaxy (Disco), Deck 16, Mid-back of Ship
- P** Pool, Deck 14, Mid-ship
- SS** Sky and Stars Conference Room, Deck 16, Mid-back
- T** Pantheon Theater, Deck 6 & 7, Front of Ship
- LL** La Luna Lounge, Deck 7 Mid-front of Ship

Key: Outdoor Classes:

- GPR** Garden Pool, Deck 15, Back of Ship on right
- P** Pool, Deck 14, Mid-ship
- PW** Power Walking Track, Deck 15, Mid-ship
- SA** Sports Arena, Deck 16, Back of Ship
- SL 18** Solarium, Deck 18, Mid-back of Ship on left

NOTE: In the unlikely event of rain, 7:00 am outdoor classes will be held in the following alternate locations every morning except Wednesday:

- SA classes will be in BW**, Black and White Lounge, Deck 7, Back of Ship
- GPR classes will be in G**, Galaxy Disco, Deck 16, Mid-back of the Ship, on left side
- P classes will be in G**, Galaxy Disco, Deck 16, Mid-back of the Ship, on right side
- PW classes will be cancelled**
- SL 18 classes will be cancelled**

***Classes scheduled outside later in the day and on Wednesday morning will be cancelled.**

Holistic Holiday at Sea Schedule

SUNDAY, FEBRUARY 28 – AT SEA – 1st GALA NIGHT

All classes subject to change

Time	Activity	Room
7:00-8:00 am	Amrit Yoga Asana Sequence with Chandrakant Hiester and Veda Lewis	SA
7:00-8:00 am	Pilates: Level 1 with Bianka Steinfeldt	P
7:00-8:00 am	Vinyasa Flow Yoga Level I with Angelica Kushi	GPR
7:00-8:00 am	Run, Walk, Stretch with Larry Krug	PW
7:00-7:45 am	Zumba with Millan Chessman	SL 18
7:00-8:00 am	Mindful Meditation Practice with Dr. Sharon Gutterman *CE	T Deck 6
Note: In case of rain, alternate locations are listed at the bottom of the first page of this schedule		
7:30-9:00 am	Breakfast (doors will close at 8:45 am)	BC 5&6
9:00-10:30 am	Kickstart Your Health – A Dietary Protocol to Enhance Healthy Living with Dr. Neal Barnard *CME/CE	T
9:00-10:30 am	Multicultural Macrobiotics for the 21st Century with Verne Varona	BW
9:00-10:30 am	Live Blood Cell Analysis with Mary-Lynn Wieber	G
9:30-10:30 am	Do-In – Self-Massage Therapy with Lino Stanchich *CE	SA
9:30-10:30 am	Looking and Feeling Great at Any Age with 5 Organ Qi Gong with Marcus Gary	SL 18
9:30-10:30 am	Yin Yoga/Restorative with Alese Jones	SL 18
10:45-12:00 pm	Thriving on a Plant-Based Diet with Dr. Michael Klaper *CME/CE	T Deck 6
10:45-12:00 pm	What Do Yin and Yang Have to Do with Me? Everything! with Warren Kramer	BW
10:45-12:00 pm	Prehab and Rehab: Exercises to Support Pain-Free Long Term Fitness with Marcella Torres and Derek Tresize	G
12:00 pm	Lunch	BC 5&6 & VR
2:15-3:45 pm	Keynote: The Origin and Meaning of <i>The China Study</i> Research with Dr. T. Colin Campbell *CME/CE	T Deck 6
2:15-3:45 pm	Cooking Class: Nourishing Salads and Life-Changing Dressings with Amy Chaplin	BW
2:15-3:45 pm	The Contribution of Macrobiotics to Societal Health with Dr. Lawrence Kushi	G
2:15-3:45 pm	Amrit Method of Integrative Relaxation with Chandrakant Hiester	SS
4:00-5:30 pm	From Table to Able: Combating Disabling Diseases with Food with Dr. Michael Greger *CME/CE	T
4:00-5:30 pm	Cooking Class: Macrobiotic Cooking 101 with Jessica Porter, the "Hip Chick"	BW
4:00-5:30 pm	Purist Vegan Beauty for the Skin You're In! (Renewal!) with Jeannie Wrightson	G
4:15-5:15 pm	Heart-Opening Meditation with Angelica Kushi	SS
4:15-5:15 pm	Functional Fitness with Robert Cheeke	SA
4:15-5:15 pm	Pilates – In Balance with Bianka Steinfeldt	SL 18
4:15-5:15 pm	Looking and Feeling Great at Any Age with 5 Organ Qi Gong with Marcus Gary	SL 18
6:00 pm	Dinner – Gala Night (Doors will close at 6:30 pm)	BC 5&6 & VR
8:30-10:00 pm	Keynote: The Secrets to Ultimate Weight Loss with Chef AJ	T Deck 6
8:30-10:00 pm	An Intensive Plant-Based Diet for Diabetes Management w/ Dr. Neal Barnard CME/CE	BW
8:45-10:00 pm	Your Face Never Lies: Principles of Visual Self-Diagnosis with Warren Kramer	G
8:30-10:00 pm	Singles Social	LL
10:00 pm	Coconut Bliss Ice Cream "Sundae" Party	P

Holistic Holiday at Sea Schedule

MONDAY, FEBRUARY 29 – AT SEA

All classes subject to change

Time	Activity	Room
7:00-8:00 am	Amrit Yoga Asana Sequence with Chandrakant Hiester and Veda Lewis	SA
7:00-8:00 am	Pilates: Level 1 with Bianka Steinfeldt	P
7:00-8:00 am	Intermediate Vinyasa Flow Yoga with Angelica Kushi	GPR
7:00-8:00 am	Run, Walk, Stretch with Larry Krug	PW
7:00-8:00 am	Mindful Meditation Practice with Dr. Sharon Gutterman *CE	T Deck 6
Note: In case of rain, alternate locations are listed at the bottom of the first page of this schedule		
7:30-9:00 am	Breakfast (doors will close at 8:45 am)	BC 5&6
9:00-10:30 am	More than an Apple a Day: Preventing and Treating Our Most Common Diseases with Dr. Michael Greger *CME/CE	T
9:00-10:30 am	Cooking Class: Vegan Fail-Proof Baking with Amy Chaplin	BW
9:00-10:30 am	Stem Cell Therapies with Dr. Shalesh Kaushal *CME/CE	G
8:50-10:30 am	Documentary: <i>PlantPure Nation!</i> Directed by Nelson Campbell- <i>Limited Seating</i>	SS
9:30-10:30 am	Do-In – Self-Massage Therapy with Lino Stanchich *CE	SA
9:30-10:30 am	Yin Yoga/Restorative with Alese Jones	SL 18
9:30-10:30 am	Looking and Feeling Great at Any Age with 5 Organ Qi Gong with Marcus Gary	SL 18
10:45-12:00 pm	Keynote: Power Foods for the Brain: Nutrients, Diets, and Lifestyle to Enhance Memory and Cognition with Dr. Neal Barnard *CME/CE	T
10:45-12:00 pm	How to Eat Healthfully - ANYWHERE! with Chef AJ	BW
10:45-12:00 pm	The Power of Sound to Heal with Keiichiro Kita	G
10:45-12:00 pm	Choosing Complementary Health Therapies with Julia Ferré	SS
12:00 pm	Lunch	BC 5&6 & VR
2:15-3:45 pm	Uprooting the Leading Causes of Death, “How Not To Die” w/Dr. Greger *CME/CE	T Deck 6
2:15-3:45 pm	Keynote: Dynamic Principles – Defining the "Great Life" with Verne Varona	BW
2:15-3:45 pm	The Healing Power of Your Subconscious Mind with Jessica Porter	G
2:15-3:15 pm	Harmonic Massage Mini-Experience with Keiichiro Kita (Sign up at HHaS Hospitality Desk – No charge but limited to a first come first served basis)	SS
2:15-3:45 pm	"Unreasonable" Goals in Tiny Steps with Matt Frazier	BC 5
4:00-5:30 pm	Cheese: How Breaking the Secret Addiction Can Revolutionize Your Health with Dr. Neal Barnard *CME/CE	T Deck 6
4:00-5:30 pm	Cooking Class: Mainstream Recipes for Plant-Based Eating with Kim Campbell	BW
4:00-5:30 pm	Temper, Temper: Loving Your Liver for Deep Healing with Warren Kramer	G
4:00-5:30 pm	Amrit Method of Integrative Relaxation with Chandrakant Hiester	SS
4:15-5:15 pm	Functional Fitness with Robert Cheeke	SA
4:15-5:15 pm	Pilates – In Balance with Bianka Steinfeldt	SL 18
4:15-5:15 pm	Looking and Feeling Great at Any Age with 5 Organ Qi Gong with Marcus Gary	SL 18
6:00 pm	Dinner (Doors will close at 6:30 pm)	BC 5&6 & VR
8:15-10:00 pm	Recovery Panel: Health Survivors Share Their Stories, moderated by Dr. Kushi	T Deck 6
8:15-9:45 pm	Cooking Class: Breakfast – Thinking Outside the Cereal Box with Chef AJ	BW
8:45--10:00 pm	Exercise and Nutrition for Energy with Robert Cheeke	G

Holistic Holiday at Sea Schedule
TUESDAY, MARCH 1
CHARLOTTE AMALIE/ST. THOMAS 9:00 am - 6:00 pm

All classes subject to change

Time	Activity	Room
7:00-8:00 am	Amrit Yoga Asana Sequence with Chandrakant Hiester and Veda Lewis	SA
7:00-8:00 am	Pilates: Level 1-2 Beginner/Intermediate with Bianka Steinfeldt (Cancelled in case of rain)	P
7:00-8:00 am	Vinyasa Flow Yoga Level I with Angelica Kushi (Cancelled in case of rain)	GPR
7:00-8:00 am	Run, Walk, Stretch with Larry Krug	PW
7:00-8:00 am	Joyful Movement – Cardio Dance Class with Marcella Torres	G
7:00-8:00 am	Mindful Meditation Practice with Dr. Sharon Gutterman *CE	T Deck 6
Note: In case of rain, alternate locations are listed at the bottom of the first page of this schedule		
7:30-9:00 am	Breakfast (doors will close at 8:45 am)	BC 5&6
8:30-9:45 am	“Life in the Fast Lane:” Understanding and Dealing with Daily Stress with Dr. Janet Konefal, PhD, MPH *CME/CE	G
10:00-11:45 am	Documentary: <i>PlantPure Nation!</i> Directed by Nelson Campbell	BW
9:45 am-2:15 pm	LEISURE TIME!	
12:00 pm	Lunch	
12:00 pm		BC 5&6
2:45-3:45 pm	Launching a Movement with Nelson Campbell	T Deck 6
2:15-3:45 pm	Natural Molecular Rheostats: The Future of Treating Chronic Diseases with Dr. Shalesh Kaushal *CME/CE	BW
2:15-3:45 pm	YOGA, the Experience of Indivisible Happiness with Chandrakant Hiester	G
2:15-3:45 pm	Harmonic Massage Mini-Experience with Keiichiro Kita (Sign up at HHaS Hospitality Desk – No charge but limited to a first come first served basis)	SS
2:15-4:45 pm	Cooking Boot Camp: Weight Loss Workshop – Launch Into a Lighter, Freer, Happier Life NOW! with Jessica Porter **Extra Fee	BC 5
4:00-5:30 pm	Q&A: Campbell Family Comprehensive Plant-Based Q&A *CME/CE	T Deck 6
4:00-5:30 pm	Conducting a Nutritional Assessment with Dr. David Blyweiss *CME/CE	BW
4:00-5:30 pm	What’s Cookware Got to Do with It? with Sandy Clubb	G
4:15-5:15 pm	Swingolf with Les Bolland	SA
4:15-5:00 pm	Zumba with Millan Chessman	SL 18
6:00 pm	Dinner (Doors will close at 6:30 pm)	
6:00 pm		BC 5&6 & VR
8:15-9:45 pm	Keynote: The Latest in Clinical Nutrition: Year In Review with Dr. Michael Greger *CME/CE	T
8:15-9:45 pm	Cooking Class: Chef AJ's Favorite UNPROCESSED Recipes	BW
8:45-9:45pm	Laughing Not Permitted! with Verne Varona	G
10:00 pm	GO VEGGIE! VEGAN PIZZA PARTY!	P
10:00 pm	Concert: “Love Notes” with Bridgette Kossor	P

Holistic Holiday at Sea Schedule
WEDNESDAY, MARCH 2
SAN JUAN, PUERTO RICO 8:00 am - 4:00 pm

All classes subject to change

Time	Activity	Room
7:00-8:00 am	Amrit Yoga Asana Sequence with Chandrakant Hiester and Veda Lewis	SA
7:00-8:00 am	Pilates: Level 1 with Bianka Steinfeldt	P
7:00-8:00 am	Vinyasa Flow Yoga Level I with Angelica Kushi	GPR
7:00-8:00 am	Looking and Feeling Great at Any Age with 5 Organ Qi Gong with Marcus Gary	G
7:00-8:00 am	Harmonic Massage Mini-Experience with Keiichiro Kita (Sign up at HHaS Hospitality Desk – No charge but limited to a first come first served basis)	SS
7:00-8:00 am	Do-In – Self-Massage Therapy with Lino Stanchich *CE	SL 18
Note: In case of rain, there are no alternate locations for outdoor classes		
7:00-9:00 am	Breakfast (doors will close at 8:45 am)	VR
8:30-10:00 am	Visualization and Self-Talk to Promote a Healthy Lifestyle with Dr. Janet Konefal, PhD, MPH *CME/CE	G
10:00 am-2:15 pm	LEISURE TIME!	
12:00 pm	Lunch	BC 5&6
2:15-3:45 pm	Food Choices and More in Health with Dr. Lawrence Kushi *CME/CE	T Deck 6
2:15-3:45 pm	Difficulties in Going Vegan and How They Can Be Overcome with Sivan Pardo Renwick	BW
2:15-3:45 pm	The Role of Sea Salt in Your Health with Darryl Bosshardt	G
2:15-4:45 pm	Cooking Boot Camp: Vegan Dessert Intensive with Amy Chaplin **Extra Fee	BC 5
4:00-5:30 pm	The Origin and Meaning of <i>Whole: Rethinking the Science of Nutrition</i> with Dr. T. Colin Campbell *CME/CE	T Deck 6
4:00-5:30 pm	The Gut-Brain Axis with Dr. David Blyweiss *CME/CE	BW
4:00-5:30 pm	How Healthy Are You? with Jessica Porter	G
4:00-5:15 pm	Discussion Group: Recovery Panel Follow-Up moderated by Judy MacKenney	SS
4:15-5:15 pm	Intermediate Vinyasa Flow Yoga with Angelica Kushi	SA
4:15-5:15 pm	Pilates: Level 1-2 Beginner/Intermediate with Bianka Steinfeldt	SL 18
4:15-5:15 pm	Total Body Conditioning with Derek Tresize and Marcella Torres	SL 18
6:00 pm	Dinner (Doors will close at 6:30 pm)	BC 5&6 & VR
8:15-9:45 pm	Keynote: From Operating Table to Dining Room Table – The Evolution of a Nutritionally-Aware Physician – UPDATED! with Dr. Michael Klaper *CME/CE	T
8:15-9:45 pm	Cooking Class: Elegant Plant-Based Party Dishes with Jessica Porter	BW
8:45-9:45 pm	Panel Q&A: Powered by Plants with Vegan Bodybuilding authors/athletes Robert Cheeke, Derek Tresize, and Marcella Torres, No Meat Athlete author/runner Matt Frazier and “Fitness Over Fifty” Trainer Larry Krug	G
10:00 pm	MSC Show: “THE VOICES” – An evening dedicated to celebrating the amazing power of the voice in some of the most famous songs	P

Holistic Holiday at Sea Schedule

THURSDAY, MARCH 3 – AT SEA – 2nd GALA NIGHT

All classes subject to change

Time	Activity	Room
7:00-8:00 am	Amrit Yoga Asana Sequence with Chandrakant Hiester and Veda Lewis	SA
7:00-8:00 am	Pilates: Level 1 with Bianka Steinfeldt	P
7:00-8:00 am	Vinyasa Flow Yoga Level I with Angelica Kushi	GPR
7:00-8:00 am	Run, Walk, Stretch with Larry Krug	PW
7:00-7:45 am	Zumba with Millan Chessman	SL 18
7:00-8:00 am	Mindful Meditation Practice with Dr. Sharon Gutterman *CE	T Deck 6
Note: In case of rain, alternate locations are listed at the bottom of the first page of this schedule		
7:30-9:00 am	Breakfast (doors will close at 8:45 am)	BC 5&6
9:00-10:30 am	The Food-Mood Connection with Dr. T. Colin Campbell *CME/CE	T Deck 6
9:00-10:30 am	Cooking Class: Satisfy your Sweet Tooth – Without Using Sugar! with Chef AJ	BW
9:00-10:30 am	Meaning, Creativity and Intuition – Becoming a Person of Passion with Verne Varona	G
9:00-10:00 am	Harmonic Massage Mini-Experience with Keiichiro Kita (Sign up at HHaS Hospitality Desk – No charge but limited to a first come first served basis)	SS
9:30-10:30 am	Do-In – Self-Massage Therapy with Lino Stanchich *CE	SA
9:30-10:30 am	Looking and Feeling Great at Any Age with 5 Organ Qi Gong with Marcus Gary	SL 18
9:30-10:30 am	Yin Yoga/Restorative with Alese Jones	SL 18
10:45-12:00pm	Healthy Bones: Preventing & Reversing Osteoporosis with Dr. Klaper *CME/CE	T Deck 6
10:45-12:00pm	Keynote: Straight Bowel Talk with Warren Kramer	BW
10:45-12:00pm	Yoga Nidra: Unleash the Intelligence of the Vital Life Force, Prana w/Chandrakant Hiester	G
12:00 pm	Lunch	BC 5&6 & VR
2:15-3:45 pm	Keynote: GMO Foods: What Are They and How They May Affect Your Health with Dr. David Blyweiss *CME/CE	T Deck 6
2:15-3:45 pm	Adventures in Recovery – 12 Vital Self-Healing Traits with Verne Varona	BW
2:15-3:45 pm	Joyful Movement – Cardio Dance Class with Marcella Torres	G
2:15-3:45 pm	Weight Training for Cancer Recovery and Survival with Larry Krug	SS
2:15-4:45 pm	Cooking Boot Camp: Cook Your Way to a Better Marriage: Kitchen Secrets for Creating Harmony, Laughter and Sexual Spark with Jessica Porter **Extra Fee	BC 5
4:00-5:30 pm	“Leaky Gut,” Probiotics and You with Dr. Michael Klaper *CME/CE	T
4:00-5:30 pm	Keynote: The Retina: It's More than What Meets the Eye with Dr. Kaushal *CME/CE	BW
4:00-5:30 pm	Overeating: How and Why to Eat Less with Warren Kramer	G
4:15-5:15 pm	Heart-Opening Meditation with Angelica Kushi	SS
4:15-5:15 pm	Functional Fitness with Robert Cheeke	SA
4:15-5:15 pm	Pilates: Level 1-2 Beginner/Intermediate with Bianka Steinfeldt	SL 18
4:15-5:15 pm	Swingolf with Les Bolland	SL 18
6:00 pm	Dinner – Gala Night: (Doors will close at 6:30 pm)	BC 5&6 & VR
8:15-10:00 pm	Talent Show with Blair Karsch	T
8:30-10:00 pm	Cooking Class: The Delicious World of Beans and Legumes with Amy Chaplin	BW
8:45-10:00 pm	Q&A with Dr. K! (Dr. Michael Klaper) *CME/CE	G
10:00 pm	BLISS VEGAN ICE CREAM SOCIAL!	P
10:00 pm	Dance Party: "Turn Back Time - Dancing Through the Years" w Bridgette Kossor	P

Holistic Holiday at Sea Schedule
FRIDAY, MARCH 4
NASSAU, BAHAMAS 9:00 am – 6:00 pm

All classes subject to change

Time	Activity	Room
7:00-8:00 am	Amrit Yoga Asana Sequence with Chandrakant Hiester and Veda Lewis	SA
7:00-8:00 am	Functional Fitness with Robert Cheeke	P
7:00-8:00 am	Intermediate Vinyasa Flow Yoga with Angelica Kushi	GPR
7:00-8:00 am	Run, Walk, Stretch with Larry Krug	PW
7:00-8:00 am	Mindful Meditation Practice with Dr. Sharon Gutterman *CE	T Deck 6
7:00-8:00 am	Harmonic Massage Mini-Experience with Keiichiro Kita (Sign up at HHaS Hospitality Desk – No charge but limited to a first come, first served basis)	SS
Note: In case of rain, alternate locations are listed at the bottom of the first page of this schedule		
7:30-9:00 am	Breakfast (doors will close at 8:45 am)	BC 5&6
9:00-10:30 am	Keynote: The Basis for Food, Nutrition and Cancer Prevention Guidelines with Dr. Lawrence Kushi *CME/CE	T Deck 6
9:00-10:30 am	Cooking Class: The Joy of Plant-Based Cooking with Nancy Montuori	BW
9:00-10:30 am	Double Your Energy with One Simple Action with Jessica Porter	G
9:00-11:45 am	Group Consultation: Traditional Eastern Medicine Diagnosis with Warren Kramer **Extra Fee	SS
9:30-10:30 am	Do-In – Self-Massage Therapy with Lino Stanchich *CE	SA
9:30-10:30 am	Pilates: Level 1-2 Beginner/Intermediate with Bianka Steinfeldt	SL 18
10:45-12:00 pm	The GI Tract from Top to Bottom with Dr. David Blyweiss *CME/CE	T Deck 6
10:45-12:00 pm	How Can I Spread the Message of Compassion and Good Health? with Sivan Pardo Renwick	BW
10:45-12:00 pm	The User's Guide to Living Mindfully with Sharon Gutterman *CME/CE	G
12:00 pm	Lunch	BC 5&6
2:15-3:45 pm	Keynote: Bringing Plant-based Nutrition to the Medical Establishment with Dr. Thomas Campbell *CME/CE	T Deck 6
2:15-3:45 pm	The Kidneys: Key to Our Vitality with Warren Kramer	BW
2:15-3:45 pm	Workshop: Experience the Timeless Dimension –the Stress Free Zone – Through the Integrated Amrit Method of Yoga Nidra with Chandrakant Hiester **Extra Fee	G
2:15-4:45 pm	Cooking Boot Camp: Ultimate Weight Loss: Your Recipes for Success with Chef AJ **Extra Fee	BC 5
4:00-5:30 pm	Panel Q&A: Cruisin' for Knowledge: Using a Plant-Based Diet to Support Health and Avoid Risks with Dr. T. Colin Campbell, Dr. Lawrence Kushi, Dr. Michael Klapner and Dr. Thomas Campbell, hosted by Sandy Pukel *CME/CE	T
4:00-5:30 pm	Good Posture and Flexibility: Fitness that Supports Your Long-Term Vitality with Derek Tresize	BW
4:00-5:30 pm	Laugh for the Health of It! with Lino Stanchich *CE	G
4:15-5:15 pm	Swingolf with Les Bolland	SA
6:00 pm	Dinner (Doors will close at 6:30 pm)	BC 5&6 & VR
8:30 pm	FAREWELL DANCE PARTY!	P

Holistic Holiday at Sea Schedule
SATURDAY, MARCH 5 – MIAMI, FLORIDA

Time	Activity	Room
6:30-7:30 am	Breakfast	BC 5

(Disembark)

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