

Holistic Holiday at Sea Schedule

SATURDAY, MARCH 11 – MIAMI, FLORIDA

All classes subject to change

*****PLEASE NOTE THAT THIS IS THE SCHEDULE AS OF NOVEMBER 18, 2016
PLEASE CHECK THE HOLISTIC HOLIDAY AT SEA WEBSITE FOR UPDATES.**

Time	Activity	Room
12:00-3:00 pm	Welcome Lite Sit-Down Lunch	BC 5 & 6
3:15-4:00 pm	Introduction of Presenters and Opening Ceremony with Jessica Porter	T
4:00-5:00 pm	Cruising Into Health – Sex, Dopamine & Rock ‘n Roll 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 Entertainment by 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
- CP 15 Covered Pool, deck 15 level, left side (pool is on 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, alternate locations for the 7:00 am outdoor classes are as noted in the program schedule.

***Classes scheduled outside later in the morning or during the day will be cancelled.**

Holistic Holiday at Sea Schedule

SUNDAY, MARCH 12 – AT SEA – 1st GALA NIGHT

All classes subject to change

7:00-8:00 am	Daily Morning Amrit Yoga Asana Sequence with Chandrakant Hiester & 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
7:00-8:00 am	Looking and Feeling Great at Any Age with 5 Organ Qi Gong with Marcus Gary	SL 18
7:00-8:00 am	Mindful Meditation Practice with Dr. Sharon Gutterman *CE	T Deck 6

NOTE: In case of rain: SA to BW, P Cancelled, GPR to G, PW Cancelled, SL 18 to Covered Pool (deck 15 level, left side)

7:30-9:00 am	Breakfast (Doors will close at 8:45 am.)	BC 5&6
9:00-10:30 am	From Table to Able: Combating Disabling Diseases with Food with Dr. Michael Greger *CME/CE	T Deck 6
9:00-10:30 am	New Approach to Health Care... and Social Change with Nelson Campbell	BW
9:00-10:30 am	The Healing Power of Your Subconscious Mind with Jessica Porter	G
9:00-10:30 am	Live Blood Cell Analysis with Mary-Lynn Wieber	SS
9:30-10:30 am	Functional Fitness with Robert Cheeke	SA
9:30-10:30 am	Do-In – Self-Massage Therapy with Lino Stanchich *CE	CP 15
10:45-12:00 pm	Kickstart Your Health: A Dietary Protocol to Enhance Healthy Living with Dr. Neal Barnard *CME/CE	T Deck 6
10:45-12:00 pm	Keynote: What a Fish Knows with Dr. Jonathan Balcombe	BW
10:45-12:00 pm	The Art of Visual Diagnosis: How to See Your Health with Warren Kramer	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	Keynote: From Operating Table to Dining Room Table – The Evolution of a Nutritionally-Aware Physician – UPDATED! with Dr. Michael Klaper *CME/CE	T Deck 6
2:15-3:45 pm	Cooking Class: Elegant Plant-Based Party Dishes with Jessica Porter	BW
2:15-3:45 pm	The Role of Sea Salt in Your Health with Darryl Bosshardt	G
2:15-3:45 pm	Harmonic Massage Mini-Experience with Keiichiro Kita (Sign up at HHaS Hospitality Desk – No charge – but limited availability and on a first come, first served basis)	SS
2:15-3:45 pm	Plant-Based Meal Planning for Health and Fitness: The 10 Foods Worth Eating Every Day (and How to Make Sure You Do It) with Matt Frazier	BC 5
4:00-5:15 pm	Cheese: How Breaking the Secret Addiction Can Revolutionize Your Health with Dr. Neal Barnard *CE	T Deck 6
4:00-5:30 pm	The Miracle of Heart Disease Reversal with Dr. Joel Kahn *CME/CE	BW
4:00-5:30 pm	Purist Vegan Beauty for the Skin You're In! (Rejuvenation Academy!) with Jeannie Wrightson	G
4:00-5:30 pm	The Chakras – Subtle Energies for Balance and Vitality with Susan Krieger	SS
4:15-5:15 pm	Intermediate Vinyasa Flow Yoga with Angelica Kushi	SA
4:15-5:15 pm	Looking and Feeling Great at Any Age with 5 Organ Qi Gong with Marcus Gary	SL 18
4:15-5:15 pm	Pilates – In Balance with Bianka Steinfeldt	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: Power Foods for the Brain with Dr. Neal Barnard *CME/CE	T Deck 6
8:30-10:00 pm	Cooking Class: Plant-Based Snacks and Appetizers with Kim Campbell	BW
8:45-10:00 pm	Creating Dynamic Health with Warren Kramer	G
8:30-10:00 pm	The Power of the Breath with Aaron Mottley	SS
8:30-10:00 pm	Singles Social	LL
10:00 pm	Coconut Bliss Ice Cream "Sundae" Party and Dance Music	P

Holistic Holiday at Sea Schedule

MONDAY, MARCH 13

OCHO RIOS, JAMAICA – 10:30 am to 5:00 pm

All classes subject to change

7:00-8:00 am	Daily Morning 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
7:00-8:00 am	Harmonic Massage Mini-Experience with Keiichiro Kita (Sign up at HHaS Hospitality Desk – No charge – but limited availability and on a first come, first served basis)	SS

NOTE: In case of rain: SA to BW, P to Covered Pool (deck 15 level, left side), GPR to G, PW Cancelled

7:30-9:00 am	Breakfast (Doors will close at 8:45 am.)	BC 5&6
8:45-9:45 am	Keynote: Fundamentals of a Whole Food, Plant-Based Diet with Dr. T. Colin Campbell *CME/CE	T Deck 6
8:45-9:45 am	Veganism 101 with Gene Baur *CE	BW
8:45-10:15 am	What's Cookware Got to Do with It? with Sandy Clubb	G
8:45-10:15 am	Laugh for the Health of It with Lino Stanchich *CE	SS
10:15 am-4:15 pm	LEISURE TIME!	
12:00 pm	Lunch	BC 5&6
4:15-5:45 pm	More than an Apple a Day: Preventing and Treating Our Most Common Diseases with Dr. Michael Greger *CME/CE	T Deck 6
4:15-5:45 pm	Recovery Panel: Health Survivors Share Their Stories, moderated by Jane Stanchich	BW
4:15-5:45 pm	The Power of Sound to Heal with Keiichiro Kita	G
4:30-5:30 pm	The Integrative Amrit Method of Yoga Nidra with Chandrakant Hiester	SS
4:30-5:30 pm	Total Body Conditioning with Derek Tresize and Marcella Torres	SA
4:30-5:30 pm	Restorative Pilates with Bianka Steinfeldt	SL 18
4:30-5:30 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
8:15-9:45 pm	Keynote: Uprooting the Leading Causes of Death: "How Not to Die" with Dr. Michael Greger *CME/CE	T Deck 6
8:15-9:45 pm	Cooking Class: Bringing Back Our Favorite Comfort Foods with Kim Campbell	BW
8:45-10:00 pm	What is Eating You ? Overcoming Emotional Eating with Jane Stanchich	G
8:15-9:45 pm	The Power of Sound to Heal with Keiichiro Kita	SS
10:00 pm	Comedy Show: Myq Kaplan, "Small, Dork and Handsome"	T

Holistic Holiday at Sea Schedule

TUESDAY, MARCH 14

GEORGE TOWN, CAYMAN ISLANDS – 9:00 am to 4:00 pm

All classes subject to change

7:00-8:00 am	Daily Morning 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	Healthy, Happy, Hips with Marcella Torres	G
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: SA to BW, P Cancelled, GPR to Covered Pool (deck 15 level, left side), PW Cancelled

7:30-9:00 am	Breakfast (Doors will close at 8:45 am.)	BC 5&6
8:30-10:00 am	The What and How of Well-Being: A User's Guide with Drs. Isaac and Ora Prilleltensky *CME/CE	G
10:00 am-3:15 pm	LEISURE TIME!	
12:00 pm	Lunch	BC 5&6
2:15-3:45 pm	Harmonic Massage Mini-Experience with Keiichiro Kita (Sign up at HHaS Hospitality Desk – No charge – but limited availability and on a first come, first served basis)	SS
3:15-4:15 pm	What History Tells About Our Present State of Nutrition Knowledge with Dr. T. Colin Campbell *CME/CE	T Deck 6
3:15-4:15 pm	The Integrative Amrit Method of Yoga Nidra with Chandrakant Hiester	BC 5
4:30-5:30 pm	Healthy Bones: Preventing and Reversing Osteoporosis with Dr. Michael Klaper *CME/CE	T Deck 6
4:15-5:45 pm	Cooking Class: Optimum Health on a Plant-Based Diet with Jessica Porter	BW
4:30-5:45 pm	Overeating: How and Why to Eat Less with Warren Kramer	G
4:30-5:30 pm	Heart-Opening Meditation with Angelica Kushi	SS
4:30-5:30 pm	Functional Fitness with Robert Cheeke	SA
4:30-5:30 pm	Looking and Feeling Great at Any Age with 5 Organ Qi Gong with Marcus Gary	SL 18
4:30-5:30 pm	Beginner Yoga – Opening Your 7 Chakras with Movement and Meditation with Bianka Steinfeldt	SL 18
6:00 pm	Dinner (Doors will close at 6:30 pm.)	BC 5&6 & VR
8:15-9:45 pm	"Leaky Gut", Probiotics and You with Dr. Michael Klaper *CME/CE	T Deck 6
8:15-9:45 pm	Cooking Class: Super Smoothies and Scrumptious Veggie Burgers with Kathy Patalsky	BW
8:45-9:45pm	Beastly Bliss – Animal Pleasure and Its Significance with Jonathan Balcombe	G
8:15-9:45pm	The Power of Touch with Aaron Mottley	SS
10:00 pm	GoVeggie! Vegan Pizza Party	P
10:00 pm	"Totally 80's" Dance Party with Bridgette Kossor	P

Holistic Holiday at Sea Schedule

WEDNESDAY, MARCH 15

COZUMEL, MEXICO – 10:00 am to 6:00 pm

All classes subject to change

7:00-8:00 am	Daily Morning Amrit Yoga Asana Sequence with Chandrakant Hiester and Veda Lewis	SA
7:00-8:00 am	Restorative Pilates 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 availability and on a first come, first served basis)	SS
7:00-8:00 am	Do-In – Self-Massage Therapy with Lino Stanchich *CE	CP 15

NOTE: In case of rain: SA to BW, P Cancelled, GPR to T

7:30-9:00 am	Breakfast (Doors will close at 8:45 am.)	BC 5&6
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8:00-9:15 am	Thriving on a Plant-Based Diet with Dr. Michael Klaper *CME/CE	T Deck 6
8:00-9:15 am	Optimizing Your Health through Nutrition and Exercise with Dr. John Lewis	BW
8:30-9:45 am	The Kidneys: Key to Our Vitality with Warren Kramer	G
8:30-9:30 am	Weight Training for Cancer Recovery and Survival: Get Real, Stay Fit, Have Some Laughs with Larry Krug	SS

9:45 am-4:15 pm	LEISURE TIME!	
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12:00 pm	Lunch	BC 5&6
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2:15-4:45 pm	Cooking Boot Camp: Cook Your Way to a Better Relationship: Kitchen Secrets for Creating Harmony, Laughter and Sexual Spark with Jessica Porter **Extra Fee	BC 5
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4:15-5:45 pm	Keynote: Chronic Disease is Never One Thing: It's about Diet, Lifestyle, Genes & Environment in the 21st century with Dr. David Blyweiss *CME/CE	T Deck 6
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4:15-5:45 pm	The Chimp Diet – What Your Body Was Designed to Eat with Scott Joseph	BW
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4:15-5:45 pm	Healthy, Happy Hips with Marcella Torres	G
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4:15-5:45 pm	Discussion Group: Recovery Panel Follow-Up moderated by Judy MacKenney	SS
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6:00 pm	Dinner (Doors will close at 6:30 pm.)	BC 5&6 & VR
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8:15-9:45 pm	Keynote: Making Yourself Heart Attack Proof by Treating the Cause of Coronary Artery Heart Disease, Part 1 with Dr. Caldwell Esselstyn Jr. *CME/CE	T
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8:15-9:45 pm	Cooking Class: To Soy or Not to Soy... That Is the Question with Christina Pirello	BW
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8:45-9:45pm	The Inner Lives of Animals with Jonathan Balcombe	G
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10:00 pm	Jazz Concert: "A Musical Voyage to Brazil" with Luiz Simas	T
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Holistic Holiday at Sea Schedule

THURSDAY, MARCH 16 – AT SEA – 2nd GALA NIGHT

All classes subject to change

7:00-8:00 am	Daily Morning 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
7:00-8:00 am	Looking and Feeling Great at Any Age with 5 Organ Qi Gong with Marcus Gary	SL 18
7:00-8:00 am	Mindful Meditation Practice with Dr. Sharon Gutterman *CE	T Deck 6
NOTE: In case of rain: SA to BW, P Cancelled, GPR to G, PW Cancelled, SL 18 to Covered Pool (deck 15 level, left side)		
7:30-9:00 am	Breakfast (Doors will close at 8:45 am.)	BC 5&6
9:00-10:30 am	Keynote: Living the Farm Sanctuary Life with Gene Baur	T Deck 6
9:00-10:30 am	Cooking Class: The How and Wow: Discussion and Demo of the Guidelines to Prevent and Reverse Heart Disease with Ann & Jane Esselstyn	BW
9:00-10:30 am	You Are What You Eat, Digest & Absorb: The latest Information on the Gut-Brain Axis with Dr. David Blyweiss *CME/CE	G
9:00-10:30 am	Vegan Activism: Bridging the Gap between Nutritional Knowledge and Life Giving Action with Mark Reinfeld	SS
9:15-10:15 am	Do-In – Self-Massage Therapy with Lino Stanchich *CE	CP 15
9:15-10:15 am	Functional Fitness with Robert Cheeke	SA
10:45-12:00 pm	What Does the Future Foretell? with Dr. T. Colin Campbell *CME/CE	T Deck 6
10:45-12:00 pm	Keynote: Straight Bowel Talk with Warren Kramer	BW
10:45-12:00 pm	"Boning Up!" with Robert Pirello	G
10:45-12:00 pm	Workshop: Experience the Timeless Dimension – The Zero Stress Zone – Through the Integrated Amrit Method of Yoga Nidra with Chandrakant Hiester **Extra Fee	SS
12:00 pm	Lunch	BC 5&6 & VR
2:15-3:45 pm	Keynote: How to Detect and Prevent Heart Disease with Dr. Joel Kahn *CME/CE	T Deck 6
2:15-3:45 pm	Cooking Class: The Italian Table with Christina Pirello	BW
2:15-3:45 pm	Panel Q&A: Powered by Plants with Vegan Athletes and Bodybuilders	G
2:15-3:45 pm	Renewing Women's Health, Discovering Women's Wisdom with Susan Krieger *CE	SS
4:00-5:30 pm	Making Yourself Heart Attack Proof by Treating the Cause of Coronary Artery Heart Disease, Part 2 with Dr. Caldwell Esselstyn Jr. *CME/CE	T
4:00-5:30 pm	Keynote: The Retina: It's More Than What Meets the Eye with Shalesh Kaushal *CME/CE	BW
4:00-5:30 pm	Double Your Energy with One Simple Action with Jessica Porter	G
4:15-5:15 pm	Heart-Opening Meditation with Angelica Kushi	SS
4:15-5:15 pm	Total Body Conditioning with Derek Tresize and Marcella Torres	SA
4:15-5:15 pm	Looking and Feeling Great at Any Age with 5 Organ Qi Gong with Marcus Gary	SL 18
4:15-5:15 pm	Restorative Pilates with Bianka Steinfeldt	SL 18
6:00 pm	Dinner – Gala Night (Doors will close at 6:30 pm.)	BC 5&6 & VR
8:15-9:45 pm	Talent Show hosted by Blair Karsch	T
8:15-9:45 pm	Cooking Class: The Heart of the Matter with Christina Pirello	BW
8:45-10:00 pm	Exercise and Nutrition for Energy – Simple Exercises and Nutrition Tips to Keep Your Body Toned and Give You More Energy Year-round with Robert Cheeke	G
8:15-9:45 pm	The User's Guide to Living Mindfully with Sharon Gutterman *CME/CE	SS
10:00 pm	Bliss Vegan Ice Cream Social!	P
10:00 pm	Dance Party: Turn Back Time - Dancing Through the Years with Songstress Bridgette Kossor	P

Holistic Holiday at Sea Schedule

FRIDAY, MARCH 17

NASSAU, BAHAMAS, 12:00 – 6:00 pm

All classes subject to change

7:00-8:00 am	Daily Morning 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 availability and on a first come, first served basis)	SS
NOTE: In case of rain: SA to BW, P to Covered Pool (deck 15 level, left side), GPR to G, PW Cancelled		
7:30-9:00 am	Breakfast (Doors will close at 8:45 am.)	BC 5&6
8:45-9:45 am	The Gut-Heart Connection with Dr. Joel Kahn *CE	T Deck 6
8:45-9:45 am	How Healthy Are You? with Jessica Porter	BW
8:45-9:45 am	Prehab and Rehab: Exercises to Support Pain-Free, Long-Term Fitness with Marcella Torres and Derek Tresize	G
8:45-9:45 am	Looking and Feeling Great at Any Age with 5 Organ Qi Gong with Marcus Gary	SA
8:45-9:45 am	Intermediate Yoga – Flow with Your Breath through Vinyasa Movement and Meditation with Bianka Steinfeldt	SL 18
9:00-11:45 am	Group Consultation: Traditional Eastern Medicine Diagnosis with Warren Kramer **Extra Fee	SS
10:00-11:15 am	Macular Degeneration: MacD is a Supersize Worldwide Problem with Shalesh Kaushal *CME/CE	T Deck 6
10:00-11:15 am	Kindness on Your Plate with Gene Baur	BW
10:00-11:15 am	The Benefits of Eating a Plant-Based Diet Above and Below the Belt with Jane Esselstyn *CME/CE	G
11:15 am-4:15 pm	LEISURE TIME!	
12:00 pm	Lunch	BC 5&6
2:15-4:45 pm	Cooking Boot Camp: The Joy of Plant-based Cooking with Christina Pirello **Extra Fee	BC 5
4:15-5:45 pm	Q&A Panel: Cruisin' for Knowledge – Using a Plant-Based Diet to Support Health and Avoid Risks with Dr. Joel Kahn, Dr. Caldwell Esselstyn Jr. and Dr. T. Colin Campbell, hosted by Sandy Pukel *CME/CE	T Deck 6
4:15-5:45 pm	Temper, Temper: Loving Your Liver for Deep Healing with Warren Kramer	BW
4:15-5:45 pm	Good Posture and Flexibility: Fitness That Supports Your Long-Term Vitality with Derek Tresize	G
4:30-5:30 pm	Do-In – Self-Massage Therapy with Lino Stanchich *CE	CP 15
4:30-5:30 pm	Pilates – In Balance with Bianka Steinfeldt	SL 18
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 18 – 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!!!**

NEW & EXCITING PORTS FOR 2018!