

*****PLEASE NOTE THAT THIS IS THE SCHEDULE AS OF January 10, 2017
PLEASE CHECK THE HOLISTIC HOLIDAY AT SEA WEBSITE FOR UPDATES.**

Time	DESCRIPTION	Venue
	<u>THURSDAY, FEBRUARY 15 – MIAMI</u>	
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 *CE with Dr. Neal Barnard	T
5:15 pm	MSC Mandatory Boat Drill	
6:00 pm	Dinner (Doors will close at 6:15 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:	<i>Lectures and Dining Rooms</i>	
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 of ship	
T	Pantheon Theater, deck 6 & 7, front of ship	
LL	La Luna Lounge, deck 7, mid-front of ship	
Key:	<i>Outdoor Classes</i>	
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.	

FRIDAY, FEBRUARY 16 – AT SEA – 1st Gala Night

7:00-8:00 am	Daily Morning Amrit Yoga Asana Sequence with Chandrakant Hiester and Veda Lewis	SA
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	P
7:00-8:00 am	Pilates Level 1 with Bianka Steinfeldt	CP 15
7:00-8:00 am	Mindful Meditation Practice with Dr. Sharon Gutterman *CE	T Deck 6
7:00-8:00 am	Run, Walk, Stretch with Larry Krug	PW
	NOTE: In case of rain: SA to BW, GPR to G, P & PW Cancelled	
7:30-9:00 am	Breakfast (Doors will close at 8:45 am.)	BC 5&6
9:00-10:00 am	Kickstart Your Health: A Dietary Protocol to Enhance Healthy Living with Dr. Neal Barnard *CME/CE	T Deck 6
9:00-10:00 am	Veganism 101 with Gene Baur	BW
9:00-10:00 am	The Healing Power of Your Subconscious Mind with Jessica Porter	G
9:00-10:0 am	The Study of Numerology with Sheldon Rice	SS
9:00-10:00 am	Functional Fitness with Robert Cheeke	SA
10:15-11:30 am	The Inner Lives of Animals with Dr. Jonathan Balcombe	BW
10:15-11:30 am	Skin Deep in Purist Vegan Beauty! (What's cutting edge in anti-aging?... without cutting or harm!) with Jeannie Wrightson	G
10:15-11.15 am	Basic Palmistry with Ginat Rice	SS
11:15 am-12:45 pm	Keynote: Why Nutritional Science Was Not Acknowledged during the past Two Centuries with Dr. T. Colin Campbell *CME/CE	T Deck 6
11:30 am- 1:30 pm	Lunch- Dining Room Service from 11:30 am to 1:30 pm	BC 5&6
2:15-3:45 pm	Keynote: No More Animal Circuses, Real Fur or Chicken Nuggets - How Society Is Coming to Grips with the Animal Rights Movement with Ingrid Newkirk	T Deck 6
2:15-3:45 pm	You Are What You Eat, Digest and Absorb: Latest Information on the Gut-Brain Axis with Dr. David Blyweiss *CME/CE	BW
2:15-3:45 pm	The Art of Visual Diagnosis: How to See Your Health with Warren Kramer	G
2:15-3:45 pm	Achieving Myofascia and Nervous System Harmony with Structural Integration with Coko Mayuko	SS
4:00-5:30 pm	Thriving on a Plant-Based Diet with Dr. Michael Klaper *CME/CE	T Deck 6
4:00-5:30 pm	Cooking Class: Soup Solution – How to Use Soups as the Key to Successful Healthy Meal Planning with Julieanna Hever	BW
4:00-5:30 pm	Kindness on Your Plate with Gene Baur	G
4:15-5:15 pm	Heart-Opening Meditation with Angelica Kushi	SS
4:15-5:15 pm	Yin Yoga/Restorative with Alese Jones	SA
6:00 pm	Dinner – Gala Night (Doors will close at 6:15 pm.)	BC 5&6 & VR
8:30-9:45 pm	Cheese - How Breaking the Secret Addiction Can Revolutionize Your Health with Dr. Neal Barnard *CE	T Deck 6
8:30-9:45 pm	Straight Bowel Talk with Warren Kramer	BW
8:30-9:45 pm	The Integrative Amrit Method of Yoga Nidra: Unleashing the Natural Intelligence of the Vital Life Force, Prana with Chandrakant Hiester	G
8:30-9:45 pm	Breath for Life Breathing Workshop with Bianka Steinfeldt	SS
8:30-9:45 pm	Singles Social	LL
10:00 pm	MSC Show	T

SATURDAY, FEBRUARY 17 – AT SEA

	<u>SATURDAY, FEBRUARY 17 – AT SEA</u>	
7:00-8:00 am	Daily Morning Amrit Yoga Asana Sequence with Chandrakant Hiester and Veda Lewis	SA
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	P
7:00-8:00 am	Natural Movement with Bianka Steinfeldt	CP 15
7:00-8:00 am	Mindful Meditation Practice with Dr. Sharon Gutterman *CE	T Deck 6
7:00-8:00 am	Run, Walk, Stretch with Larry Krug	PW
7:00-8:00 am	Harmonic Massage Mini-Session with Keiichiro Kita (No charge – but limited availability and on a first come, first served basis)	SS
	NOTE: In case of rain: SA to BW, GPR to G, P & PW Cancelled	
7:30-9:00 am	Breakfast (Doors will close at 8:45 am.)	BC 5&6
9:00-10:00 am	Keynote: Power Foods for the Brain: Nutrients, Diets, and Lifestyle to Enhance Memory and Cognition with Dr. Neal Barnard *CME/CE	T Deck 6
8:45-10:15 am	Cooking Class: Don't Let Tofu Make You Lose Your Tempeh with Jessica Porter	BW
9:00-10:00 am	The Art of Communication for Healthy Relationships with Robin Queen Finkelstein	G
9:00-10:00 am	The Healing Properties of Everyday Foods with Bob Carr	SS
9:00-10:00 am	Vinyasa Flow Yoga - Intermediate Level with Alese Jones	SA
10:30-11:30 am	Compassionate, Effective Vegan Advocacy with James Aspey	BW
10:15-11:15 am	The Art of Harmonic Revolution – The Golden Key to Happiness with Keiichiro Kita	G
10:15-11:15 am	The User's Guide to Living Mindfully with Dr. Sharon Gutterman *CME/CE	SS
11:30am-12:45 pm	Journey to the Heart of Healing with Dr. Michael Klaper	T Deck 6
11:30 am- 1:30 pm	Lunch- Dining Room Service from 11:30 am to 1:30 pm	BC 5&6
2:15-3:45 pm	Contemporary Evidence Indicating the True Value of Nutrition to Create and Restore Human Health with Dr. T. Colin Campbell *CME/CE	T Deck 6
2:15-3:45 pm	Cooking Class: Hummus Should Be a Food Group with Julieanna Hever	BW
2:15-3:45 pm	How Healthy Are You? with Jessica Porter	G
2:15-3:45 pm	Weight Training for Cancer Recovery and Survival: Get Real, Stay Fit, Have Some Laughs with Larry Krug	SS
4:00-5:30 pm	An Intensive Plant-Based Diet for Diabetes Management with Dr. Neal Barnard *CME/CE	T Deck 6
4:00-5:30 pm	Recovery Panel: Health Survivors Share Their Stories, moderated by Jane Stanchich	BW
4:00-5:00 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
4:00-5:30 pm	Reiki Meditation with Bianka Steinfeldt	SS
4:15-5:15 pm	Looking and Feeling Great at Any Age with 5 Organ Qi Gong with Marcus Gary	SA
5:15-5:35 pm	Lecture and Book Signing: Making Kind Choices with Ingrid Newkirk (book signing to follow at the bookstore)	G
6:00 pm	Dinner (Doors will close at 6:15 pm.)	BC 5&6 & VR
8:15-9:45 pm	Panel: Animal Rights Leadership with animal rights advocates Ingrid Newkirk, president of PETA; Dr. Neal Barnard, president of PCRM; Former Humane Society director Dr. Jonathan Balcombe and Gene Baur, founder of Farm Sanctuary, moderated by Melissa Karpel	T Deck 6
8:30-9:45 pm	The Principles of Slow Medicine: Understanding Its 7 Key Components with Dr. Michael Finkelstein *CME/CE	BW
8:30-9:45 pm	YOGA, the Experience of Indivisible Happiness with Chandrakant Hiester	G
8:30-9:45 pm	What Is Eating You ? Overcoming Emotional Eating with Jane Stanchich	SS
10:00 pm	Coconut Bliss Ice Cream "Sundae" Party and Dance Music	P

<u>SUNDAY, FEBRUARY 18</u>		
<u>CHARLOTTE AMALIE/ST. THOMAS, US VIRGIN ISLANDS – 8:00 am to 6:00 pm</u>		
7:00-8:00 am	Daily Morning Amrit Yoga Asana Sequence with Chandrakant Hiester and Veda Lewis	SA
7:00-8:00 am	Intermediate Vinyasa Flow Yoga with Angelica Kushi	GPR
7:00-8:00 am	Pilates Level 1 with Bianka Steinfeldt	P
7:00-8:00 am	Mindful Meditation Practice with Dr. Sharon Gutterman *CE	T Deck 6
7:00-8:00 am	Run, Walk, Stretch with Larry Krug	PW
7:00-8:00 am	Harmonic Massage Mini-Session with Keiichiro Kita (No charge – but limited availability and on a first come, first served basis)	SS
NOTE: In case of rain: SA to BW, GPR to G, P to CP 15 & PW Cancelled		
7:30-9:00 am	Breakfast (Doors will close at 8:45 am.)	BC 5&6
10:30 am-4:30 pm	LEISURE TIME!	
12:00 pm	Lunch	BC 5
4:30-5:45 pm	Keynote: Farm to Hospital: How the Way We Farm Makes Us Sick, Part 1 with Dr. Ron Weiss *CME/CE	T Deck 6
4:30-5:45 pm	Beastly Bliss – Animal Pleasure and its Significance with Dr. Jonathan Balcombe	BW
4:30-5:45 pm	Double Your Energy with One Simple Action with Jessica Porter	G
4:30-5:45 pm	Health in Your Hand – Diagnosis Line by Line with Ginat Rice	SS
6:00 pm	Dinner (Doors will close at 6:15 pm.)	BC 5&6 & VR
8:30-10:00 pm	Myths in Nutrition That Mislead, with Very Unfortunate Consequences with Dr. T. Colin Campbell *CME/CE	T Deck 6
8:30-10:00 pm	Keynote: Living the Farm Sanctuary Life with Gene Baur	BW
8:30-10:00 pm	Amrit Method of Integrative Relaxation - Breaking the Momentum of Stress with Chandrakant Hiester	G
8:30-10:00 pm	Discussion Group: Recovery Panel Follow-Up, moderated by Judy MacKenney	SS
10:15 pm	Comedy Show: <i>Before & Laughter</i> with Steve Mittleman	T

<u>MONDAY, FEBRUARY 19</u>		
<u>BASSETERRE, ST. KITTS & NEVIS – 7:00 am to 6:00 pm</u>		
7:00-8:00 am	Daily Morning Amrit Yoga Asana Sequence with Chandrakant Hiester and Veda Lewis	SA
7:00-8:00 am	Vinyasa Flow Yoga Level I with Angelica Kushi	GPR
7:00-8:00 am	Workshop: Vegan Muscle Team, Boot Camp with Giacomo Marchese	P
7:00-8:00 am	Do-In – Self-Massage Therapy with Lino Stanchich *CE	G
7:00-8:00 am	Meditation – All Levels with Alese Jones	SS
NOTE: In case of rain: SA to BW, GPR to CP 15, P Cancelled		
7:30-9:00 am	Breakfast (Doors will close at 8:45 am.)	BC 5&6
9:00-10:30 am	Take Pain Control into Your Own Hands: Rapid and Dramatic Pain Relief with Korean Hand Therapy Self Treatment – Part 1 with Dr. Ilana Newman *CME/CE	G
10:30 am-4:30 pm	LEISURE TIME!	
12:00 pm	Lunch	BC 5
4:30-5:45 pm	Keynote: What a Fish Knows with Dr. Jonathan Balcombe	T Deck 6
4:30-5:45 pm	Laugh for the Health of It with Lino Stanchich *CE	BW
4:30-5:45 pm	Yin Yoga/Restorative with Alese Jones	G
4:30-5:45 pm	Heart-Opening Meditation with Angelica Kushi	SS
6:00 pm	Dinner (Doors will close at 6:15 pm.)	BC 5&6 & VR
8:15-9:45 pm	Keynote: The Genesis of the Engine 2 Diet with Rip Esselstyn	T Deck 6
8:15-9:45 pm	The Prevention and Treatment of Breast Cancer with Food with Dr. Ron Weiss *CME/CE	BW
8:30-9:45 pm	The Integrative Amrit Method of Yoga Nidra: Unleashing the Natural Intelligence of the Vital Life Force, Prana with Chandrakant Hiester	G
8:15-9:45 pm	Harmonic Massage Mini-Session with Keiichiro Kita (No charge – but limited availability and on a first come, first served basis)	SS
10:00 pm	Pizza Party	P
10:00 pm	Entertainment TBD	P

TUESDAY, FEBRUARY 20 – 2nd Gala Night		
<u>FORT de FRANCE, MARTINIQUE – 8:00 am to 5:00 pm</u>		
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	GPR
7:00-8:00 am	Looking and Feeling Great at Any Age with 5 Organ Qi Gong with Marcus Gary	P
7:00-8:00 am	Mindful Meditation Practice with Dr. Sharon Gutterman *CE	SS
7:00-8:00 am	Run, Walk, Stretch with Larry Krug	PW
NOTE: In case of rain: SA to BW, GPR to CP 15, P to G, PW cancelled		
7:30-9:00 am	Breakfast (Doors will close at 8:45 am.)	BC 5&6
9:00-10:30 am	Take Pain Control into Your Own Hands: Rapid and Dramatic Pain Relief with Korean Hand Therapy Self Treatment – Part 2 with Dr. Ilana Newman *CME/CE	G
9:00-10:30 am	Numerology – Choosing the Right Relationship with Sheldon Rice	SS
10:30 am-4:15 pm	LEISURE TIME!	
12:00 pm	Lunch	BC 5
4:15-5:30 pm	The Future of Medical Practice and Health Care Must Embrace the Science of Nutrition with Dr. T. Colin Campbell *CME/CE	T Deck 6
4:15-5:30 pm	Movie (25 Minute Sizzle Reel): From the Upcoming Documentary The Game Changers, co-produced by Rip Esselstyn, Q&A to follow movie	BW
4:15-5:30 pm	Creating Dynamic Health with Warren Kramer	G
4:15-5:30 pm	Functional Fitness with Robert Cheeke	SA
4:15-5:30 pm	Meditation – All Levels with Alese Jones	SS
6:00 pm	Dinner – Gala Night (Doors will close at 6:15 pm.)	BC 5&6 & VR
8:30-9:45 pm	The Engine 2 Seven-Day Rescue Diet with Rip Esselstyn	T Deck 6
8:15-9:45 pm	Panel Discussion: Growing the Vegan and Plant-Based Community with Gene Baur, Melissa Karpel, Robert Cheeke and James Aspey	BW
8:15-9:45 pm	Amrit Method of Integrative Relaxation - Breaking the Momentum of Stress with Chandrakant Hiester	SS
10:00 pm	"Notcho Nocheez" ...Not a Cheesy Social	P

<u>WEDNESDAY, FEBRUARY 21</u>		
<u>BRIDGETOWN, BARBADOS – 8:00 am to 5:00 pm</u>		
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	GPR
7:00-8:00 am	Looking and Feeling Great at Any Age with 5 Organ Qi Gong with Marcus Gary	P
7:00-8:00 am	Natural Movement with Bianka Steinfeldt	G
7:00-8:00 am	Do-In – Self-Massage Therapy with Lino Stanchich *CE	CP 15
7:00-8:00 am	Run, Walk, Stretch with Larry Krug	PW
7:00-8:00 am	Harmonic Massage Mini-Session with Keiichiro Kita (No charge – but limited availability and on a first come, first served basis)	SS
NOTE: In case of rain: SA to BW, GPR to T, P & PW Cancelled		
7:30-9:00 am	Breakfast (Doors will close at 8:45 am.)	BC 5&6
9:00-10:30 am	Take Pain Control into Your Own Hands: Rapid and Dramatic Pain Relief with Korean Hand Therapy Self Treatment – Part 1 with Dr. Ilana Newman *CME/CE	G
10:30 am-4:30 pm	LEISURE TIME!	
12:00 pm	Lunch	BC 5
4:30-5:45 pm	Salt, Sugar and Oil: The Good, the Bad and the Ugly with Dr. Michael Klaper *CME/CE	T Deck 6
4:30-5:45 pm	The Unspoken Epidemic of Western Civilization: Fatty Liver Disease with Dr. David Blyweiss *CME/CE	BW
4:30-5:45 pm	The Kidneys: Key to Our Vitality with Warren Kramer	G
4:30-5:30 pm	Meditation – All Levels with Alese Jones	SS
6:00 pm	Dinner (Doors will close at 6:15 pm.)	BC 5&6 & VR
8:30-9:45 pm	Keynote: Uprooting the Leading Causes of Death: “How Not to Die” with Michael Greger, M.D. *CME/CE	T Deck 6
8:30-9:45 pm	What’s the Cookware Got to Do with It? with Sandy Clubb	BW
8:30-9:45 pm	Essential Oils for Enhanced Living with Angelica Kushi	SS
10:00 pm	Coconut Bliss Vegan Ice Bar Cream Social!	P
10:00 pm	Pool Deck Party: C'mon, Get Happy! with Bridgette Kossor	P

THURSDAY, FEBRUARY 22
POINTE-a-PITRE, GUADELOUPE – 7:00 am to 2:00 pm

7:00-8:00 am	Daily Morning Amrit Yoga Asana Sequence with Chandrakant Hiester and Veda Lewis	SA
7:00-8:00 am	Vinyasa Flow Yoga Level I with Angelica Kushi	GPR
7:00-8:00 am	Workshop: Vegan Muscle Team, Boot Camp with Giacomo Marchese	P
7:00-8:00 am	Stretch One by One with Bianka Steinfeldt	G
7:00-8:00 am	Mindful Meditation Practice with Dr. Sharon Gutterman *CE	SS
NOTE: In case of rain: SA to BW, GPR to CP 15, P Cancelled		
7:30-9:00 am	Breakfast (Doors will close at 8:45 am.)	BC 5&6
9:00-10:30 am	Take Pain Control into Your Own Hands: Rapid and Dramatic Pain Relief with Korean Hand Therapy Self Treatment – Part 2 with Dr. Ilana Newman *CME/CE	G
10:30 am-2:15 pm	LEISURE TIME!	
12:00 pm	Lunch	BC 5
2:15-3:45 pm	Saturated Fat vs Sugar: How We Got So Confused with Dr. Joel Kahn *CME/CE	T Deck 6
2:15-3:45 pm	Keynote: Veganism – How to Turn the Hottest, Most Important Trend into a Long-Term Lifestyle with Julieanna Hever	BW
2:15-3:45 pm	Can Food and Lifestyle Choices Influence Outcomes after a Cancer Diagnosis? with Dr. Lawrence Kushi *CME/CE	G
2:15-3:45 pm	Harmonic Massage Mini-Session with Keiichiro Kita (No charge – but limited availability and on a first come, first served basis)	SS
4:00-5:30 pm	Keynote: The Most Hopeful Trends in Healing with Dr. Michael Klaper *CME/CE	T Deck 6
4:00-5:30 pm	Cooking Class: Bringing Back Our Favorite Comfort Foods with Kim Campbell	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	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 6:15 pm.)	BC 5&6 & VR
8:30-10:00 pm	Keynote: The Rainbow Diet with Dr. Deanna Minich *CME/CE	T
8:30-10:00 pm	The Fast World and How It Affects Us: Turning off the Fight or Flight Response When It Is Locked On with Dr. Michael Finkelstein *CME/CE	BW
8:30-10:00 pm	Workshop: Unstuck! Easing the Grip of Habits with Sharon Gutterman ** Extra Fee	SS
10:15 pm	Comedy Show: Leave Your Fat Behind with Steve Mittleman	T

FRIDAY, FEBRUARY 23 – AT SEA – 3rd Gala Night

7:00-8:00 am	Yoga Dance Party with Angelica Kushi	G
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	GPR
7:00-8:00 am	Looking and Feeling Great at Any Age with 5 Organ Qi Gong with Marcus Gary	P
7:00-8:00 am	Mindful Meditation Practice with Dr. Sharon Gutterman *CE	SS
7:00-8:00 am	Run, Walk, Stretch with Larry Krug	PW
	NOTE: In case of rain: SA to BW, GPR to CP 15, P to T, PW Cancelled	
7:30-9:00 am	Breakfast (Doors will close at 8:45 am.)	BC 5&6
9:00-10:00 am	Top 10 Foods to Eat, Top 10 Foods to Avoid with Dr. Deanna Minich *CME/CE	T Deck 6
9:00-10:00 am	Let the Myths Stop Here – Debunking Popular Nutrition Distortion with Julieanna Hever	BW
9:00-10:00 am	Diet and Cancer Prevention: Updated Guidelines and Recommendations with Dr. Lawrence Kushi *CME/CE	G
9:00-10:00 am	Vinyasa Flow Yoga - Intermediate Level with Alese Jones	SA
10:15-11:30 am	Panel Q&A: Powered by Plants with Vegan Athletes Robert Cheeke, Matt Frazier, Giacomo Marchese, Dani Taylor, Angelica Kushi and “Fitness over Fifty” trainer Larry Krug	BW
10:15-11:30 am	Temper, Temper: Loving Your Liver for Deep Healing with Warren Kramer	G
10:30 am-12:00 pm	Harmonic Massage Mini-Session with Keiichiro Kita (No charge – but limited availability and on a first come, first served basis)	SS
11:15 am-12:45 pm	Keynote: How to Detect and Prevent Heart Disease with Dr. Joel Kahn *CME/CE	T Deck 6
11:30 am- 1:30 pm	Lunch- Dining Room Service from 11:30 am to 1:30 pm	BC 5&6
2:15-3:45 pm	Healthy Bones: Preventing and Reversing Osteoporosis with Dr. Michael Klaper *CME/CE	T Deck 6
2:15-3:45 pm	Medical Cannabis: Ancient Herb to Modern Medicine with Dr. Debra Kimless *CME/CE	BW
2:15-3:45 pm	Transcending Stress - How to Reclaim Your Peace of Mind and Create Profound Change with Mary Lore	G
2:15-3:45 pm	Workshop: "I Am Enough" Concert/Workshop with Bridgette Kossor **Extra Fee	SS
2:15-4:45 pm	Cooking Boot Camp: Healthy Eating Made Easy with Julieanna Hever **Extra Fee	BC 5
4:00-5:30 pm	Ask the Doctor: Q&A Session with Michael Greger, M.D. *CME/CE	T Deck 6
4:00-5:30 pm	Farm to Hospital: How the Way We Farm Makes Us Sick, Part 2 with Dr. Ron Weiss *CME/CE	BW
4:00-5:30 pm	No Fat? Avoid Carbohydrates? Is Protein Deficiency a Problem? Common Sense Answers to Common Questions with Dr. Lawrence Kushi *CME/CE	G
4:15-5:45 pm	Workshop: Experience the Timeless Dimension – the Stress Free Zone – through the Integrated Amrit Method of Yoga Nidra with Chandrakant Hiester **Extra Fee	SS
4:15-5:15 pm	Functional Fitness with Robert Cheeke	SA
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 6:15 pm.)	BC 5&6 & VR
8:15-9:45 pm	Talent Show – Blair Karsch emcee	T Deck 6
8:30-10:00 pm	Cooking Class: Plant-Based Snacks and Appetizers with Kim Campbell	BW
8:30-10:00 pm	Angelica Asks: Demystifying Health Fads — A Conversation with Dr. Lawrence Kushi *CME/CE	SS
10:15 pm	MSC Show	T

SATURDAY, FEBRUARY 24 – AT SEA

7:00-8:00 am	Daily Morning Amrit Yoga Asana Sequence with Chandrakant Hiester and Veda Lewis	SA
7:00-8:00 am	Intermediate Vinyasa Flow Yoga with Angelica Kushi	GPR
7:00-8:00 am	Functional Fitness with Robert Cheeke	P
7:00-8:00 am	Workshop: Women's Boot Camp with Dani Taylor	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
7:00-8:00 am	Harmonic Massage Mini-Session with Keiichiro Kita (No charge – but limited availability and on a first come, first served basis)	SS
	NOTE: In case of rain: SA to BW, GPR to CP 15, P & PW Cancelled	
7:30-9:00 am	Breakfast (Doors will close at 8:45 am.)	BC 5&6
9:00-10:15 am	7 Ways to Holistically Detox with Dr. Deanna Minich *CME/CE	T Deck 6
8:45-10:15 am	Cooking Class: Dressings and Sauces to Help You Fall (More) in Love with Vegetables with Julieanna Hever	BW
9:00-10:15 am	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	G
9:00-11:45 am	Group Consultation: Traditional Eastern Medicine Diagnosis with Warren Kramer **Extra Fee	SS
9:15-10:15 am	Yin Yoga/Restorative with Alese Jones	SA
10:30-11:45am	Applying the Principles of Slow Medicine: Healthy Multitasking – Weaving Valid Individual Practices into a Single Program with Dr. Michael Finkelstein *CME/CE	BW
10:30-11:30 am	A Vow of Silence for the Animals with James Aspey	G
10:30-11:30 am	Looking and Feeling Great at Any Age with 5 Organ Qi Gong with Marcus Gary	SA
11:15am-12:45 pm	The Miracle of Heart Disease Reversal with Dr. Joel Kahn *CME/CE	T Deck 6
11:30 am- 1:30 pm	Lunch- Dining Room Service from 11:30 am to 1:30 pm	BC 5 & 6
2:15-3:45 pm	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	More Than Individual Lifestyle Choices: The Influence of Societal Factors on Health with Dr. Lawrence Kushi	BW
2:15-3:15 pm	Workshop: Women's Boot Camp with Dani Taylor	G
4:00-5:30 pm	Doctors Q&A Panel: Cruisin' for Knowledge – Using a Plant-Based Diet to Support Health and Avoid Risks with Drs. Michael Greger, Michael Klaper, Joel Kahn, Lawrence Kushi & Deanna Minich, hosted by Sandy Pukel *CME/CE	T Deck 6
4:00-5:30 pm	New Approach to Health Care... and Social Change with Nelson Campbell	BW
4:00-5:30 pm	Do You Trust Your Doctor? Approaching Your Visit in a New Way with Dr. Robert Schwartz *CME/CE	G
6:00 pm	Dinner (Doors will close at 6:15 pm.)	BC 5&6 & VR
8:30 pm	Farewell Dance Party!	P
	<u>SUNDAY, FEBRUARY 25 – MIAMI</u>	
6:30-7:30 am	Breakfast	BC 5