

*****PLEASE NOTE THAT THIS IS THE SCHEDULE AS OF SEPTEMBER 28, 2018
CHECK THE HOLISTIC HOLIDAY AT SEA WEBSITE FOR UPDATES.
CME/CEU ELIGIBLE CLASSES WILL BE DESIGNATED IN THE COMING WEEKS**

Time	DESCRIPTION	Venue
	<u>SUNDAY, MARCH 3 – 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 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: *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 of ship
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 14 Covered Pool, deck 14 level, left side 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.**

MONDAY, MARCH 4 – AT SEA – 1st Gala Night

7:00-8:00 am	Daily Morning I Am Yoga: Meditation in Motion 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	Aqua Fitness with Gigi Roney	CP 14
7:00-8:00 am	Pilates Level 1 with Bianka Steinfeldt	G
7:00-8:00 am	Meditation – All Levels with Alese Jones	T Deck 6
7:00-8:00 am	Run, Walk, Stretch with Larry Krug	PW
NOTE: In case of rain: SA to BW, P to CP 15, G, GPR & PW Cancelled		
7:30-9:00 am	Breakfast (Doors will close at 8:45 am.)	BC 5&6
9:00-10:00 am	Mediterranean vs Vegan: Which Is Better? with Neal Barnard, M.D	T Deck 6
8:45-10:15 am	Cooking Class: Satisfy Your Sweet Tooth without Using Sugar with Chef AJ	BW
9:00-10:00 am	Basic Palmistry with Ginat Rice	G
9:00-10:00 am	Functional Fitness with Robert Cheeke	SA
10:30-11:45 am	Take Pain Control into Your Own Hands: Rapid and Dramatic Pain Relief with Korean Hand Therapy Self Treatment, Part 1 with Ilana Newman, M.D.	BW
10:30-11:45 am	The Art of Harmonic Revolution – The Golden Key to Happiness with Keiichiro Kita	G
10:30-11:30 am	The Study of Numerology with Sheldon Rice	SS
11:15 am-12:45 pm	Myths in Nutrition That Mislead, with Very Unfortunate Consequences with T. Colin Campbell, Ph.D.	T Deck 6
11:30 am-1:30 pm	Lunch: Dining Room Service from 11:30 am to 1:30 pm	BC 5 & 6
11:30 am-1:30 pm	Lunch: Buffet right side deck 14	Buffet
2:15-3:45 pm	What I Wish I Had Learned in Medical School About Nutrition with Michael Klaper, M.D.	T Deck 6
2:15-3:45 pm	Keynote: Committed to Activism for Animals with Dan Mathews	BW
2:15-3:45 pm	Ear Acupuncture for Stress Reduction and Mental Health with Ilana Newman, M.D.	G
2:15-3:45 pm	The Healing Properties of Everyday Foods with Bob Carr	SS
4:00-5:30 pm	Cheese - How Breaking the Secret Addiction Can Revolutionize Your Health with Neal Barnard, M.D.	T Deck 6
4:00-5:30 pm	Cooking Class: The Plant-Based Dinner Party with Jessica Porter	BW
4:00-5:30 pm	Live Blood Cell Analysis with Mary-Lynn Wieber	G
4:15-5:15 pm	Zumba® Fitness with Gigi Roney	SA
4:15-5:15 pm	Reiki Meditation with Bianka Steinfeldt	SS
5:45 pm	Dinner – Gala Night (Doors will close at 6:15 pm.)	BC 5&6 & VR
8:30-9:45 pm	Keynote: Power Foods for the Brain: Nutrients, Diets, and Lifestyle to Enhance Memory and Cognition with Neal Barnard, M.D.	T Deck 6
8:30-9:45 pm	Panel Q&A: Animal Rights Leadership with animal rights advocates Dan Mathews, James Aspey, Will Tuttle, Ph.D. and Jonathan Balcombe, Ph.D.	BW
8:30-9:45 pm	Integrated Amrit Method – Integrative Relaxation: Breaking the Momentum of Stress with Chandrakant Hiester	G
8:30-9:45 pm	Astrology with Angelica Kushi	SS
8:30-9:45 pm	Singles Social	LL
10:15 pm	MSC Show - "TBD"	T

TUESDAY, MARCH 5
OCHO RIOS, JAMAICA – 10:00 am to 6:00 pm

7:00-8:00 am	Daily Morning I Am Yoga: Meditation in Motion 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	Aqua Fitness with Gigi Roney	CP 14
7:00-8:00 am	Meditation for Peace and Healing with Will Tuttle, Ph.D.	T
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: GPR to G, SA to BW, P to CP 15, PW Cancelled		
7:30-9:00 am	Breakfast (Doors will close at 8:45 am.)	BC 5&6
8:45-9:45 am	An Intensive Plant-Based Diet for Diabetes Management with Neal Barnard, M.D.	T Deck 6
8:45-10:00 am	Demystifying Macrobiotics: What's in It for Me? with Warren Kramer	G
8:45-9:45 am	Breath for Life Breathing Workshop with Bianka Steinfeldt	GPR
8:45-9:45 am	Looking and Feeling Great at Any Age with 5 Organ Qi Gong with Marcus Gary	SA
10:00 am-4:15 pm	LEISURE TIME!	
12:00-4:00 pm	Lunch: Buffet right side deck 14	Buffet
2:15-4:45 pm	Bootcamp: Ultimate Weight Loss with Chef AJ **Extra Fee	SS
4:15-5:30 pm	Defeating Diabetes: Lessons from the Marshall Islands with Brenda Davis, RD	T Deck 6
4:15-5:30 pm	Dr. Weiss' Top Ten Reasons to Eat a Plant-Based Diet with Ron Weiss, M.D.	BW
4:15-5:30 pm	Men and Women: Why We Drive Each Other Crazy with Jessica Porter	G
4:30-5:30 pm	Zumba® Fitness with Gigi Roney	SA
5:45 pm	Dinner (Doors will close at 6:15 pm.)	BC 5&6 & VR
8:30-9:45 pm	Keynote: How to Detect and Prevent Heart Disease with Joel Kahn, M.D.	T Deck 6
8:30-9:45 pm	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
8:30-9:45 pm	Health in Your Hand – Diagnosis Line by Line with Ginat Rice	SS
10:00 pm	Coconut Bliss Ice Cream "Sundae" Party and Dance Music	P

WEDNESDAY, MARCH 6 – AT SEA

7:00-8:00 am	Daily Morning I Am Yoga: Meditation in Motion 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	Aqua Fitness with Gigi Roney	CP 14
7:00-8:00 am	ELDOA – Myofascial Stretching with Bianka Steinfeldt	P
7:00-8:00 am	Meditation – All Levels with Alese Jones	T
7:00-8:00 am	Run, Walk, Stretch with Larry Krug	PW
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
9:00-10:15 am	Contemporary Evidence Indicating the True Value of Nutrition to Create and Restore Human Health with T. Colin Campbell, Ph.D.	T Deck 6
8:45-10:15 am	Cooking Class: Hummus Should Be a Food Group with Julieanna Hever, M.S., R.D., C.P.T. and Ray Cronise	BW
9:00-10:00 am	One Simple Act That Will Change Your Whole Life (Chewing) with Jessica Porter	G
9:00-10:00 am	Harmonic Massage Mini-Session with Keiichiro Kita (No charge – but limited availability and on a first come, first served basis)	SS
9:00-10:00 am	Looking and Feeling Great at Any Age with 5 Organ Qi Gong with Marcus Gary	GPR
9:00-10:00 am	Functional Fitness with Robert Cheeke	SA
10:30-11:45 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	BW
10:30-11:45 am	What Do Yin and Yang Have to Do with Me? Everything! with Warren Kramer	G
11:30am-12:45 pm	Salt, Sugar and Oil: The Good, the Bad and the Ugly with Michael Klaper, M.D.	T Deck 6
11:30 am-1:30 pm	Lunch: Dining Room Service from 11:30 am to 1:30 pm	BC 5&6
11:30 am-1:30 pm	Lunch: Buffet right side deck 14	Buffet
2:15-3:45 pm	Cutting Edge Plant-Based Nutrition: Separating Myth from Fact with Brenda Davis, RD	T Deck 6
2:15-3:45 pm	Cookware - Is It the 'Trojan Horse' in Your Kitchen? with Sandy Clubb	BW
2:15-3:45 pm	Take Pain Control into Your Own Hands: Rapid and Dramatic Pain Relief with Korean Hand Therapy Self Treatment, Part 2 with Ilana Newman, M.D.	G
2:15-3:45 pm	Achieving Myofascia and Nervous System Harmony with Structural Integration with Coko Nakashima	SS
4:00-5:30 pm	Recovery Panel: Health Survivors Share Their Stories moderated by Judy MacKenney	T Deck 6
4:00-5:30 pm	Cooking Class: Eat Your Damn Veggies! with Chef AJ	BW
4:00-5:30 pm	Metabolism Defined, Deconstructed and Demystified with Ray Cronise	G
4:15-5:15 pm	Zumba® Fitness with Gigi Roney	SA
4:15-5:15 pm	Reiki Meditation with Bianka Steinfeldt	SS
5:45 pm	Dinner (Doors will close at 6:15 pm.)	BC 5&6 & VR
8:15-9:45 pm	The Miracle of Heart Disease Reversal with Joel Kahn, M.D.	T Deck 6
8:30-9:45 pm	Panel Q&A: Ask the Chefs with Chef AJ, Jessica Porter, Kim Campbell and Julianna Hever, M.S., R.D., C.P.T.	BW
8:30-9:45 pm	Integrated Amrit Method – The Experience of Indivisible Happiness with Chandrakant Hiester	G
10:00 pm	Concert: Piano Passion: Concert for a Conscious World with Will Tuttle, Ph.D.	T

THURSDAY, MARCH 7
ORANJESTAD, ARUBA – 7:00 am to 2:00 pm

7:00-8:00 am	Daily Morning I Am Yoga: Meditation in Motion 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	Looking and Feeling Great at Any Age with 5 Organ Qi Gong with Marcus Gary	P
7:00-8:00 am	Meditation – All Levels with Alese Jones	T
7:00-8:00 am	Run, Walk, Stretch with Larry Krug	PW

NOTE: In case of rain: GPR to G, P to CP 15, SA & PW Cancelled

6:30-9:00 am	Breakfast (Doors will close at 8:45 am.)	BC 5&6
9:00 am-2:15 pm	LEISURE TIME!	
12:00-4:00 pm	Lunch: Buffet right side deck 14	Buffet
2:15-3:45 pm	Healing America – A Grassroots Strategy for Health, Environmental and Political Change with Nelson Campbell	T Deck 6
2:15-3:30 pm	The Secrets to Ultimate Weight Loss with Chef AJ	BW
2:15-3:45 pm	Sweet Seduction: How and Why to Lick the Sugar Habit (and the Importance of the Sweet Taste) with Warren Kramer	G
2:15-3:45 pm	Discussion Group: Recovery Panel Follow-Up with Judy MacKenney	SS
4:00-5:30pm	Saturated Fat vs Sugar: How We Got So Confused with Joel Kahn, M.D.	T Deck 6
4:00-5:30pm	Cooking Class: Plant-Based Snacks and Appetizers with Kim Campbell	BW
4:00-5:30pm	Transcending Stress - How to Reclaim Your Peace of Mind and Create Profound Change with Mary Lore	G
4:15-5:15pm	Zumba® Fitness with Gigi Roney	SA
4:15-5:15pm	Reiki Meditation with Bianka Steinfeldt	SS
5:45 pm	Dinner (Doors will close at 6:15 pm.)	BC 5&6 & VR
8:30-9:45 pm	Keynote: The Most Hopeful Trends in Healing with Michael Klaper, M.D.	T Deck 6
8:30-9:45 pm	Food Is Medicine: Simple Steps to Fill Your Plate with Delicious Food with Julieanna Hever, M.S, R.D., C.P.T.	BW
8:30-9:45 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	Follow Your Heart Pizza Party	P
10:00 pm	Pool Deck Party: We Are Family: A 70s Disco Party with Bridgette Kossor	P

FRIDAY, MARCH 8
CARTAGENA, COLUMBIA – 9:00 am to 5:00 pm

7:00-8:00 am	Daily Morning I Am Yoga: Meditation in Motion 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	Aqua Fitness with Gigi Roney	CP 14
7:00-8:00 am	Vegan Muscle Team, Boot Camp with Giacomo Marchese	BW
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	Meditation for Peace and Healing with Will Tuttle, Ph.D.	T
NOTE: In case of rain: SA to G, P to CP 15, GPR Cancelled		
7:30-9:00 am	Breakfast (Doors will close at 8:45 am.)	BC 5&6
9:00-10:15 am	Take Pain Control into Your Own Hands: Rapid and Dramatic Pain Relief with Korean Hand Therapy Self Treatment, Part 1 with Ilana Newman, M.D.	G
10:15 am-4:15 pm	LEISURE TIME!	
12:00-4:00 pm	Lunch: Buffet right side deck 14	Buffet
4:15-5:30 pm	Keynote: Farm to Hospital: How the Way We Farm Makes Us Sick with Ron Weiss, M.D.	T Deck 6
4:15-5:30 pm	Healing Our World - A Deeper Look at Food with Will Tuttle, Ph.D.	BW
4:15-5:30 pm	Overeating: How and Why to Eat Less with Warren Kramer	G
4:15-5:15 pm	Zumba® Fitness with Gigi Roney	SA
4:15-5:15 pm	Heart-Opening Meditation with Angelica Kushi	SS
5:45 pm	Dinner (Doors will close at 6:15 pm.)	BC 5&6 & VR
8:30-9:45 pm	Designing an Optimal Plant-Based Diet with Brenda Davis, RD	T Deck 6
8:30-9:45 pm	Keynote: Straight Bowel Talk with Warren Kramer	BW
8:30-9:45 pm	Chakras with Bob Carr	SS
10:00 pm	ENTERTAINMENT - TBD	T

SATURDAY, MARCH 9
COLON, PANAMA – 9:00 am to 6:00 pm

7:00-8:00 am	Daily Morning I Am Yoga: Meditation in Motion with Chandrakant Hiester and Veda Lewis	SA
7:00-8:00 am	Chair Yoga with Alese Jones	GPR
7:00-8:00 am	Aqua Fitness with Gigi Roney	CP 14
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	Full Body Mobility and Flexibility with Giacomo Marchese	BW
7:00-8:00 am	Reiki Meditation with Bianka Steinfeldt	T
7:00-8:00 am	Run, Walk, Stretch with Larry Krug	PW
NOTE: In case of rain: SA to G, 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 am-4:15 pm	LEISURE TIME!	
12:00-4:00 pm	Lunch: Buffet right side deck 14	Buffet
4:15-5:30 pm	Alcohol and Your Health with Ron Weiss, M.D.	T Deck 6
4:15-5:30 pm	After Meat with Jonathan Balcombe, Ph.D.	BW
5:45 pm	Dinner – (Doors will close at 6:15 pm.)	BC 5&6 & VR
8:30-9:45 pm	Keynote: Plant-Based Diets and Disease: Current State of the Evidence with Brenda Davis, RD	T Deck 6
8:30-9:45 pm	Let the Myths Stop Here with Julieanna Hever, M.S, R.D., C.P.T.	BW
8:30-9:45 pm	Integrated Amrit Method – Amrit Yoga Nidra: Unleashing the Natural Intelligence of the Vital Life Force, Prana with Chandrakant Hiester	G
10:00 pm	ENTERTAINMENT - TBD	P

SUNDAY, MARCH 10 – AT SEA

7:00-8:00 am	Daily Morning I Am Yoga: Meditation in Motion with Chandrakant Hiester and Veda Lewis	SA
7:00-8:00 am	Pilates Level 1 with Bianka Steinfeldt	GPR
7:00-8:00 am	Yoga Dance Party with Angelica Kushi	P
7:00-8:00 am	Looking and Feeling Great at Any Age with 5 Organ Qi Gong with Marcus Gary	BW
7:00-8:00 am	Meditation for Peace and Healing with Will Tuttle, Ph.D.	T
7:00-8:00 am	Run, Walk, Stretch with Larry Krug	PW
NOTE: In case of rain: SA to G, P to CP 15, GPR & PW Cancelled		
7:30-9:00 am	Breakfast (Doors will close at 8:45 am.)	BC 5&6
8:45-11:00 am	Movie: Eating You Alive	T Deck 6
8:45-10:15 am	Cooking Class: Bringing Back Our Favorite Comfort Foods with Kim Campbell	BW
9:00-10:15 am	Longevity and the Food Triangle: A New Mnemonic to Evolve the Language of Nutrition for Optimal Health and Longevity with Ray Cronise	G
9:00-10:00 am	Women's Boot Camp with Dani Taylor	GPR
9:00-10:00 am	Vegan Muscle Team, Boot Camp with Giacomo Marchese	SA
8:45-10:15 am	Workshop: Meditation in Motion with Kita Peace Machine: Switching on Our Divine Spark with Keiichiro Kita **Extra Fee	SS
10:30-11:45 am	Keynote: A Vow of Silence for the Animals with James Aspey	BW
10:30-11:45 am	The Environmental Case for a Plant-Based Diet with Michael Brown	G
10:30-11:30 am	Adjusting Your Weight Training and Exercise Routine Throughout the Different Stages of Your Life with Larry Krug	SS
11:15 am-12:45 pm	Healthy Bones: Preventing and Reversing Osteoporosis with Michael Klaper, M.D.	T Deck 6
11:30 am-1:30 pm	Lunch: Dining Room Service from 11:30 am to 1:30 pm	BC 5&6
11:30 am-1:30 pm	Lunch: Buffet right side deck 14	Buffet
2:15-3:45 pm	Keynote: Thriving on the Journey - Lessons from 39 Glorious Vegan Years with Will Tuttle, Ph.D.	T Deck 6
2:15-3:45 pm	Medical Cannabis: Ancient Herb to Modern Medicine with Debra Kimless, M.D.	BW
2:15-3:45 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
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: Why Nutritional Science Was Not Acknowledged during the past Two Centuries with T. Colin Campbell, Ph.D.	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, M.S, R.D., C.P.T. and Ray Cronise	BW
4:00-5:30 pm	Five Fingers, Five Elements with Ilana Newman, M.D.	G
4:15-5:45 pm	Reiki Meditation with Bianka Steinfeldt	SS
4:15-5:15 pm	Yin/Restorative Yoga – All Levels with Alese Jones	SA
4:15-5:15 pm	Better Posture 101 with Dani Taylor	SL 18
5:45 pm	Dinner – (Doors will close at 6:15 pm.)	BC 5&6 & VR
8:15-9:45 pm	Talent Show	T Deck 6
8:15-9:45 pm	Keynote: What a Fish Knows with Jonathan Balcombe, Ph.D.	BW
10:00 pm	"Notcho Nocheez" ...Not a Cheesy Social with Live Music	P

MONDAY, MARCH 11
COSTA MAYA, MEXICO – 10:30 am to 6:30 pm

7:00-8:00 am	Daily Morning I Am Yoga: Meditation in Motion with Chandrakant Hiester and Veda Lewis	SA
7:00-8:00 am	ELDOA – Myofascial Stretching 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	Better Posture 101 with Dani Taylor	BW
7:00-8:00 am	Heart-Opening Meditation with Angelica Kushi	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 G, P to CP 15, GPR & PW Cancelled		
7:30-9:00 am	Breakfast (Doors will close at 8:45 am.)	BC 5&6
9:00-10:00 am	Deconstructing the Paleo Diet with Brenda Davis, RD	T Deck 6
9:00-10:15 am	Temper, Temper: Loving Your Liver for Deep Healing with Warren Kramer	G
9:00-10:00 am	Yin/Restorative Yoga – All Levels with Alese Jones	GPR
9:00-10:00 am	Functional Fitness with Robert Cheeke	SA
10:15 am-4:30 pm	LEISURE TIME!	
12:00-4:00 pm	Lunch: Buffet right side deck 14	Buffet
2:15-4:45 pm	Cooking Bootcamp: Let's Veganize! Vegan Solutions for Every Recipe! with Kim Campbell **Extra Fee	BC 5
4:30-5:30 pm	Concert – The Healing Power of Music: An Interactive Concert with Will Tuttle, Ph.D.	T Deck 6
4:30-5:30 pm	Bats – Myth and Reality with Jonathan Balcombe, Ph.D.	BW
4:30-5:30 pm	Dan Moskaluk Q&A on the Movie <i>Eating You Alive</i>	G
5:45 pm	Dinner (Doors will close at 6:15 pm.)	BC 5&6 & VR
8:30-10:00 pm	Keynote: Making Yourself Heart Attack Proof by Treating the Cause of Coronary Artery Heart Disease, Part 1 with Dr. Caldwell Esselstyn Jr., M.D.	T Deck 6
8:30-10:00 pm	Cooking Class: Dressings and Sauces to Help You Fall (More) in Love with Vegetables with Julieanna Hever, M.S, R.D., C.P.T. and Ray Cronise	BW
10:00 pm	Coconut Bliss Vegan Ice Bar Cream Social!	P
10:00 pm	Pool Deck Party: One Hit Wonders with Bridgette Kossor	P

TUESDAY, MARCH 12 – 2nd Gala Night
COZUMEL, MEXICO – 8:00 am to 6:00 pm

7:00-8:00 am	Daily Morning I Am Yoga: Meditation in Motion 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	Healing Movement with Bianka Steinfeldt	G
7:00-8:00 am	Full Body Mobility and Flexibility with Giacomo Marchese	P
7:00-8:00 am	Meditation for Peace and Healing with Will Tuttle, Ph.D.	T Deck 6

NOTE: In case of rain: P to CP 15, SA & GPR Cancelled

7:30-9:00 am	Breakfast (Doors will close at 8:45 am.)	BC 5&6
9:00-10:00 am	Women's Boot Camp with Dani Taylor	G
9:00-10:00 am	Functional Fitness with Robert Cheeke	GPR
10:00 am-4:15 pm	LEISURE TIME!	
12:00-4:00 pm	Lunch: Buffet right side deck 14	Buffet
2:15-4:45 pm	Cooking Boot Camp: Foods for Healthspan: Using the Food Triangle to Design Healthful Recipes and Meal Plans with Julieanna Hever, M.S, R.D., C.P.T. and Ray Cronise **Extra Fee	BC 5
4:15-5:30 pm	Movie: <i>The Game Changers</i>	T Deck 6
4:15-5:30 pm	The Benefits of Eating a Plant-Based Diet Above and Below the Belt with Jane Esselstyn, RN	BW
4:30-5:30 pm	Yin/Restorative Yoga – All Levels with Alese Jones	G
4:30-5:30 pm	Group Consultation: Ear Acupuncture for Relaxation and Stress Reduction with Ilana Newman **Extra Fee	SS
5:45 pm	Dinner – Gala Night (Doors will close at 6:15 pm.)	BC 5&6 & VR
8:30-9:45 pm	Keynote: The Genesis of the Engine 2 Diet with Rip Esselstyn	T Deck 6
8:30-9:45 pm	The Prevention and Treatment of Breast Cancer with Food with Ron Weiss, M.D.	BW
8:30-9:45 pm	Workshop: Experience the Timeless Dimension – the Stress Free Zone – Through the Integrated Amrit Method of Yoga Nidra with Chandrakant Hiester **Extra Fee	SS
10:00 pm	MSC Show "TBD"	T
10:00 pm	Yoga Dance Party with Angelica Kushi	P

WEDNESDAY, MARCH 13 – AT SEA

7:00-8:00 am	Daily Morning I Am Yoga: Meditation in Motion with Chandrakant Hiester and Veda Lewis	SA
7:00-8:00 am	Women's Boot Camp with Dani Taylor	GPR
7:00-8:00 am	Functional Fitness with Robert Cheeke	P
7:00-8:00 am	Chair Yoga with Alese Jones	G
7:00-8:00 am	Meditation for Peace and Healing with Will Tuttle, Ph.D.	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, P to CP 15, GPR & PW Cancelled		
7:30-9:00 am	Breakfast (Doors will close at 8:45 am.)	BC 5&6
9:00-10:15 am	Panel Q&A: Cruisin' for Knowledge – Using a Plant-Based Diet to Support Health and Avoid Risks with Dr. Caldwell Esselstyn Jr., Dr. T. Colin Campbell, Dr. Michael Klaper and Dr. Michael Greger hosted by Sandy Pukel	T Deck 6
8:45-10:15 am	Cooking Class: The How and Wow: Discussion and Demo of the Guidelines To Prevent and Reverse Heart Disease with Ann and Jane Esselstyn	BW
9:00-10:15 am	A Picture of Health – How to Create Your Highest Vision of Health and Healthy Living with Mary Lore	G
9:00-11:45 am	Group Consultation: Traditional Eastern Medicine Diagnosis with Warren Kramer **Extra Fee	SS
9:15-10:15 am	Intermediate Vinyasa Flow Yoga with Angelica Kushi	GPR
9:15-10:15 am	Looking and Feeling Great at Any Age with 5 Organ Qi Gong with Marcus Gary	SA
10:30-11:45am	Heart Teachings on the Dharma Path with Will Tuttle, Ph.D.	BW
10:30-11:45am	The Inner Lives of Animals with Jonathan Balcombe, Ph.D.	G
11:30am-12:45 pm	Dr. Michael Greger Lecture TBD	T Deck 6
11:30 am-1:30 pm	Lunch: Dining Room Service from 11:30 am to 1:30 pm	BC 5 & 6
11:30 am-1:30 pm	Lunch: Buffet right side deck 14	Buffet
2:15-3:45 pm	Making Yourself Heart Attack Proof by Treating the Cause of Coronary Artery Heart Disease, Part 2 with Caldwell Esselstyn Jr., M.D.	T Deck 6
2:15-3:45 pm	Compassionate, Effective Vegan Advocacy with James Aspey	BW
2:15-3:15 pm	Take Pain Control into Your Own Hands: Rapid and Dramatic Pain Relief with Korean Hand Therapy Self Treatment, Part 2 with Ilana Newman, M.D.	G
4:00-5:30 pm	Physician's Eye - Healer's Heart with Michael Klaper, M.D.	T Deck 6
4:00-5:30 pm	Cooking Class: Engine 2 to the Rescue Demo with Rip and Jane Esselstyn	BW
4:00-5:30 pm	Beastly Bliss – Animal Pleasure and its Significance with Jonathan Balcombe, Ph.D.	G
4:15-5:15 pm	Yin/Restorative Yoga – All Levels with Alese Jones	SA
4:15-5:15 pm	Vegan Muscle Team, Boot Camp with Giacomo Marchese	SL 18
4:15-5:15 pm	Meditation for Peace and Healing with Will Tuttle, Ph.D.	SS
5:45 pm	Dinner (Doors will close at 6:15 pm.)	BC 5&6 & VR
8:30 pm	Farewell Dance Party!	P

THURSDAY, MARCH 14 – MIAMI

6:30-7:30 am	Breakfast	BC 5
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