

*****PLEASE NOTE THAT THIS IS THE SCHEDULE AS OF November 7, 2018
CHECK THE HOLISTIC HOLIDAY AT SEA WEBSITE FOR UPDATES.
CME/CEU ELIGIBLE CLASSES WILL BE DESIGNATED IN THE COMING WEEKS**

| Time | DESCRIPTION <u>SUNDAY, MARCH 3 – MIAMI</u> | Venue |
|----------------|--|----------------|
| 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 | Awaken the World, How Can We Be So Wrong About Diabetes & Cancer with Jibin Chi, M.D., MBA, MBI | SS |
| 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 | Reiki Meditation with Bianka Steinfeldt | SS |
| 4:15-5:15 pm | Zumba® Fitness with Gigi Roney | SA |
| 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 | Angelica- Astrology Lecture | 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 | Dr. Weiss' Top Ten Reasons to Eat a Plant-Based Diet with Ron Weiss, M.D. | T Deck 6 |
| 4:15-5:30 pm | Men and Women: Why We Drive Each Other Crazy with Jessica Porter | BW |
| 4:15-5:30 pm | Zumba® Fitness with Gigi Roney | G |
| 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 |
| 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, Julianna Hever, M.S, R.D., C.P.T. and Kim Campbell | 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

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|--|--|----------------|
| 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 | Is There a Vegan Ketogenic Diet? 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 | Reiki Meditation with Bianka Steinfeldt | SS |
| 4:15-5:15pm | 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: 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 | Heart-Opening Meditation with Angelica Kushi | SS |
| 4:15-5:15 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 | 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- Passenger Show | 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 |
| 2:15-3:45 pm | Health Hazards and Safety Precautions Regarding RF Radiation from Wireless Devices with Rich Meyers | SS |
| 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 |
| 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 Weight Training and Exercise Routines throughout the Stages of 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 | Defeating Diabetes: Lessons from the Marshall Islands with Brenda Davis, RD | 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

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| 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

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| 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 and Dr. Michael Klaper hosted by Sandy Pukel | T Deck 6 |
| 8:45-10:15 am | Cooking Class: Engine 2 to the Rescue Demo with Rip 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 | 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 |
| 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 | Movie: <i>The Game Changers</i> | 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: The How and Wow: Discussion and Demo of the Guidelines To Prevent and Reverse Heart Disease with Ann 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 | Meditation for Peace and Healing with Will Tuttle, Ph.D. | SS |
| 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 |
| 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

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| 6:30-7:30 am | Breakfast | BC 5 |
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