

# *Holistic Holiday at Sea Schedule*

*\*\*All classes subject to change\*\**

## **SATURDAY, MARCH 3 - FT. LAUDERDALE**

<b>12:00-3:00 pm</b>	<b>Welcome Luncheon Buffet</b>	<b>Room LF</b>
<b>3:30-5:00 pm</b>	<b>Introduction of Presenters with Jessica Porter and Opening Ceremony with Dr. Neal Barnard: Cruising Into Health – Your Voyage to Well-being</b>	<b>Room T</b>
<b>5:15 pm</b>	<b>Fire Drill</b>	
<b>6:00-7:00 pm</b>	<b>Dinner (Doors will close at 6:15 pm)</b>	<b>Room LF &amp; IP</b>
<b>8:30 pm</b>	<b>Welcome Cocktail Party with Bridgette Kossor</b>	<b>Room P</b>

### *Key To Lecture Rooms:*

**D = Disco, Deck 14, Back of Ship**  
**IP = Il Palladio Dining Room, Deck 6, Mid-ship**  
**LF = Le Fontane Dining Room, Deck 5, Mid-ship**  
**MC = Poesia Meeting Center, Deck 6, Mid-ship**  
**P = Pool, Deck 13, Mid-ship**  
**PG = Pigalle Lounge, Deck 7, Back of Ship**  
**PL = Poeti Lounge, Deck 6, mid-ship**  
**T = Carlo Felice Theater, Deck 6, Front of Ship**  
**Z = Zebra Lounge, Dec 6, Mid-Forward**

### *\*Exercise Classes:*

**DL = Deck 16 on Left, Front of Ship (behind movie screen)**  
**DR = Deck 16 on Right, Front of Ship (behind movie screen)**  
**JT = Jogging Track, Deck 14, Mid-ship**  
**P = Pool, Deck 13, Mid-ship**

\* In the unlikely event of rain, 7 am outdoor classes will be held in the following alternate locations:  
Classes scheduled in P will be on the Carlo Felice Theater Stage (T), front of deck 6  
Classes scheduled in DL will be in La Pigalle Lounge (PG), back of deck 7  
Classes scheduled in DR will be in the Zebra Lounge (Z), back of deck 14.  
Classes scheduled in JT will be cancelled.  
Classes scheduled outside later in the day will be cancelled in the event of rain.

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## SUNDAY, MARCH 4 - AT SEA – 1<sup>st</sup> Gala Night

7:00-8:00 am	Amrit Yoga Asana Sequence with Chandrakant Hiester and Veda Lewis	Room P
7:00-8:00 am	Pilates: Beginners Mat Class with Bianka Steinfeldt	Room DL
7:00-8:00 am	Basic Anusara Yoga with Moses Brown	Room DR
7:00-8:00 am	Run, Walk, Stretch with Larry Krug	Room JT
7:00-8:00 am	Morning Meditation Practice with Dr. Will & Madeleine Tuttle	Room D
.	<i>Alternate locations confirmed for this date (see bottom of page 1 for locations).</i>	
7:30-8:30 am	Breakfast	Room LF
9:00-10:30 am	<b>Keynote:</b> Prosperity Consciousness vs. Poverty Consciousness with Yogi Desai	Room T
9:00-10:30 am	<b>Cooking Class:</b> The 5 Essentials of Health with Christina Pirello	Room PG
9:00-10:30 am	Macrobiotcs 101, Part 1 with Warren Kramer	Room Z
9:00-10:30 am	Live Blood Cell Analysis with Mary-Lynn Wieber	Room D
9:30-10:30 am	Do-In Self Massage Therapy with Lino Stanchich	Room DL
9:30-10:30 am	5 Organ Qi Gong with Marcus Gary	Room DR
10:45–11:55 am	Intensive Plant-Based Diet for Diabetes Management w/ Dr. Neal Barnard	Room T
10:45–11:55 am	Hypnosis and Healing with Jessica Porter	Room PG
10:45–11:55 am	Macrobiotic For Life: Make the Most of the Rest of Your Life, with Simon Brown	Room D
12:00-2:00 pm	Lunch	Room LF
2:15-3:45 pm	<b>Keynote:</b> Understanding the Scientific Evidence for Plant-Based Nutrition with Dr. T. Colin Campbell	Room T
2:15-3:45 pm	<b>Cooking Class:</b> Macrobiotcs 101 with the Hip Chick with Jessica Porter	Room PG
2:15-3:45 pm	Living Life Fully and with Purpose with Francisco Varatojo	Room Z
2:15-3:45 pm	Flower Remedies: What's it All About and How They Can Help w/ Alicia Sirkin	Room D
2:15–3:15 pm	Amrit Method Integrative Relaxation with Chandrakant	Room MC
4:00-5:15 pm	<b>Keynote:</b> Kickstart Your Health with Dr. Neal Barnard	Room T
4:00-5:30 pm	The Art of Visual Diagnosis – How to See Your Health w/ Warren Kramer	Room PG
4:00-5:00 pm	Functional Fitness with Champion Vegan Bodybuilder Robert Cheeke	Room D
4:00–5:00 pm	Meditation and Breath with Moses Brown	Room MC
4:15-5:15 pm	Kali-Ray TriYoga with Shanti Golds Cousens	Room DR
4:15-5:15 pm	Pilates: Love Your Lower Back with Bianka Steinfeldt	Room DL
6:00-7:00 pm	Dinner – Gala Night: Formal Wear Optional (Doors will close at 6:15pm)	Room LF & IP
7:30-8:15 pm	Piano Concert with Dr. Will and Madeleine Tuttle	Room PG
8:30–9:40 pm	Why Veganism? with Dr. Gabriel Cousens	Room T
8:30-9:40 pm	Common Misconceptions in Acid and Alkaline with Carl Ferré	Room PG
8:30-9:40 pm	Evolution of the Human/Animal Bond with Dr. Michael Haas	Room D
8:30–9:55 pm	Singles Social	Poeti Lounge
9:45 pm	BLISS VEGAN ICE CREAM SOCIAL!	Room P

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# *Holistic Holiday at Sea Schedule*

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## **MONDAY, MARCH 5 - AT SEA**

7:00-8:00 am	Basic Anusara Yoga with Moses Brown	Room P
7:00-8:00 am	Pilates: Intermediate Mat Class with Bianka Steinfeldt	Room DL
7:00-8:00 am	Amrit Yoga Asana Sequence with Chandrakant Hiester and Veda Lewis	Room DR
7:00-8:00 am	Run, Walk, Stretch with Larry Krug	Room JT
7:00-8:00 am	Morning Meditation Practice with Dr. Will and Madeleine Tuttle	Room D
.	<i>Alternate locations confirmed for this date (see bottom of page 1 for locations).</i>	
7:30-8:30 am	Breakfast	Room LF
9:00-10:30 am	<b>Cooking Class:</b> Diabetes, the New Epidemic of Our Age w/ Dr. Neal Barnard and Christina Pirello	Room T
9:00-10:30 am	<b>Keynote:</b> The Psychology of Disease and the New Mind-Body Medicine with Dr. Ronald Peters	Room PG
9:00-10:30 am	Macrobiotics 101, Part 2 with Warren Kramer	Room Z
9:00-10:30 am	Aromatherapy with Shanti Golds Cousens	Room D
9:30-10:30 am	5 Organ Qi Gong with Marcus Gary	Room DL
9:30-10:30 am	Do-In Self Massage Therapy with Lino Stanchich	Room DR
10:45-11:55 am	<b>Keynote:</b> Veganism - The Optimal Diet for Spiritual Life with Dr. Gabriel Cousens	Room T
10:45-11:55 am	Boning Up! with Robert Pirello	Room PG
10:45-11:55 am	Assess Your Own Health with Simon Brown	Room D
12:00-2:00 pm	Lunch	Room LF
2:15-3:45 pm	Ethical Issues in Food Choices with Dr. Neal Barnard	Room T
2:15-3:45 pm	<b>Cooking Class:</b> Delectable Oil-free Desserts with Jessica Porter	Room PG
2:15-3:45 pm	Creating a New Culture of Peace with Dr. Will Tuttle	Room Z
2:15-3:45 pm	Cellular Healing with Simon Brown	Room D
2:15-3:15 pm	Amrit Method Integrative Relaxation with Chandrakant	Room MC
4:00-5:30 pm	Our Historic Journey into the Contemporary Dark Ages of Medicine with Dr. T. Colin Campbell	Room T
4:00-5:30 pm	Palm Healing: The Art of Healing with the Hands with Francisco Varatojo	Room PG
4:00-5:30 pm	Pilates: Beginners Mat Class (includes 30 min. discussion) w/ Bianka Steinfeldt	Room D
4:15-5:15 pm	Functional Fitness with Champion Vegan Bodybuilder Robert Cheeke	Room DL
4:15-5:15 pm	Yoga for a Healthy Back with Moses Brown	Room DR
6:00-7:00 pm	Dinner (Doors will close at 6:15pm)	Room LF & IP
<b>8:00-10 pm*</b>	<b>Recovery Panel:</b> Health Survivors Share Their Stories w/ Dr. Martha Cottrell	Room T
8:00-9:30 pm	Stress: The Silent Stalker with Yogi Desai	Room PG
8:00-9:30 pm	The Human/Animal Bond Today with Dr. Michael Haas	Room D
	<b>* Doors open at 7:45. Please arrive early for the pre-Recovery Panel announcements.</b>	

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## **TUESDAY, MARCH 6 – ST. THOMAS / ST. JOHN, U.S. VIRGIN ISLANDS 7:00 am – 7:00 pm**

7:00-8:00 am	Basic Anusara Yoga with Moses Brown	Room P
7:00-8:00 am	Pilates: Beginners Mat Class with Bianka Steinfeldt	Room DL
7:00-8:00 am	Amrit Yoga Asana Sequence with Chandrakant Hiester and Veda Lewis	Room DR
7:00-8:00 am	Run, Walk, Stretch with Larry Krug	Room JT
7:00-8:00 am	Exercise Your Way to Healthy Bones, Joints, and Ligaments, Too w/ Robert Pirello	Room D
•	<i>Alternate locations (in case of rain) not available for this date.</i>	
7:30-8:30 am	Breakfast	Room LF
9:00-2:00 pm	LEISURE TIME!	
12:00-2:00 pm	Lunch	Room LF
2:15-3:45 pm	Shaktipat Meditation Workshop with Dr. Gabriel Cousens	Room T
2:15-3:45 pm	Healing Energy with Simon Brown	Room PG
2:15-3:45 pm	Baby Boomer Fitness with Larry Krug	Room Z
2:15-3:45 pm	Joy of Ohashiatsu Massage Workshop with Wilbur May	Room D
4:00-5:30 pm	Detoxifying and Healing Impact of Ayurveda and Yoga with Yogi Desai	Room T
4:00-5:30 pm	Straight Bowel Talk with Warren Kramer	Room PG
4:00-5:30 pm	Awaken the Psychic Within with Irene Lane	Room D
4:00-5:30 pm	Recovery Panel Follow-up w/ Dr. Cottrell, Judy MacKenney & Janet Sommer	Room MC
4:15-5:15 pm	Intermediate Anusara Yoga with Moses Brown	Room DL
4:15-5:15 pm	Pilates: Intermediate Mat Class with Bianka Steinfeldt	Room DR
6:00-7:00 pm	Dinner (Doors will close at 6:15pm)	Room LF & IP
7:45-8:40 pm	<b>Concert:</b> A Musical Lovefest with Bridgette Kossor	Room T
8:55-9:55 pm	I'm Mad as Hell and I'm Not Going to Eat It Anymore! with Christina Pirello	Room T
8:55-9:55 pm	How to Be a Successful Vegan with Dr. Gabriel Cousens	Room PG
8:55-9:55 pm	Epigenetics: How You Control Your DNA with Dr. Ronald Peters	Room D
10:00 pm	DAIYA VEGAN PIZZA PARTY!	Room P

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## **WEDNESDAY, MARCH 7 – SAN JUAN, PUERTO RICO 7:00 am – 5:00 pm**

7:00-8:00 am	Amrit Yoga Asana Sequence with Chandrakant Hiester and Veda Lewis	Room P
7:00-8:00 am	Pilates: Beginners Mat Class with Bianka Steinfeldt	Room DL
7:00-8:00 am	Kali Ray TriYoga with Shanti Golds Cousens	Room DR
7:00-8:00 am	Run, Walk, Stretch with Larry Krug	Room JT
7:00-8:00 am	Meditation and Breath with Moses Brown	Room D
•	<i>Alternate locations (in case of rain) not available for this date.</i>	
7:30-8:30 am	Breakfast	Room LF
9:00-10:30 am	Meditation: A Medium for Connecting to the Power of God Within with Yogi Desai	Room T
9:00-10:30 am	Healing Power of Music with Dr. Will Tuttle	Room PG
9:00-10:30 am	Secrets of the Longest Living People with Diane Haworth and Michael Varbaek	Room D
10:30-2:00 pm	LEISURE TIME!	
12:00-2:00 pm	Lunch	Room LF
2:15-3:45 pm	50 Ways to Love Your Liver with Warren Kramer	Room T
2:15-3:45 pm	Cancer: What are the Causes Within Body and Mind with Dr. Ronald Peters	Room PG
2:15-3:45 pm	Best Kept Secrets for Healthy Relationships – Flower Remedy Recipes with Alicia Sirkin	Room D
4:00-5:30 pm	<b>Q &amp; A:</b> Address Your Particular Nutritional Questions and Concerns with Dr. Gabriel Cousens	Room T
4:00-5:30 pm	<b>Cooking Class:</b> The Italian Table, Vegan Style with Christina Pirello	Room PG
4:00-5:30 pm	Man, Woman and Sexuality with Francisco Varatojo	Room D
4:00-5:30 pm	Connecting to the Source of All Energy with Lino Stanchich	Room MC
4:15-5:15 pm	5 Organ Qi Gong with Marcus Gary	Room DL
4:15-5:15 pm	Intermediate Anusara Yoga with Moses Brown	Room DR
6:00-7:00 pm	Dinner (Doors will close at 6:15pm)	Room LF & IP
8:00-9:30 pm	<b>Keynote:</b> Making Yourself Heart Attack Proof by Treating the Cause of Coronary Artery Disease, Part 1 with Dr. Caldwell B. Esselstyn	Room T
8:00-9:30 pm	Food, Energy and the Environment with Francisco Varatojo	Room PG
8:00-9:30 pm	The Metaphysics of Food with Dr. Will Tuttle	Room D
9:45 pm	“MILK” & COOKIES PARTY	Room P

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## THURSDAY, MARCH 8 – AT SEA – 2<sup>nd</sup> Gala Night

7:00-8:00 am	Amrit Yoga Asana Sequence with Chandrakant Hiester and Veda Lewis	Room P
7:00-8:00 am	Pilates: Beginners Mat Class with Bianka Steinfeldt	Room DL
7:00-8:00 am	Kali Ray TriYoga with Shanti Golds Cousens	Room DR
7:00-8:00 am	Run, Walk, Stretch with Larry Krug	Room JT
7:00-8:00 am	Morning Meditation Practice with Dr. Will & Madeleine Tuttle	Room D
	<i>Alternate locations confirmed for this date (see bottom of page 1 for locations).</i>	
7:30-8:30 am	Breakfast	Room LF
9:00-10:30 am	Why Has the Most Reliable Medical Evidence Been Denied to the Public? with Dr. T. Colin Campbell	Room T
9:00-10:30 am	<b>Cooking Class:</b> Oh, Boy, Soy Boy! with Christina Pirello	Room PG
9:00-10:30 am	Stress-busting 101 – Conquering Stress Naturally! With Alicia Sirkin	Room Z
9:30-10:30 am	Meditation and Breath with Moses Brown	Room D
9:30-10:30 am	Do-In Self Massage Therapy with Lino Stanchich	Room DL
9:30-10:30 am	5 Organ Qi Gong with Marcus Gary	Room DR
10:45–11:55 am	You Can Only Heal What You Can Feel with Yogi Desai	Room T
10:45–11:55 am	Sweet Seduction – How to Kick the Sugar Habit with Warren Kramer	Room PG
10:45–11:55 am	Understanding Health and Sickness with Francisco Varatojo	Room D
12:00-2:00 pm	Lunch	Room LF
2:15-3:45 pm	<b>Keynote:</b> Making Yourself Heart Attack Proof by Treating the Cause of Coronary Artery Disease, Part 2 with Dr. Caldwell B. Esselstyn	Room T
2:15-3:45 pm	<b>Cooking Class:</b> Soups are Souperb with Jessica Porter	Room PG
2:15-3:45 pm	Palm Healing Workshop with Francisco Varatojo ** (extra fee)	Room D
2:15-3:45 pm	Emotional Health with Simon Brown	Room Z
2:15-3:45 pm	Amrit Method Integrative Relaxation with Chandrakant	Room MC
4:00-5:30 pm	How to Eat Plant Perfect: What to Buy, What to Eat and How to Cook it with Ann Esselstyn and Dr. Caldwell Esselstyn	Room T
4:00-5:30 pm	How to Individualize Your Diet with Dr. Gabriel Cousens	Room PG
4:00-5:30 pm	Women’s Issues with Dr. Martha Cottrell	Room D
4:15-5:15 pm	Exercise Your Way to Healthy Bones, Joints, and Ligaments, Too w/ Robert Pirello	Room DL
4:15-5:15 pm	Yoga for a Healthy Back with Moses Brown	Room DR
6:00-7:00 pm	Dinner – Gala Night: Formal Wear Optional (Doors will close at 6:15pm)	Room LF & IP
7:30–10:00 pm	Traditional Eastern Medicine Diagnosis: Group Consultation with Simon Brown ** (extra fee)	Room MC
8:00-9:45 pm	Talent Show hosted by Blair Karsch	Room T
8:45 to 9:45 pm	<b>Q &amp; A:</b> Confused About Food and Diet? Ask the Kitchen Witches with Christina Pirello and Jessica Porter	Room PG
8:15-9:40 pm	Steps to Recovery: Moving from Sickness to Health with Francisco Varatojo	Room D
9:45 pm	BLISS VEGAN ICE CREAM SOCIAL!	Room P

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**FRIDAY, MARCH 9**

**NASSAU, BAHAMAS 10:00 am – 6:00 pm**

7:00-8:00 am	Basic Anusara Yoga with Moses Brown	Room P
7:00-8:00 am	Pilates: Intermediate Mat Class with Bianka Steinfeldt	Room DL
7:00-8:00 am	Amrit Yoga Asana Sequence with Chandrakant Hiester and Veda Lewis	Room DR
7:00-8:00 am	Run, Walk, Stretch with Larry Krug	Room JT
7:00-8:00 am	Morning Meditation Practice with Dr. Will and Madeleine Tuttle	Room D
•	<i>Alternate locations confirmed for this date (see bottom of page 1 for locations).</i>	
7:30-8:30 am	Breakfast	Room LF
8:45-9:30 am	Introduction to 9 Ki Astrology with Melanie Waxman Brown	Room T
9:00-11:55 am	Intensive Cooking Class Boot Camp with Christina Pirello ** (extra fee)	Room PG
8:45-9:30am	Intuition and Food with Julia Ferré	Room Z
8:45-9:45 am	Freedom From Stress with Simon Brown	Room D
9:00-9:45 am	Do-In Self Massage Therapy with Lino Stanchich	Room DL
9:00-9:45 am	5 Organ Qi Gong with Marcus Gary	Room DR
9:00-11:50 am	Traditional Eastern Medicine: Group Consultation with Warren Kramer ** (extra fee)	Room MC
10:00-2:00 pm	LEISURE TIME!	
12:00-2:00 pm	Lunch	Room LF
2:15-3:45 pm	<b>Q &amp; A:</b> Cruisin' Into Knowledge w/ Dr. Campbell, Dr. Esselstyn and Sandy Pukel	Room T
2:15-3:45 pm	The Land of Milk and Honey: Heaven or Hell? with Dr. Will Tuttle	Room PG
2:15-3:45 pm	Improving Kidney Health – Overcoming Fatigue and Dulled Mental Awareness with Carl Ferré	Room Z
2:15-3:45 pm	Experience the Dimension of Timelessness – The Zero Stress Zone with Yogi Desai ** (extra fee)	Room D
•		
4:00-5:50 pm	<b>Movie:</b> <i>Forks Over Knives</i> , introduced by the stars, Drs. Campbell and Esselstyn!	Room T
4:00-5:30 pm	Living a Compassionate Life: Daily Ways to Change Our World for the Better with Melissa Karpel	Room PG
4:00-5:30 pm	Workshop: Shamanic Kabbalat Shabbat with Rabbi Gabriel Cousens	Room D
4:15-5:15 pm	Intermediate Anusara Yoga with Moses Brown	Room DL
4:15-5:15 pm	Pilates: Love Your Lower Back with Bianka Steinfeldt	Room DR
6:00-7:00 pm	Dinner (Doors will close at 6:15pm)	Room LF & IP
8:30 pm	FAREWELL DISCO PARTY!	Room P

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## ***Holistic Holiday at Sea Schedule***

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### **SATURDAY, MARCH 10 - FT. LAUDERDALE**

6:30-7:30 am Breakfast

Room LF

(Disembark)

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

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