

*****PLEASE NOTE THAT THIS IS THE SCHEDULE AS OF OCTOBER 14, 2019
CHECK THE HOLISTIC HOLIDAY AT SEA WEBSITE FOR UPDATES.**

Time	DESCRIPTION	Venue
	<u>FRIDAY, FEBRUARY 21 – 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

**HAS 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
T Pantheon Theater, deck 6 & 7, front of ship
BW Black and White Lounge, deck 7, back of ship
G Galaxy (Disco), deck 16, mid-back of ship
SS Sky and Stars Conference Room, deck 16, mid-back 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, 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.**

SATURDAY, FEBRUARY 22 – 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
7:00-7:45 am	Functional Fitness with Robert Cheeke	P
7:00-8:00 am	ELDOA – Myofascial Stretching with Bianka Steinfeldt	G
7:00-7:45 am	CHI Meditation for Ultimate Awakening and Well-being with Jibin Chi	T
7:00-8:00 am	Aqua Fitness with Gigi Roney	CP 14
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
7:00-8:00 am	Run, Walk, Stretch with Larry Krug	PW
NOTE: In case of rain: GPR to BW, P, SA & PW Cancelled		
7:30-9:00 am	Breakfast: Dining room (Doors will close at 8:45 am.)	BC 5&6
7:30-9:00 am	Breakfast: Buffet Vegan Side	Deck 14
8:45-10:00 am	How to Detect and Prevent Heart Disease with Dr. Joel Kahn	T Deck 6
8:45-10:00 am	An Intensive Plant-Based Diet for Diabetes Management with Dr. Neal Barnard	BW
8:45-10:00 am	What Do Yin and Yang Have to Do with Me? Everything! with Warren Kramer	G
8:45-10:00 am	Welcome to Palmistry: A Delightful Excursion with Ginat Rice	SS
9:00-10:00 am	Vegan Muscle Team, Boot Camp with Giacomo Marchese	SA
10:15-11:45 am	Cooking Class: Cauli-Power! With Chef AJ	BW
10:15-11:45 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	G
10:15-11:45 am	The Healing Properties of Everyday Foods with Robert Carr	SS
10:15-11:15 am	Looking and Feeling Great at Any Age with 5 Organ Qi Gong with Marcus Gary	SA
11:15 am-12:45 pm	Keynote Lecture: Why Nutritional Science Was Not Acknowledged During the past Two Centuries with Dr. T. Colin Campbell	T Deck 6
11:45 am-1:30 pm	Lunch: Dining Room Service	BC 5 & 6
12:00-2:30 pm	Lunch: Buffet Vegan Side	Deck 14
2:15-3:45 pm	Cutting Edge Plant-Based Nutrition: Separating Myth from Fact with Brenda Davis R.D.	T Deck 6
2:15-3:45 pm	Recovery Panel: Health Survivors Share Their Stories, Moderated by Jessica Porter	BW
2:15-3:45 pm	Health and Diseases Through Understanding Life and Energy, a Scientific Integration with Jibin Chi	G
2:15-3:45 pm	Achieving Myofascia & Nervous System Harmony with Structural Integration with Coko Mayuko Nakashima	SS
4:00-5:30 pm	Your Body in Balance Part 1: Sex Hormones with Neal Barnard	T Deck 6
4:00-5:30 pm	Cooking Class: You're Allowed to Eat That? Plant-Based Dishes That Will Blow Your Mind with Jessica Porter	BW
4:00-5:30 pm	Live Blood Cell Analysis with Mary Lynn Wieber	G
4:15-5:15 pm	Reiki Chakra Meditation with Bianka Steinfeldt	SS
4:15-5:15 pm	Better Posture 101 with Dani Taylor	SA
6:00 pm	Dinner – Gala Night (Doors will close at 6:15 pm.)	BC 5&6 & VR
8:45-10:00 pm	Your Body in Balance Part 2: Health and Metabolism with Dr. Neal Barnard	T Deck 6
8:45-10:00 pm	Eat Up, Slim Down and Get Healthy with Chef AJ	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	Ayurvedic Astrology for Feeling Fine and Full of Life with Angelica Kushi	SS
8:30-9:45 pm	Singles Social	LL
10:00 pm	Ice Cream "Sundae" Party with Dance Music	P

SUNDAY, FEBRUARY 23
SAN JUAN, PUERTO RICO – 3:30 pm to 12:30 am (2/24)

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	Pilates, Level 1 with Bianka Steinfeldt	P
7:00-7:45 am	Vegan Muscle Team, Boot Camp with Giacomo Marchese	BW
7:00-7:45 am	CHI Meditation for Ultimate Awakening and Well-being with Jibin Chi	T
7:00-8:00 am	Aqua Fitness with Gigi Roney	CP 14
7:00-8:00 am	Run, Walk, Stretch with Larry Krug	PW
NOTE: In case of rain: GPR to G, SA, P & PW Cancelled		
7:30-9:00 am	Breakfast (Doors will close at 8:45 am.)	BC 5&6
7:30-9:00 am	Breakfast: Buffet Vegan Side	Deck 14
8:45-10:00 am	The Miracle of Heart Disease Reversal with Dr. Joel Kahn	T Deck 6
8:45-10:00 am	Deconstructing the Keto and Paleo Diets with Brenda Davis R.D.	BW
8:45-10:00 am	Harmonic Ambience - Spontaneous Happiness with Keiichiro Kita	G
8:45-10:00 am	Crohn's Disease and Colitis: Modern Cause / Traditional Cures with Virginia Harper	SS
9:00-10:00 am	Looking and Feeling Great at Any Age with 5 Organ Qi Gong with Marcus Gary	SA
10:15-11:45 am	Cooking Class: A Date with Dessert with Chef AJ	BW
10:15-11:45 am	Demystifying Macrobiotics: What's in It for Me? with Warren Kramer	G
10:15-11:45 am	Numerology: Getting to Know You – From Your Name and Birthday with Sheldon Rice	SS
10:15-11:15 am	Zumba® Fitness with Gigi Roney	SA
11:15 am-12:45 pm	Cheese - How Breaking the Secret Addiction Can Revolutionize Your Health with Dr. Neal Barnard	T Deck 6
11:45 am-1:30 pm	Lunch: Dining Room Service	BC 5 & 6
12:00-2:30 pm	Lunch: Buffet Vegan Side	Buffet
2:00-3:30 pm	Medical Cannabis: Oxymoron or Therapeutic Option with Dr. Debra Kimless	BW
2:00-3:30 pm	Cookware: Its Importance and Often Overlooked Role in Our Health Goals with Sandy Clubb	G
2:00-3:15 pm	Discussion Group: Recovery Panel Follow-Up with Judy MacKenney	BC 5
2:00-4:30 pm	Workshop: Ultimate Weight Loss Intensive with Chef AJ *Extra Fee	SS
6:00 pm	Dinner (Doors will close at 6:15 pm.)	BC 5&6 & VR
8:45-10:00 pm	Unleashing the Power of Plant-Based Diets with Brenda Davis R.D.	T Deck 6
8:45-10:00 pm	Healing America - A Grassroots Strategy for Health, Environmental and Political Change with Nelson Campbell	BW
8:45-10:00 pm	Harmonic Massage Mini-Session with Keiichiro Kita (No charge – but limited availability and on a first come, first served basis)	G
8:45-10:00 pm	Adjusting Weight Training and Exercise Routines throughout the Stages of Life with Larry Krug	SS
10:15 pm	MSC Show TBD	T

MONDAY, FEBRUARY 24
PHILIPSBURG, ST. MAARTEN – 11:00 am to 9:00 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
7:00-7:45 am	Women's Boot Camp with Dani Taylor	P
7:00-8:00 am	Zumba® Fitness with Gigi Roney	G
7:00-8:00 am	Reiki Movement Meditation with Bianka Steinfeldt	T
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
7:00-8:00 am	Run, Walk, Stretch with Larry Krug	PW
NOTE: In case of rain: GPR to BW, SA, P & PW Cancelled		
7:30-9:00 am	Breakfast (Doors will close at 8:45 am.)	BC 5&6
7:30-9:00 am	Breakfast: Buffet Vegan Side	Deck 14
8:45-10:00 am	Experimental Research Evidence on the True Value of Nutrition to Create and Restore Human Health with Dr. T. Colin Campbell	T Deck 6
9:00-10:30 am	Understanding Back and Neck Pain with Dr. Yoav Suprun	BW
9:00-10:30 am	One Simple Act That Will Change Your Whole Life (Chewing) with Jessica Porter	G
9:00-10:30 am	Chakras with Robert Carr	SS
9:00-10:00 am	Looking and Feeling Great at Any Age with 5 Organ Qi Gong with Marcus Gary	SA
10:30 am-4:30 pm	LEISURE TIME!	
11:00-3:00 pm	Lunch: Buffet Vegan Side	Deck 14
4:30-5:30 pm	Breath for Life Breathing Workshop with Bianka Steinfeldt	G
4:15-5:45 pm	Group Workshop: Medical Cannabis-Debunking the Myths with Dr. Debra Kimless *Extra Fee	SS
6:00 pm	Dinner (Doors will close at 6:15 pm.)	BC 5&6 & VR
7:30-8:30 pm	Passenger Show	BW
8:45-10:00 pm	How Not to Die with Dr. Michael Greger	T Deck 6
8:45-10:00 pm	Straight Bowel Talk with Warren Kramer	BW
8:45-10:00 pm	Integrated Amrit Method – The Experience of Indivisible Happiness with Chandrakant Hiester	G
8:45-10:00 pm	Health in Your Hand – Diagnosis Line by Line with Ginat Rice	SS
10:00 pm	"Notcho Nocheez" ...Not a Cheesy Social	P
10:00 pm	Pool Dance Party: Dance Around the World with Bridgette Kossor	P

TUESDAY, FEBRUARY 25
ST. JOHN'S, ANTIGUA and BARBUDA – 7:00 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	Full Body Mobility and Flexibility with Giacomo Marchese	BW
7:00-8:00 am	Reiki Movement Meditation with Bianka Steinfeldt	G
7:00-8:00 am	Aqua Fitness with Gigi Roney	CP 14
NOTE: In case of rain: All Outdoor Classes Cancelled		
7:30-9:00 am	Breakfast (Doors will close at 8:45 am.)	BC 5&6
7:30-9:00 am	Breakfast: Buffet Vegan Side	Deck 14
9:00-10:00 am	Q&A with Nelson Campbell: Launching a Campaign in Your Community with Nelson Campbell	G
10:00 am-4:30 pm	LEISURE TIME!	
12:00-4:00 pm	Lunch: Buffet Vegan Side	Deck 14
4:30-5:45 pm	The Most Hopeful Trends in Healing with Dr. Michael Klaper	T Deck 6
4:30-5:45 pm	Women's Health and Lifestyle Medicine with Dr. Nitu Bajekal	BW
4:30-5:45 pm	Ear Acupuncture for Stress Reduction and Mental Health with Dr. Ilana Newman	G
4:30-5:30 pm	Heart-Opening Meditation with Angelica Kushi	SS
4:30-5:30 pm	Functional Fitness with Robert Cheeke	SA
6:00 pm	Dinner (Doors will close at 6:15 pm.)	BC 5&6 & VR
8:45-10:00 pm	The Genesis of the Engine 2 Diet with Rip Esselstyn	T Deck 6
8:45-10:00 pm	The Secret to Aging with a Perfect Posture with Dr. Yoav Suprun	BW
8:45-10:00 pm	Integrated Amrit Method – Amrit Yoga Nidra: Unleashing the Natural Intelligence of the Vital Life Force, Prana with Chandrakant Hiester	G
8:45-10:00 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 with Music	P

WEDNESDAY, FEBRUARY 26 – AT SEA – 2nd 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	Pilates, Level 1 with Bianka Steinfeldt	GPR
7:00-7:45 am	Women's Boot Camp with Dani Taylor	P
7:00-8:00 am	Zumba® Fitness with Gigi Roney	BW
7:00-8:00 am	Yoga Dance Party with Angelica Kushi	G
7:00-7:45 am	CHI Meditation for Ultimate Awakening and Well-being with Jibin Chi	SS
7:00-8:00 am	Run, Walk, Stretch with Larry Krug	PW
NOTE: In case of rain: SA to T, GPR, P & PW Cancelled		
7:30-9:00 am	Breakfast (Doors will close at 8:45 am.)	BC 5&6
7:30-9:00 am	Breakfast: Buffet Vegan Side	Deck 14
8:45-10:00 am	The Mythology of High Quality Protein with Dr. T. Colin Campbell	T Deck 6
8:45-10:00 am	Beating Cancer with Nutrition with Chris Wark	BW
8:45-10:00 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	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	Functional Fitness with Robert Cheeke	SA
10:15-11:45 am	Cooking Class: Let's Get Saucy! with Kim Campbell	BW
10:15-11:45 am	Temper, Temper: Loving Your Liver for Deep Healing with Warren Kramer	G
10:15-11:45 am	Women's Health Issues and Dietary Choices with Sheri Demaris	SS
11:15 am-12:45 pm	Evidence-Based Weight Loss with Dr. Michael Greger	T Deck 6
11:45 am-1:30 pm	Lunch: Dining Room Service	BC 5&6
12:00-2:30 pm	Lunch: Buffet Vegan Side	Deck 14
2:15-3:45 pm	Movie: Game Changers	T Deck 6
2:15-3:45 pm	Prescription Drugs: The Good, the Bad and the Unintended Consequences with Dr. David Blyweiss	BW
2:15-3:45 pm	Find Your Why, Find Your Way: How to Become Vegan Strong with Robert Cheeke	G
2:15-3:15 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	Salt, Sugar and Oil: The Good, the Bad and the Ugly with Dr. Michael Klaper	T Deck 6
4:00-5:30 pm	The Engine 2 Seven-Day Rescue Diet with Rip Esselstyn	BW
4:00-5:30 pm	Compassionate, Effective Vegan Advocacy with James Aspey	G
4:15-5:15 pm	Reiki Chakra Meditation with Bianka Steinfeldt	SS
4:15-5:15 pm	Better Posture 101 with Dani Taylor	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
7:30-10:00 pm	Group Consultation: Traditional Eastern Medicine Diagnosis with Warren Kramer *Extra Fee	G
8:15-9:45 pm	Talent Show	T Deck 6
8:30-10:00 pm	Managing Menopause with Dr. Nitu Bajekal	BW
8:30-10:00 pm	Children's Gut Health 101 with Virginia Harper	SS
10:00 pm	Sushi Party	P
10:00 pm	Pool Dance Party: Good Vibrations with Bridgette Kossor	P

THURSDAY, FEBRUARY 27 – 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	Intermediate Vinyasa Flow Yoga with Angelica Kushi	GPR
7:00-8:00 am	Functional Fitness with Robert Cheeke	P
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	Reiki Movement Meditation with Bianka Steinfeldt	T
7:00-8:00 am	Aqua Fitness with Gigi Roney	CP 14
7:00-8:00 am	Run, Walk, Stretch with Larry Krug	PW
NOTE: In case of rain: GPR to BW, P, SA & PW Cancelled		
7:30-9:00 am	Breakfast (Doors will close at 8:45 am.)	BC 5&6
7:30-9:00 am	Breakfast: Buffet Vegan Side	Deck 14
8:45-10:00 am	Physician's Eye - Healer's Heart with Dr. Michael Klaper	T Deck 6
8:45-10:00 am	A Vow of Silence for the Animals with James Aspey	BW
8:45-10:00 am	Awaken the World - How Can We Be so Wrong About Diabetes and Cancer? with Jibin Chi	G
9:00-10:00 am	Group Workshop: Ear Acupuncture for Relaxation and Stress Reduction with Dr. Ilana Newman *Extra Fee	SS
9:00-10:00 am	Vegan Muscle Team, Boot Camp with Giacomo Marchese	SA
10:15-11:45am	Cooking Class: Breakfast for Dinner... Brinner! with Kim Campbell	BW
10:15-11:45am	5G, Smart Meters, and Wireless Radiation: What to Know, How to Protect Yourself with Rich Myers	G
10:15-11:45am	Group: Meditation in Motion with Kita Peace Machine: Switching on Our Divine Spark with Keiichiro Kita *Extra Fee	SS
10:15-11:00 am	Women's Boot Camp with Dani Taylor	SA
11:15am-12:45 pm	Myths in Nutrition That Mislead, with Huge Consequences with Dr. T. Colin Campbell	T Deck 6
11:45 am-1:30 pm	Lunch: Dining Room Service	BC 5 & 6
12:00-2:30 pm	Lunch: Buffet Vegan Side	Deck 14
1:30-2:45 pm	Group Workshop: Individualizing Your Cannabis Medicine with Terpenes with Dr. Debra Kimless *Extra Fee	SS
2:15-3:45 pm	How to Become a Label Reading Ninja Warrior with Rip Esselstyn	T Deck 6
2:15-3:45 pm	The Gut Microbiome: Trillions of Friends You Never Knew You Had with Dr. David Blyweiss	BW
2:15-3:15 pm	Vagus Nerve Stimulation - The Back Door to the Brain with Dr. Ilana Newman	G
2:15-4:45 pm	Cooking Boot Camp: Bringing the World to Your Kitchen with Kim Campbell	BC 5
3:00-4:30 pm	Group Workshop: Experience the Timeless Dimension – the Stress Free Zone – Through the Integrated Amrit Method of Yoga Nidra with Chandrakant Hiester and Veda Lewis *Extra Fee	SS
4:00-5:30 pm	Panel Q&A: Cruisin' for Knowledge – Using a Plant-Based Diet to Support Health and Avoid Risks with Dr. T. Colin Campbell, Dr. Michael Greger and Dr. Michael Klaper hosted by Sandy Pukel	T Deck 6
4:00-5:30 pm	Powered by Plants with Vegan Athletes Robert Cheeke, Giacomo Marchese, Dani Taylor, and "Fitness over Fifty" trainer Larry Krug	BW
4:00-5:30 pm	Overeating: How and Why to Eat Less with Warren Kramer	G
4:15-5:15 pm	ELDOA – Myofascial Stretching with Bianka Steinfeldt	SA
4:45-5:30 pm	CHI Meditation for Ultimate Awakening and Well-being with Jibin Chi	SS
6:00 pm	Dinner (Doors will close at 6:15 pm.)	BC 5&6 & VR
8:30 pm	Farewell Dance Party! with Organic Wine	P
<u>FRIDAY, FEBRUARY 28 – MIAMI</u>		
6:30-7:30 am	Breakfast	BC 5