

**\*\*\*PLEASE NOTE THAT THIS IS THE SCHEDULE AS OF JANUARY 30, 2019  
CHECK THE HOLISTIC HOLIDAY AT SEA WEBSITE FOR UPDATES.**

<b>Time</b>	<b>DESCRIPTION</b> <b><u>SUNDAY, MARCH 3 – MIAMI</u></b>	<b>Venue</b>
12:00-3:00 pm	<b>Welcome Lite Sit-Down Lunch</b>	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
<b>5:15 pm</b>	<b>MSC Mandatory Boat Drill</b>	
6:00 pm	<b>Dinner</b> (Doors will close at 6:15 pm.)	BC 5&6 & VR
8:30 pm	<b>Welcome Cocktail Party with Entertainment by Bridgette Kossor</b>	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  
**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, GPR & PW Cancelled

7:30-9:00 am	<b>Breakfast</b> (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. *CME/CE	T Deck 6
8:45-10:15 am	<b>Cooking Class:</b> Satisfy Your Sweet Tooth without Using Sugar with Chef AJ	BW
9:00-10:00 am	Welcome to Palmistry – A Delightful Excursion with Ginat Rice	G
9:00-10:00 am	Awaken the World, How Can We Be So Wrong About Diabetes and 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. *CME/CE	BW
10:30-11:45 am	The Art of Harmonic Revolution – The Golden Key to Happiness with Keiichiro Kita	G
10:30-11:45 am	Numerology: Getting to Know You – From Your Name and Birthday 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. *CME/CE	T Deck 6
11:30 am-1:30 pm	<b>Lunch: Dining Room Service from 11:30 am to 1:30 pm</b>	BC 5 & 6
11:30 am-1:30 pm	<b>Lunch: Vegan Side of Deck 14 Buffet</b>	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	<b>Keynote:</b> 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. *CME/CE	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	<b>Cooking Class:</b> Hummus Should Be a Food Group with Julieanna Hever, M.S., R.D., C.P.T. and Ray Cronise	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
6:00 pm	<b>Dinner – Gala Night</b> (Doors will close at 6:15 pm.)	BC 5&6 & VR
8:30-9:45 pm	<b>Keynote:</b> Power Foods for the Brain: Nutrients, Diets, and Lifestyle to Enhance Memory and Cognition with Neal Barnard, M.D. *CME/CE	T Deck 6
8:30-9:45 pm	<b>Panel Q&amp;A:</b> Animal Rights Leadership with animal rights advocates Dan Mathews, James Aspey, Will Tuttle, Ph.D., and Jonathan Balcombe, Ph.D. moderated by Carrie Freeman	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	<b>Singles Social</b>	LL
10:00 pm	<b>Ice Cream Monday "Sundae" Party and Dance Music</b>	P

**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, PW Cancelled

7:30-9:00 am	<b>Breakfast</b> (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. *CME/CE	BW
8:45-10:00 am	Demystifying Macrobiotics: What's in It for Me? with Jessica Porter	G
8:45-9:45 am	Breath for Life Breathing Workshop with Bianka Steinfeldt	SA
10:00 am-4:15 pm	<b>LEISURE TIME!</b>	
12:00-4:00 pm	<b>Lunch: Vegan Side of Deck 14 Buffet</b>	Buffet
2:15-4:45 pm	<b>Bootcamp:</b> Ultimate Weight Loss with Chef AJ <b>**Extra Fee</b>	SS
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
6:00 pm	<b>Dinner</b> (Doors will close at 6:15 pm.)	BC 5&6 & VR
8:30-9:45 pm	<b>Keynote:</b> Farm to Hospital: How the Way We Farm Makes Us Sick with Ron Weiss, M.D. *CME/CE	T Deck 6
8:30-9:45 pm	The Secrets to Ultimate Weight Loss with Chef AJ	BW
8:30-9:45 pm	Health in Your Hand – Diagnosis Line by Line with Ginat Rice	SS
10:00 pm	<b>Concert: Piano Passion: Concert for World Peace with Will Tuttle, Ph.D.</b>	T

**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 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	<b>Breakfast</b> (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. *CME/CE	T Deck 6
8:45-10:15 am	<b>Cooking Class:</b> The Plant-Based Dinner Party with Jessica Porter	BW
9:00-10:15 am	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. *CME/CE	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	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	Practical Oriental Diagnosis to Assess Your, Your Family and Friend's Basic Condition with Robert Carr, Jr.	G
11:30am-12:45 pm	Salt, Sugar and Oil: The Good, the Bad and the Ugly with Michael Klaper, M.D. *CME/CE	T Deck 6
11:30 am-1:30 pm	<b>Lunch: Dining Room Service from 11:30 am to 1:30 pm</b>	BC 5&6
11:30 am-1:30 pm	<b>Lunch: Vegan Side of Deck 14 Buffet</b>	Buffet
2:15-3:45 pm	Cutting Edge Plant-Based Nutrition: Separating Myth from Fact with Brenda Davis, RD *CE	T Deck 6
2:15-3:45 pm	Cookware, One of the Most Essential Ingredients In Any Recipe with Sandy Clubb	BW
2:15-3:45 pm	One Simple Act That Will Change Your Whole Life (Chewing) with Jessica Porter	G
4:00-5:30 pm	<b>Recovery Panel:</b> Health Survivors Share Their Stories moderated by Jessica Porter	T Deck 6
4:00-5:30 pm	<b>Cooking Class:</b> 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
6:00 pm	<b>Dinner</b> (Doors will close at 6:15 pm.)	BC 5&6 & VR
8:15-9:45 pm	Dr. Weiss' Top Ten Reasons to Eat a Plant-Based Diet with Ron Weiss, M.D.	T Deck 6
8:30-9:45 pm	<b>Panel Q&amp;A:</b> 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	<b>Good Plant Food Pizza Party with Lagunitas Beer</b>	P
10:00 pm	<b>Pool Deck Party: We Are Family – A 70s Disco Party with Bridgette Kossor</b>	P

**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	BW
7:00-8:00 am	Run, Walk, Stretch with Larry Krug	PW
NOTE: In case of rain: GPR to G, P, SA & PW Cancelled		
6:30-9:00 am	<b>Breakfast</b> (Doors will close at 8:45 am.)	BC 5&6
9:00 am-2:15 pm	<b>LEISURE TIME!</b>	
12:00-4:00 pm	<b>Lunch: Vegan Side of Deck 14 Buffet</b>	Buffet
2:15-3:45 pm	Healing America – A Grassroots Strategy for Health, Environmental and Political Change with Nelson Campbell	T Deck 6
2:15-3:45 pm	<b>Panel Q&amp;A:</b> Powered by Plants with Vegan Athletes Robert Cheeke, Matt Frazier, Giacomo Marchese, Dani Taylor and “Fitness over Fifty” trainer Larry Krug	BW
2:15-3:45 pm	Sweet Seduction: How and Why to Lick the Sugar Habit (and the Importance of the Sweet Taste) with Virginia Harper	G
2:15-3:45 pm	Discussion Group: Recovery Panel Follow-Up with Judy MacKenney	SS
4:00-5:30pm	Are Meat, Fish and Milk Nutritional Necessities? with Brenda Davis	T Deck 6
4:00-5:30pm	<b>Cooking Class:</b> Plant-Based Snacks and Appetizers with Kim Campbell	BW
4:00-5:30pm	Beastly Bliss – Animal Pleasure and its Significance with Jonathan Balcombe, Ph.D.	G
4:15-5:15pm	Reiki Meditation with Bianka Steinfeldt	SS
4:15-5:15pm	Zumba® Fitness with Gigi Roney	SA
6:00 pm	<b>Dinner</b> (Doors will close at 6:15 pm.)	BC 5&6 & VR
8:30-9:45 pm	<b>Keynote:</b> The Most Hopeful Trends in Healing with Michael Klaper, M.D. *CME/CE	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
10:15 pm	<b>MSC Show - "Love Me " Opera</b>	T
10:00 pm	Yoga Dance Party with Angelica Kushi	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	Chair Yoga with Alese Jones	GPR
7:00-8:00 am	Aqua Fitness with Gigi Roney	CP 14
7:00-8:00 am	Vegan Muscle Team, Bootcamp 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 Deck 6

NOTE: In case of rain: SA to G, GPR Cancelled

7:30-9:00 am	<b>Breakfast</b> (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. *CME/CE	G
10:15 am-4:15 pm	<b>LEISURE TIME!</b>	
12:00-4:00 pm	<b>Lunch: Vegan Side of Deck 14 Buffet</b>	Buffet
4:15-5:45 pm	<b>Keynote:</b> Straight Bowel Talk with Virginia Harper	T Deck 6
4:00-5:30 pm	<b>Cooking Class:</b> 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
4:15-5:30 pm	Zumba® Fitness with Gigi Roney	G
4:15-5:15 pm	Heart-Opening Meditation with Angelica Kushi	SS
6:00 pm	<b>Dinner</b> (Doors will close at 6:15 pm.)	BC 5&6 & VR
7:30-8:30 pm	<b>"Let Us Entertain You " Special Passenger Show</b>	BW
8:45-10:00 pm	Designing an Optimal Plant-Based Diet with Brenda Davis, RD *CE	T Deck 6
8:45-10:00 pm	Overeating: How and Why to Eat Less with Robert Carr, Jr.	BW
10:00 pm	<b>Vegan Sushi Party with Music</b>	P

**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	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	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, P & PW Cancelled		
7:30-9:00 am	<b>Breakfast</b> (Doors will close at 8:45 am.)	BC 5&6
9:00 am-4:15 pm	<b>LEISURE TIME!</b>	
12:00-4:00 pm	<b>Lunch: Vegan Side of Deck 14 Buffet</b>	Buffet
4:15-5:30 pm	Alcohol and Your Health with Ron Weiss, M.D. *CME/CE	T Deck 6
4:15-5:30 pm	After Meat with Jonathan Balcombe, Ph.D.	BW
4:30-5:30 pm	Women's Bootcamp with Dani Taylor	G
6:00 pm	<b>Dinner</b> – (Doors will close at 6:15 pm.)	BC 5&6 & VR
8:30-9:45 pm	<b>Keynote:</b> Plant-Based Diets and Disease: Current State of the Evidence with Brenda Davis, RD *CME/CE	T Deck 6
8:30-9:45 pm	Let the Myths Stop Here with Julieanna Hever, M.S, R.D., C.P.T. *CE	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
10:15 pm	<b>MSC Show "The Voices "</b>	T
10:00 pm	Yoga Dance Party with Angelica Kushi	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	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	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: P to G, SA, GPR & PW Cancelled		
7:30-9:00 am	<b>Breakfast</b> (Doors will close at 8:45 am.)	BC 5&6
8:45-11:00 am	<b>Movie:</b> Eating You Alive	T
8:45-10:15 am	<b>Cooking Class:</b> 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	Vegan Muscle Team, Bootcamp with Giacomo Marchese	SA
8:45-10:15 am	<b>Workshop:</b> Meditation in Motion with Kita Peace Machine: Switching on Our Divine Spark with Keiichiro Kita <b>**Extra Fee</b>	SS
10:30-11:45 am	<b>Keynote:</b> A Vow of Silence for the Animals with James Aspey	BW
10:30-11:45 am	Health Hazards and Safety Precautions Regarding RF Radiation from Wireless Devices with Rich Meyers	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. <b>*CME/CE</b>	T Deck 6
11:30 am-1:30 pm	<b>Lunch: Dining Room Service from 11:30 am to 1:30 pm</b>	BC 5&6
11:30 am-1:30 pm	<b>Lunch: Vegan Side of Deck 14 Buffet</b>	Buffet
2:15-3:45 pm	<b>Keynote:</b> 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. <b>*CME/CE</b>	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	<b>Keynote:</b> Why Nutritional Science Was Not Acknowledged during the past Two Centuries with T. Colin Campbell, Ph.D. <b>*CME/CE</b>	T Deck 6
4:00-5:30 pm	<b>Cooking Class:</b> 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
6:00 pm	<b>Dinner</b> – (Doors will close at 6:15 pm.)	BC 5&6 & VR
8:15-9:45 pm	<b>Talent Show</b>	T Deck 6
8:15-9:45 pm	<b>Keynote:</b> What a Fish Knows with Jonathan Balcombe, Ph.D.	BW
10:00 pm	<b>"Notcho Nocheez" ...Not a Cheesy Social with Live Music</b>	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, GPR & PW Cancelled

7:30-9:00 am	<b>Breakfast</b> (Doors will close at 8:45 am.)	BC 5&6
9:00-10:00 am	Deconstructing the Keto and Paleo Diets with Brenda Davis, RD	BW
9:00-10:15 am	What Do Yin and Yang Have to Do with Me? Everything! with Robert Carr, Jr.	G
9:00-10:00 am	Functional Fitness with Robert Cheeke	SA
10:15 am-4:30 pm	<b>LEISURE TIME!</b>	
12:00-4:00 pm	<b>Lunch: Vegan Side of Deck 14 Buffet</b>	Buffet
2:15-4:45 pm	<b>Cooking Bootcamp:</b> Let's Veganize! Vegan Solutions for Every Recipe! with Kim Campbell <b>**Extra Fee</b>	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
6:00 pm	<b>Dinner</b> (Doors will close at 6:15 pm.)	BC 5&6 & VR
8:30-10:00 pm	<b>Keynote:</b> Making Yourself Heart Attack Proof by Treating the Cause of Coronary Artery Heart Disease, Part 1 with Dr. Caldwell Esselstyn Jr., M.D. <b>*CME/CE</b>	T Deck 6
8:30-9:45 pm	Healing Our World - A Deeper Look at Food with Will Tuttle, Ph.D.	BW
10:00 pm	<b>Vegan Ice Cream Social!</b>	P
10:00 pm	<b>Pool Deck Party: Spring Break Hits with Bridgette Kossor</b>	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.	BW
NOTE: In case of rain: P, SA & GPR Cancelled		
7:30-9:00 am	<b>Breakfast</b> (Doors will close at 8:45 am.)	BC 5&6
9:00-10:00 am	Women's Bootcamp with Dani Taylor	G
9:00-10:00 am	Functional Fitness with Robert Cheeke	SA
10:00 am-4:15 pm	<b>LEISURE TIME!</b>	
12:00-4:00 pm	<b>Lunch: Vegan Side of Deck 14 Buffet</b>	Buffet
2:15-4:45 pm	<b>Cooking Bootcamp:</b> 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 <b>**Extra Fee</b>	BC-5
4:15-5:30 pm	Defeating Diabetes: Lessons from the Marshall Islands with Brenda Davis, RD <b>*CME/CE</b>	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	<b>Group Consultation:</b> Ear Acupuncture for Relaxation and Stress Reduction with Ilana Newman <b>**Extra Fee</b>	SS
6:00 pm	<b>Dinner – Gala Night</b> (Doors will close at 6:15 pm.)	BC 5&6 & VR
8:30-9:45 pm	<b>Keynote:</b> 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. <b>*CME/CE</b>	BW
8:30-9:45 pm	<b>Workshop:</b> Experience the Timeless Dimension – the Stress Free Zone – Through the Integrated Amrit Method of Yoga Nidra with Chandrakant Hiester <b>**Extra Fee</b>	SS
10:15 pm	<b>MSC Show "Treasure Island"</b>	T

## 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	Chair Yoga with Alese Jones	GPR
7:00-8:00 am	Functional Fitness with Robert Cheeke	P
7:00-8:00 am	Women's Bootcamp with Dani Taylor	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, SA & PW Cancelled

7:30-9:00 am	<b>Breakfast (Doors will close at 8:45 am.)</b>	BC 5&6
9:00-10:15 am	<b>Panel Q&amp;A:</b> 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 <b>*CME/CE</b>	T Deck 6
8:45-10:15 am	<b>Cooking Class:</b> Engine 2 to the Rescue Demo with Rip and Jane Esselstyn	BW
9:00-11:45 am	<b>Group Consultation:</b> Traditional Eastern Medicine Diagnosis with Robert Carr, Jr. <b>**Extra Fee</b>	SS
9:15-10:15 am	Intermediate Vinyasa Flow Yoga with Angelica Kushi	SA
9:15-10:15 am	Looking and Feeling Great at Any Age with 5 Organ Qi Gong with Marcus Gary	G
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. <b>*CME/CE</b>	T Deck 6
11:30 am-1:30 pm	<b>Lunch- Dining Room Service from 11:30 am to 1:30 pm</b>	BC 5 & 6
11:30 am-1:30 pm	<b>Lunch: Vegan Side of Deck 14 Buffet</b>	Buffet
2:15-3:45 pm	The Engine 2 Seven-Day Rescue Diet with Rip Esselstyn	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. <b>*CME/CE</b>	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	<b>Cooking Class:</b> The How and Wow: Discussion and Demo of the Guidelines To Prevent and Reverse Heart Disease with Ann and Jane Esselstyn	BW
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	G
4:15-5:15 pm	Vegan Muscle Team, Bootcamp with Giacomo Marchese	SA
<b>5:45 pm</b>	<b>Dinner (Doors will close at 6:15 pm.)</b>	BC 5&6 & VR
8:30 pm	<b>Farewell Dance Party!</b>	P

## THURSDAY, MARCH 14 – MIAMI

6:30-7:30 am	<b>Breakfast</b>	BC 5
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