

MARCH 2-9, 2024



Holistic HOLIDAY AT SEA

Your Voyage to Wellness

***Life-Changing Lectures • Delicious Plant-Based Menu
Fabulous New Friends • In a Tropical Paradise***





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WELCOME ABOARD!

Welcome to Holistic Holiday at Sea XIX, your Voyage to Wellness! This vacation combines fun and relaxation with an incredible opportunity to learn from some of the world's most dynamic and experienced leaders in holistic health.

With over 30 teachers and 80 classes, this is a voyage that can change your life!

Please read the following information to help you enjoy your week to the fullest!

Important Identification

Information: Upon boarding, you should have checked in on the MSC app and received a room key with a special Holistic Holiday at Sea logo and a name badge outside your cabin door. If you did not receive either of these, please be sure to go to the hospitality desk and let them know.

YOU MUST CARRY YOUR ROOM KEY CARD AND NAME BADGE FOR THE ENTIRE WEEK. IT IS REQUIRED FOR ADMISSION TO THE DINING ROOM AND ALL ACTIVITIES. There will be no exceptions. Your cooperation is appreciated.

Welcome Vegan Lite Sit-down

Lunch: Our natural foods welcome lunch is Saturday, from 12:00 PM to 2:45 PM in The Green Wave Restaurant on Deck 5, mid-back of ship.

Introduction of Presenters &

Opening Ceremony: Join us in the Chora Theatre from 2:30 PM – 4:00 PM on Saturday for the

introduction of our presenters and to be included in our opening ceremony. Passengers should enter on Deck 7. The handicap accessible entrance is located on Deck 6.

Hospitality Desk: Holistic Holiday at Sea Hospitality Desk is available for information, consultation appointments, and special workshop registration. It is located in the Atrium on Deck 7, on the starboard (right) side midship. Check there daily for any changes to the program schedule and other information.

Also, any questions, problems, or comments can be discussed at the desk with one of our staff. Daily hours are listed on Page 4 of this booklet.

Program Schedule: This program booklet includes a detailed schedule of daily lectures, classes, workshops, and parties. Should unlikely circumstances cause the schedule to change, last minute changes will be written on a message board at our hospitality desk. Please check there for any changes to class schedules and venues.

Meals: We have a great team of international chefs to prepare meals and desserts for your dining pleasure. We are using the finest of quality natural foods available from companies with the utmost integrity. We hope you enjoy your dining experience.

Food Allergies and Special Diets: **It is each person's responsibility to read the ingredients. Please take a moment to review the list if you have any special needs and do not rely solely on the waiters, who may not understand your questions.**

Seated Meals - A list of ingredients for the daily meals, including oil-

free and gluten-free dishes, will be posted on the menu display board as you enter each of the dining rooms. Scan the QR code for an extensive ingredient list. The dishes containing gluten will be marked. Simply ask your waiter for the gluten-free or oil-free options.

Buffet Dining - In the marked vegan buffet sections of the Marketplace Buffet & Restaurant on Deck 16, ingredients will be listed in front of each dish that Holistic Holiday at Sea prepares.

Singles Tables: On Sunday at dinner, and Monday at lunch and dinner, we have "singles only" tables on Deck 6 in the Cala Jondal Restaurant on the port (left) side as you enter the dining room. The maître d' will be happy to direct you.

Parties and Entertainment: Our Welcome Cocktail Party is Saturday night at 8:30 PM on Deck 18. Come celebrate and mingle with our presenters, new and old friends, and staff. Enjoy snacks, beverages, and an open bar from 8:30 PM to 9:30 PM. Be sure to check the daily schedule and join in the fun at our evening socials, parties, and entertainment throughout the week, including our vegan ice cream, sushi, and pizza dance parties!

Juice Bar: MSC will offer fresh pressed juices and smoothies at the Champagne & Wine Bar on Deck 7, port (left) side, midship, across from the Holistic Holiday at Sea Hospitality Desk. The Juice Bar will be open daytime hours only.

Consultations & Workshops: See the information in the program booklet beginning on Page 44 regarding private consultations and workshops that are available

on board. This is an opportunity to work with some of the world's most knowledgeable health practitioners. These sessions are offered on a first-come, first-served basis, with limited availability. You can schedule an appointment, register for a workshop, and ask questions at our Holistic Holiday at Sea Hospitality Desk in the Deck 7 Atrium, midship, starboard (right) side.

Pre-Paid Appointments: Participants who have registered or pre-paid for consultations, and/or special workshops, please come to the Holistic Holiday at Sea Hospitality Desk after boarding the ship to pick up your receipts and get your appointment schedules.

Yoga & Pilates: Bring a sticky mat or yoga mat if you have one. Otherwise, towels will be available.

Recovery Panel: Our recovery panel is always truly inspirational. If you have recovered from a serious illness using holistic and alternative therapies, we invite you to join us and share your story in this year's recovery panel. Visit our Hospitality Desk and leave a message for Sandy Pukel. The Recovery Panel is on Monday, 10:30 AM-12:00 PM, in Le Cabaret Rouge, Deck 7, back of ship.

Bookstore: A wide variety of books, DVDs, food items and snacks, and other health-related products are available in our bookstore. **Please also ask about purchasing the onboard recordings for lectures.** Presenters who have authored books will hold book signings throughout the week. The bookstore and book signing hours are in this program booklet on Page 4. The store is located in the MSC Business Center on Deck 8, forward, port (left) side directly above the theatre.

Recordings of Classes to Purchase:

Most of the onboard lectures are recorded. You can order your package of digital videos at our bookstore or hospitality desk throughout the week. Details will follow on board.

Talent Show: If you wish to participate in the talent show on Friday afternoon at 2:00 PM in Le Cabaret Rouge, you must either sign up directly with Blair Karsch or leave your name and cabin number at the Holistic Holiday at Sea Hospitality Desk on Deck 7 by Wednesday evening. Blair will contact you with more information.

Religious Services: Religious services will be offered on board. Please refer to MSC's schedule.

Cabin Beds: If you desire a queen bed and find two single beds, you can ask your cabin steward to convert the two beds to a queen. Conversely, if you want two single beds and find a queen bed in your cabin, simply ask your steward to separate the beds.

Fragrances: Some participants have multiple chemical sensitivities. For their well-being, it's suggested that you kindly avoid using fragrances, including essential oils, during the cruise.

Once again, welcome aboard and happy sailing!!!

Your host,



Sandy Pukel
Founder and
President, Holistic
Holiday at Sea



DISCOUNT FOR EARLY BOOKING:

Sign up for our *2025 Voyage to Wellness* while you're on board and get the lowest, exclusive rate offered only to those sailing on this cruise. Fill out the Early Registration Form and turn it in to our travel agents who will be seated adjacent to the Hospitality Desk on Deck 7 beginning Wednesday evening. The forms will be delivered to your cabins on Wednesday evening. **Please leave your cabin as serviceable. You will not receive deliveries to your room if you have a "Do Not Disturb" sign posted.**

Look for a Special Announcement for what's planned in 2025!

HOSPITALITY & BOOKSTORE HOURS

	SAT MARCH 2 MIAMI PORT	SUN MARCH 3 NASSAU, BAHAMAS	MON MARCH 4 AT SEA	TUES MARCH 5 SAN JUAN, PR	WED MARCH 6 PUERTO PLATA, DR	THURS MARCH 7 AT SEA	FRI MARCH 8 OCEAN CAY
HOSPITALITY HOURS	—	8:30 ^{AM} – 9:30 ^{AM}	8:30 ^{AM} – 5:30 ^{PM}	8:30 ^{AM} – 10:00 ^{AM}	8:30 ^{AM} – 10:00 ^{AM}	8:30 ^{AM} – 5:30 ^{PM}	8:30 ^{AM} – 10:00 ^{AM}
	11:00 ^{AM} – 5:30 ^{PM}	4:00 ^{PM} – 5:30 ^{PM}	—	4:30 ^{PM} – 5:30 ^{PM}	4:30 ^{PM} – 5:30 ^{PM}	—	4:30 ^{PM} – 5:30 ^{PM}
	7:00 ^{PM} – 8:30 ^{PM}	7:00 ^{PM} – 8:30 ^{PM}	7:00 ^{PM} – 8:30 ^{PM}	7:00 ^{PM} – 8:30 ^{PM}	7:00 ^{PM} – 8:30 ^{PM}	7:00 ^{PM} – 8:30 ^{PM}	7:00 ^{PM} – 9:30 ^{PM}
BOOKSTORE HOURS	1:00 ^{PM} – 2:15 ^{PM}	—	8:30 ^{AM} – 5:45 ^{PM}	8:30 ^{AM} – 10:00 ^{PM}	8:30 ^{AM} – 10:00 ^{AM}	8:30 ^{AM} – 5:45 ^{PM}	8:30 ^{AM} – 5:45 ^{PM}
	4:00 ^{PM} – 5:30 ^{PM}	3:30 ^{PM} – 5:45 ^{PM}	—	4:30 ^{PM} – 5:45 ^{PM}	—	—	—
	6:30 ^{PM} – 9:00 ^{PM}	6:30 ^{PM} – 9:00 ^{PM}	6:30 ^{PM} – 9:00 ^{PM}	6:30 ^{PM} – 9:00 ^{PM}	6:30 ^{PM} – 9:00 ^{PM}	6:30 ^{PM} – 9:00 ^{PM}	6:30 ^{PM} – 9:00 ^{PM}

BOOK SIGNINGS

Have your book signed by our prestigious presenters on board! Authors will be available outside the Deck 8 Holistic Holiday at Sea Bookstore or on Deck 8 Atrium Midship located directly above the theatre during the times listed below.

		SUN	MON	TUES	WED	THURS	FRI
BOOKSTORE, DECK 8, MIDSHIP, PORT SIDE	5:00 ^{PM}	Jessica Porter	Verne Varona	Robert Cheeke		Dr. Ayesha Sherzai	Dr. Ilana Newman
	7:15 ^{PM}	Sheri-Lynn DeMaris	Virginia Harper			Dr. Dean Sherzai	
ATRIUM, DECK 8, MIDSHIP, STARBOARD SIDE	5:00 ^{PM}	Cyrus Khambatta	Jenné Claiborne	Dr. Monisha Bhanote	Ocean Robbins	Dr. Scott Stoll	Dr. Michael Greger
	7:15 ^{PM}	Dr. Neal Barnard	Chris Wark	Nathan Crane			Kim Campbell





COOKING CLASSES

Experience a cooking class with world-renowned chefs and learn the science and secrets behind their recipes as they seamlessly create deliciously-healthy dishes packed with sophisticated flavor.

See all Cooking Classes on Pages 54-55.



PRIVATE CONSULTATIONS & WORKSHOPS

Don't miss this opportunity to experience a personal consultation with some of the world's most knowledgeable health practitioners.

Learn more on Pages 44-49. Sign up at the Hospitality Desk.

Reserve early — appointments are limited.



FITNESS & MEDITATION CLASSES

Our fitness and meditation classes will get your day started on the right foot.

With over eight teachers offering a variety of classes throughout the day, you'll have no problem finding the right one for you.

See all Fitness and Meditation Classes on Pages 50-53.

MENU OPTIONS

Served in all dining areas

MAIN VEGAN MENU

The daily menu will be posted outside the entrance of the dining rooms and linked to a QR code on each table.

GLUTEN-FREE OPTIONS

Our main vegan menu is primarily gluten-free. In a few cases, when a course contains gluten, it will be noted on the menu and a gluten-free option will almost always be available. Simply ask the wait staff and they will bring it to you. There will also be gluten-free options in the vegan area of the Deck 16 Marketplace Buffet.

OIL-FREE MENU

When a dish on our vegan menu contains oil, it will be indicated on the menu. There will either be a version of the dish without added oil or a replacement dish. Please ask the wait staff for the oil-free option. There will also be oil-free choices in the Holistic Holiday at Sea vegan area of the Deck 16 Marketplace Buffet

MSC MENU

*Our Holistic Holiday at Sea menus are 100% vegan and sugar-free (NO cane sugar, honey, fructose or artificial sweeteners). Those who wish to order from the MSC regular cruise menu will be able to do so in all dining rooms **with 24-hour notice**.
Please speak to the Maitre 'd.*



INGREDIENT LISTS

For those who have food allergies or other concerns, please be sure to check the ingredient lists for each meal that will be linked to the QR codes on your table or posted at the entrance to the dining rooms. The list will contain all ingredients for all the menu items. In the marked vegan buffet sections of the Marketplace Buffet & Restaurant on Deck 16, ingredients will be listed in front of each dish that Holistic Holiday at Sea prepares. All MSC dishes in this section are prepared under HHAS guidelines. It is each person's responsibility to read the ingredients. Please take a moment to check the list if you have any special needs. The wait staff may not understand your questions.

BUFFET ETIQUETTE

In the past, we have received complaints from the cruise line that some of our guests are not following protocol to ensure a healthy and safe food environment. Your cooperation with the concerns listed below will be greatly appreciated.

- Eating while on the buffet line is prohibited.
- Used plates may not be left on top of the buffet.
- Please use the tongs and scoops for serving food and not your silverware or hands.
- Upon each visit to the buffet line, please bring an unused plate.
- Once any food is taken from the buffet, it cannot be returned.
- Protocol requires staff to throw away food that had been cross-contaminated. Innocently returning food or using tongs or serving spoons from other serving trays will result in the food being thrown away, which will be extremely wasteful.
- Please only take the amount of food that you are sure you will eat. You can always return to the buffet for seconds.

Note on the Buffet Lines: Each of the vegan sides of the marked Holistic Holiday at Sea vegan buffet will have 3-4 repeat stations. If the line becomes long, you should move down to another section where the same food will be offered.

MEAL SEATING

	SAT	SUN	MON	TUES	WED	THURS	FRI	SAT
BREAKFAST								
GW DECK 5*	-	7:30 ^{AM} - 8:30 ^{AM}	7:30 ^{AM} - 9:00 ^{AM}	7:30 ^{AM} - 9:00 ^{AM}	7:00 ^{AM} - 9:00 ^{AM}	7:30 ^{AM} - 9:00 ^{AM}	7:30 ^{AM} - 9:00 ^{AM}	6:30 ^{AM} - 7:30 ^{AM}
BUFFET DECK 16**	-	7:30 ^{AM} - 9:00 ^{AM}	7:30 ^{AM} - 9:00 ^{AM}	7:30 ^{AM} - 9:00 ^{AM}	7:30 ^{AM} - 9:00 ^{AM}	7:30 ^{AM} - 9:00 ^{AM}	7:30 ^{AM} - 9:00 ^{AM}	-
LUNCH								
GW DECK 5*	12:00 ^{PM} - 2:45 ^{PM}	-	11:45 ^{AM} - 2:00 ^{PM}	-	-	11:45 ^{AM} - 2:00 ^{PM}	-	-
BUFFET DECK 16**	-	12:00 ^{PM} - 2:00 ^{PM}	12:00 ^{PM} - 2:00 ^{PM}	12:00 ^{PM} - 3:00 ^{PM}	12:00 ^{PM} - 3:00 ^{PM}	12:00 ^{PM} - 2:00 ^{PM}	12:00 ^{PM} - 2:00 ^{PM}	-
DINNER								
GW DECK 5*	5:30 ^{PM}	5:30 ^{PM}	5:30 ^{PM}	5:30 ^{PM}	5:30 ^{PM}	5:30 ^{PM}	5:30 ^{PM}	5:30 ^{PM}
CJ DECK 6*	5:30 ^{PM}	5:30 ^{PM}	5:30 ^{PM}	5:30 ^{PM}	5:30 ^{PM}	5:30 ^{PM}	5:30 ^{PM}	5:30 ^{PM}

*Doors close at 8:45 AM for breakfast, 1:15 PM for lunch, and 5:45 PM for dinner.

**The Marketplace Buffet is located on Deck 16 and our vegan section will be at the back of the ship.

Items at the buffet may differ from those in the dining room.

VEGAN ONLY TABLES

There will be a few tables set aside in each dining room for “vegan only” dining where only items from the Holistic Holiday at Sea vegan menu may be ordered. Look for the designated “vegan only” tables as you enter the dining room or ask the maître d’ for directions.

SINGLES ONLY TABLES

For those looking to meet other singles, we will have “singles only” tables in the dining rooms available on Sunday, March 3 for dinner and Monday, March 4 for lunch and dinner. Look for designated singles tables as you enter The Green Wave dining room for lunch on Deck 5 and the Cala Jondal dining room for dinners on Deck 6 or ask the maître d’ for directions.



DIRECTIONS TO VENUES

Deck 7 has direct access from the front of the ship to the back of the ship and provides the best route to most venues.

MSC Seascapes is a smart ship. You must select your destination floor to call your elevator to transport you before you enter onto the elevator. Your selected floor number will light up inside your assigned elevator car.

SERVICES

HD - Hospitality Desk

Deck 7

The Hospitality Desk is located on the starboard (right) side on Deck 7 in the crystal atrium area, which is in the middle of the ship.

J - HHAS Juice and Smoothie Bar

Deck 7

The HHAS Juice and Smoothie Bar is located across from the Hospitality Desk, on the port (left) side on Deck 7 in the crystal atrium area, which is in the middle of the ship.

BS - Bookstore & Book Signing Desk

Deck 8

The Bookstore & Book Signing is located in the MSC Business Centre towards the front of the ship, port (left) side directly above the theatre.

AD - Atrium Book Signing Desk Midship

Deck 8

The Atrium Book Signing Desk is located midship, in the center of the crystal atrium, one deck above the Hospitality Desk.

DINING

GW - Green Wave Restaurant

Decks 5

The Green Wave Restaurant is located in the mid-back of the ship and can be reached from any deck by taking the midship elevators or staircase to Deck 5.

CJ - Cala Jondal

Deck 6

The Cala Jondal Restaurant is located in the mid-back of the ship and can be reached from any deck by taking the midship elevators or staircase to Deck 6.

The advertisement features a vibrant field of sunflowers under a clear blue sky. At the top, three logos are displayed: 'Let's Do Organic' in a green and yellow oval, 'Edward & Sons' in a circular logo with 'SINCE 1978' and 'CONVENIENCE WITHOUT COMPROMISE', and 'NATIVE FOREST' in a green rectangular logo with a leaf design. At the bottom, the website 'edwardandsons.com' and the slogan 'Convenience Without Compromise®' are written in a large, white, sans-serif font.

DIRECTIONS TO VENUES

ENTERTAINMENT/VENUES

T - Chora Theatre

Deck 7

The Chora Theatre is located in the front of the ship and can be accessed from either side, Deck 7. Accessible access only is available on Deck 6.

AE - Aegean Restaurant

Deck 7

The Aegean Restaurant is located mid-back of the ship with the entrance on the starboard (right) side, just past the hospitality desk.

SK - Skyline Restaurant

Deck 7

The Skyline Restaurant is located toward the back of the ship, past the Aegean Restaurant directly next to Le Cabaret Rouge.

CR - Le Cabaret Rouge

Deck 7

Le Cabaret Rouge is located in the back of the ship. The entrance is on starboard (right) side on Deck 7 only. Accessible access ramps are located to either side of the entryway doors for Deck 7 only.

UL - Uptown Lounge

Deck 8

The Uptown Lounge is located at the mid-back of the ship. The main entrance is on starboard (right) side on Deck 8. The lounge can be accessed through the outer deck or through the Chef's Court corridor.

FITNESS

JP - Jungle Pool

Decks 16 & 18

The Jungle pool is located at the front of the midship, accessed by

the forward elevator to Deck 16 or Deck 18. Exercise classes are located on the port (left) side of both Decks 16 and 18.

MP - Marina Pool

Deck 18

The Marina Pool is located at the back of the ship. It can be accessed by the Panoramic Lifts at the back of the ship that only run from Deck 8 through Deck 18.

MS-P - Mid-Ship Port side &

MS-S - Mid-Ship Starboard side

Deck 19

The MS-P and MS-S can only be accessed via the staircase from Deck 18. Take either the staircase from the Marina Pool at the back of the ship or find Pirates Cove Aqua Party Adventure Trail midship and take either staircase up one level.

RLT REJUVENATION RED LIGHT THERAPY



SCHEDULE YOUR APPOINTMENT TODAY
2700 S LAS VEGAS BLVD LAS VEGAS NEVADA 89109

702-465-4430 **RLTMED.COM**

STOP IN THE **BOOKSTORE** TO CHECK OUT PRODUCTS ON BOARD!

TOP 5 BENEFITS OF RED LIGHT THERAPY

-  **1** INCREASED IMMUNITY & REDUCED SIDE EFFECTS OF CANCER TREATMENTS
-  **2** WOUND HEALING & TISSUE REPAIR
-  **3** ANTI-AGING EFFECTS FOR SKIN & HAIR LOSS
-  **4** IMPROVED JOINT & MUSCULOSKELETAL HEALTH
-  **5** REDUCED DEPRESSION & FATIGUE

DINING ROOMS

GW The Green Wave Restaurant
Deck 5, mid-back ship

CJ Cala Jondal Restaurant
Deck 6, mid-back ship

VENUES

T Chora Theatre
Deck 7 entrance, front of ship

CR Le Cabaret Rouge
Deck 7, back of ship

AE Aegean Restaurant Classroom
Deck 7, back of ship

SK Skyline Restaurant Classroom
Deck 7, back of ship

UL Uptown Lounge
Deck 8, back of ship

OUTDOOR CLASSES

JP Jungle Pool
Decks 16 & 18, midship port side

MP Marina Pool Stage
Deck 18, back of ship

MS-P Midship, Port Side
Deck 19

MS-S Midship, Starboard Side
Deck 19

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.

OTHER SPACES

H Hospitality Desk
Deck 7, midship starboard side

J Juice Bar
Deck 7, midship port side

BS Book Store & Signing Desk
Deck 8, midship port side

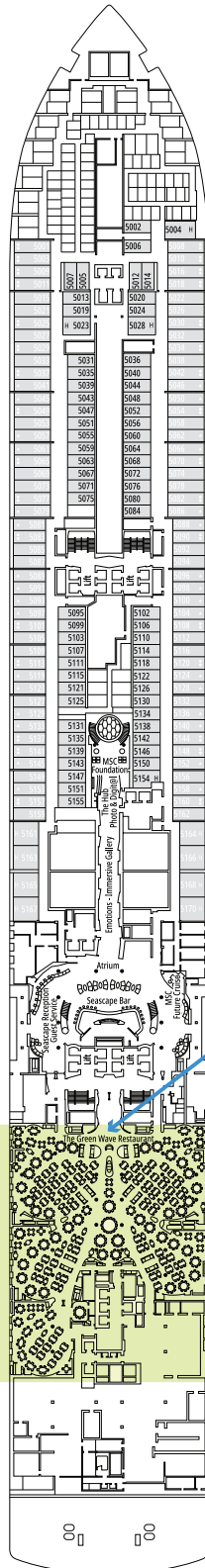
AD Atrium Book Signing Desk
Deck 8, midship

Port Side = Left Side

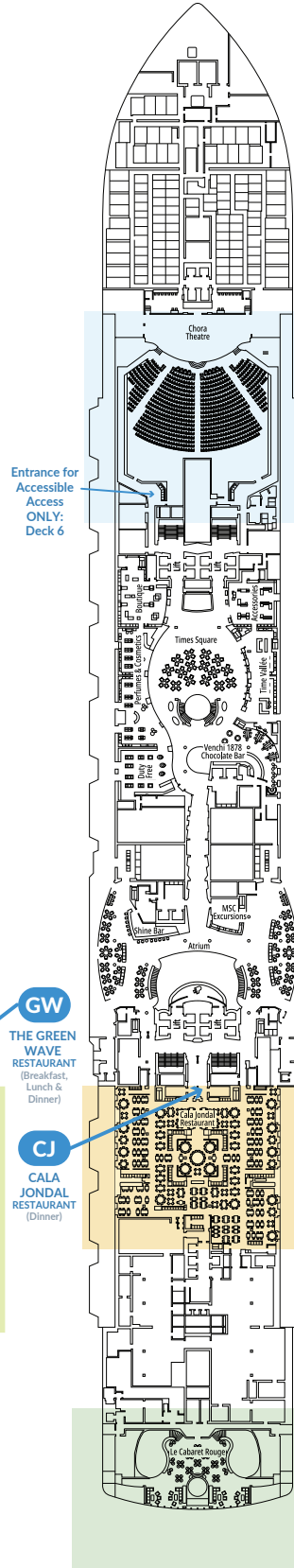
Starboard Side = Right Side

AFT = Back of Ship

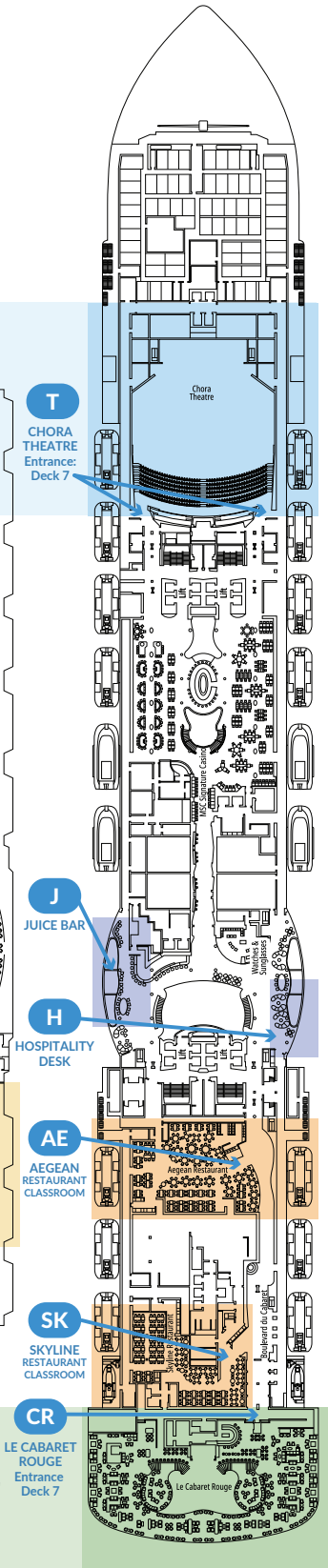
DECK 5



DECK 6



DECK 7



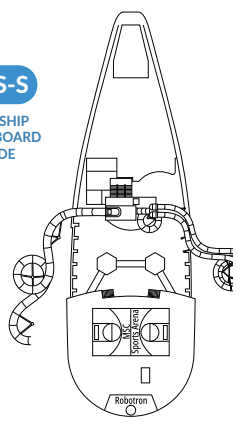
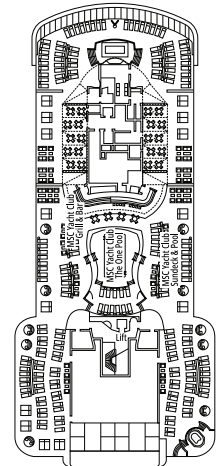
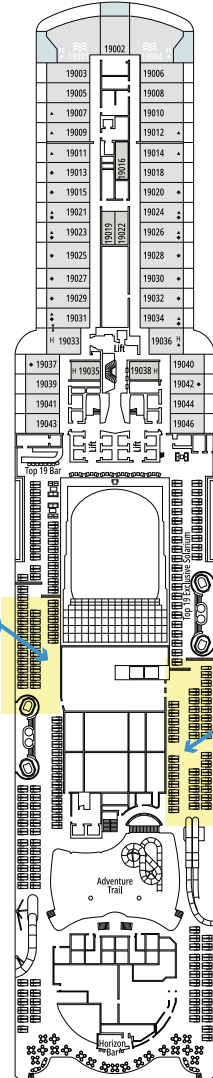
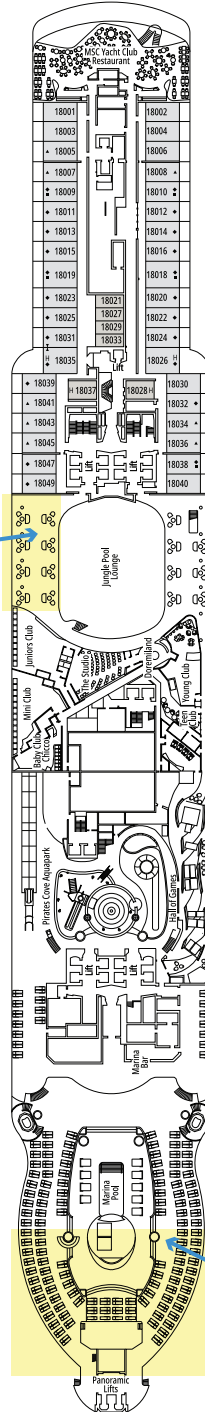
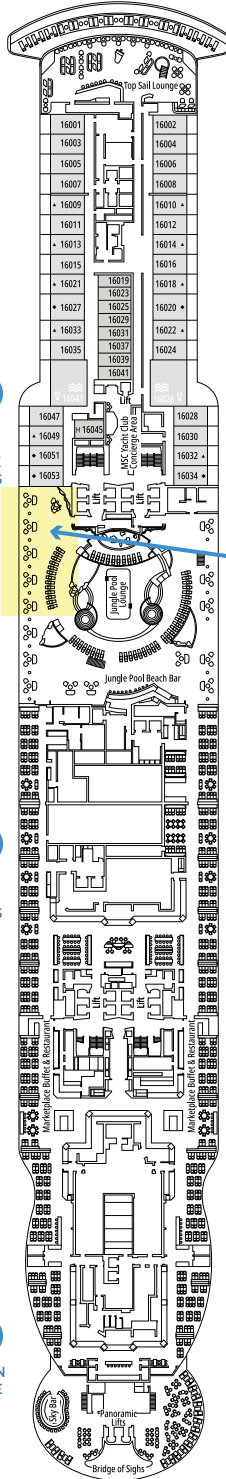
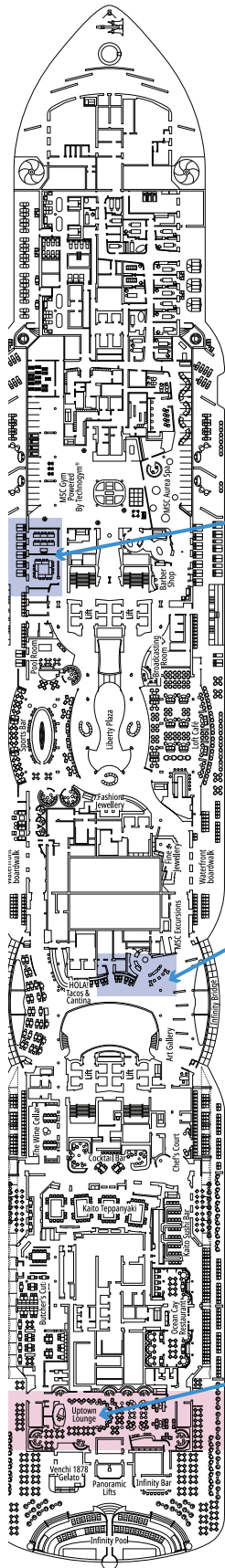
DECK 8

DECK 16

DECK 18

DECK 19

DECK 20



BS
BOOK STORE & BOOK SIGNING DESK

JP
JUNGLE POOL
DECK 16 & DECK 18

AD
ATRIUM BOOK SIGNING DESK

MS-P
MIDSHIP PORT SIDE

MS-S
MIDSHIP STARBOARD SIDE

UL
UPTOWN LOUNGE

MP
MARINA POOL STAGE





WELCOME COCKTAIL PARY & LIVE MUSIC

8:30 PM Pool Deck 18
8:30-9:30 PM Open Bar

COME MINGLE
& CELEBRATE
WITH OUR
PRESENTERS!



PLANTSTRONG

Cereals, Granola, Pancakes, Pizza, Chili, & More!
Delicious, Wholesome, & 100% Plant-Based
Low Sodium & Always Oil Free

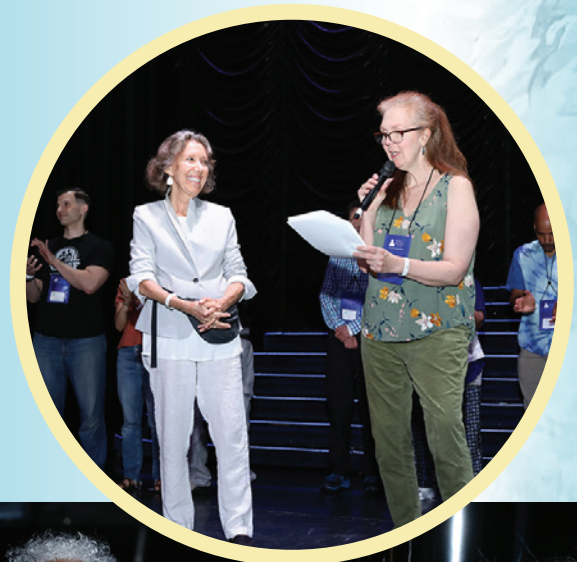
PLANTSTRONGFOODS.COM

Save 20% off with code:
ATHOME20



This 'Voyage to Wellness' is the culmination of my dream to provide people with a positive, life-changing experience while having the vacation of a lifetime on one of the world's most luxurious Italian ocean liners.

- Sandy Pukel
Founder of Holistic
Holiday at Sea



12:00 PM - 2:45 PM	Welcome Sit-Down Lite Lunch Dining Room	GW 5
2:30 PM - 3:15 PM	Introduction of Presenters & Opening Ceremony with Jessica Porter	T
3:15 PM - 4:00 PM	Cruising into Health with Dr. Neal Barnard	T
4:30 PM	MSC Mandatory Boat Drill	(FROM YOUR CABIN ON YOUR TV)
5:30 PM	Dinner • Dining Rooms (doors close at 5:45 pm)	GW 5 & CJ 6
8:30 PM	Welcome Cocktail Party & Live Music	DECK 18

SATURDAY

MARCH 2 • MIAMI

ALL CLASSES SUBJECT TO CHANGE

MITOKU

LEADING THE WAY SINCE 1969
in bringing the finest organic Japanese foods to the world

同医源食
PRODUCT OF JAPAN

ANNIVERSARY
55th
YEARS

www.mitoku.com THANK YOU



VEGAN ICE CREAM & DANCE PARTY

8:30 PM Pool Deck 18
ICE CREAM
SERVED ONE
DECK BELOW



MSC'S SUNSHINE PARTY (70s, 80s, 90s)

10:30 PM Pool Deck 18
DRESS CODE OPTIONAL



SUNDAY LECTURE DESCRIPTIONS

1:00 PM - 2:00 PM

KEYNOTE: Your Body in Balance - The New Science of Food, Hormones, and Health

Dr. Neal Barnard

Food choices can influence the function of hormones in the body, including insulin, estrogens, testosterone, and others, with profound implications for control of diabetes, reproductive function, and cancer risk.

1:00 PM - 2:15 PM

Mastering Diabetes Using a Low-Fat, Plant-Based, Whole-Food Lifestyle

Cyrus Khambatta, PhD and Kylie Buckner, RN

In this presentation, Cyrus Khambatta, PhD, and Kylie Buckner, RN, will demystify diabetes and explain the molecular mechanism of insulin resistance. They'll demonstrate how the exact cause of insulin resistance is the same as the cause of hypertension and high cholesterol, and demonstrate how eating a low-fat, plant-based, whole-food diet is an incredibly powerful way to reverse insulin resistance permanently. They'll also share some jaw-dropping stories from people living with prediabetes and type 2 diabetes who have reversed insulin resistance and are now considered non-diabetic.

1:30 PM - 2:30 PM

I AM Method: The Experience of Indivisible Happiness

Chandrakant Hiester

Yoga very simply means the direct experience of indivisible happiness. All of us are interested in experiencing happiness. And, we have all had what we refer to as the "experience of happiness" when it seems to be broken into happiness/unhappiness. This session reveals the direct experience of indivisible happiness, an evenness of mind. The experience of happiness that we all long for is, in fact, an evenness of mind in all situations.





2:15 PM – 3:15 PM

Reaching the NEURO Zone

Dr. Dean Sherzai

Explore the frontiers of cognitive enhancement with NEURO zone living: Elevating Your Mind's Potential at Any Age. This lecture unveils cutting-edge approaches to amplify your brain's metabolic state, neuroplasticity, and connectivity. Learn to master focus, flow, and reach emotional optimization, unlocking new realms of creativity and mental agility. Join us to transform your health and expand your cognitive horizons, regardless of age.

2:45 PM – 3:45 PM

One Simple Act That Will Change Your Whole Life (Chewing)

Jessica Porter

Do you know that you can increase your energy without special foods, pills or rigorous exercise? Or that you can alkalize your food – and your whole body – by yourself? Do you know how to make your mind still, without meditating? Do you realize that you can improve the health of your teeth without a dentist? You are designed to do these things, and many more, by activating one simple gesture. Come to this lecture to find out the secret you've been hiding from yourself.

7:00 AM - 8:30 AM	Breakfast • Dining Room	GW 5
7:00 AM - 9:00 AM	Breakfast • Marketplace Buffet (AFT)	DECK 16
7:00 AM - 7:45 AM	Guided CHI Meditation with Dr. Jibin Chi	T
7:00 AM - 8:00 AM	I AM Yoga: Meditation in Motion with Chandrakant Hiester	JP-P-18
	Vinyasa Yoga with Rossella Rossi	MS-P-19
	Strength Training: Reshape and Recharge with Dani Taylor	MS-S-19
	Functional Fitness with Robert Cheeke	MP-S-18
	Pilates – Levels I & II with Bianka Steinfeldt	UL
	Achieving Longevity with Five Organ Qigong with Marcus Gary & Team	JP-P-16
NOTE: IN CASE OF RAIN: MS-P-19 AND MP-S-18 TO JUNGLE POOL AREA; MS-S-19 CANCELLED		
8:00 AM - 1:00 PM	LEISURE TIME!	
12:00 PM - 2:00 PM	Lunch • Marketplace Buffet (AFT)	DECK 16
1:00 PM - 2:00 PM	KEYNOTE: Your Body in Balance - The New Science of Food, Hormones, and Health with Dr. Neal Barnard	T
1:00 PM - 2:15 PM	Mastering Diabetes Using a Low-Fat, Plant-Based, Whole-Food Lifestyle with Cyrus Khambatta, PhD and Kylie Buckner, RN	CR
1:30 PM - 2:30 PM	I AM Method: The Experience of Indivisible Happiness with Chandrakant Hiester	UL
2:15 PM - 3:15 PM	Reaching the NEURO Zone with Dr. Dean Shezai	T
2:30 PM - 4:00 PM	Cooking Class: Fall in Love with Beans! with Jenné Claiborne	CR
2:45 PM - 3:45 PM	One Simple Act That Will Change Your Whole Life (Chewing) with Jessica Porter	UL
3:30 PM - 5:00 PM	How Not to Die: Preventing and Treating Disease with Diet with Dr. Michael Greger	T
4:00 PM - 5:00 PM	Unveiling Century-Long Fundamental Mistakes in Diabetes and the Fallacies in Our "Healthy" Diet with Dr. Jibin Chi	UL
5:30 PM	Dinner • Dining Room (doors close at 5:45 pm)	GW 5 & CJ 6
8:30 PM	Vegan Ice Cream & Dance Party	DECK 18
10:30 PM	MSC's Sunshine Party (70s, 80s, 90s)	DECK 18

ALL CLASSES SUBJECT TO CHANGE

SUNDAY

MARCH 3 • NASSAU, BAHAMAS (7:00 AM – 4:00 PM)



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SUNDAY LECTURES CONTINUED

3:30 PM – 5:00 PM

How Not to Die: Preventing and Treating Disease with Diet

Dr. Michael Greger

Dr. Greger has scoured the world's scholarly literature on clinical nutrition and developed this new presentation based on the latest in cutting-edge research exploring the role diet may play in preventing, arresting, and even reversing our leading causes of death and disability.

4:00 PM – 5:00 PM

Unveiling Century-Long Fundamental Mistakes in Diabetes and the Fallacies in Our "Healthy" Diet

Dr. Jibin Chi, Founder, CHI Awakening Academy

In this informative lecture, Dr. Chi illuminates two pivotal moments in medical history: the 1992 Nobel Prize-winning discovery of insulin and the 1984 revelation of cholesterol as a health hazard, as documented in *Time* magazine. These milestones have significantly shaped the landscape of medical science, prompting a reevaluation of our understanding of health. Dr. Chi exposes profound flaws in current scientific paradigms and addresses the pressing question of our ongoing pandemic health crisis. Through scientific exploration, he unveils three critical conclusions beginning with the relationship of diabetes and glucagon and the understanding that diabetes is not a glycemic disease, but a component of a systemic metabolic disorder, which is intricately linked to the true physiological roles of glucagon in energy metabolism. With respect to metabolic disorders and diet, Dr. Chi challenges the prevailing belief that the modern diet is healthy and maintains that it is associated with the development of insulin resistance and a spectrum of metabolic disorders including diabetes, liver disease and cancer. Additionally, Dr. Chi contends that, contrary to clinical guidelines, insulin plays a role in diabetic deaths caused by medication-induced hypoglycemia that is often erroneously attributed to cardiac causes instead. This lecture retraces the fundamental principles of energy and underscores the pivotal role diet plays in shaping metabolism. Dr. Chi will introduce a groundbreaking unified disease model that connects all cardiometabolic diseases to the food we consume and the air we breathe.



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FITNESS &
MEDITATION
CLASSES
PAGE 50



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MONDAY LECTURE DESCRIPTIONS

9:00 AM – 10:15 AM

Hypnosis: Demystifying a Powerful, Natural and Effective Technique

Jessica Porter

Having practiced hypnotherapy for twenty-five years, Jessica has great insight into the subconscious. Come to this lecture to discover how your mind is working for, and against, you. You'll be amazed! You have much more power than you think...

9:00 AM – 10:30 AM

Panel Q&A: Cruisin' for Knowledge – Doctor's Panel hosted by Sandy Pukel with Drs. Michael Greger, Neal Barnard and Scott Stoll

Don't miss this motivational, inspiring, and informative Q&A on plant-based diets with Drs. Michael Greger, Neal Barnard and Scott Stoll. Your host is Sandy Pukel, founder of Holistic Holiday at Sea. This is your chance to get all your questions answered. Whether you have been practicing a plant-based lifestyle for years or are just getting your feet wet, these experts can take you to the next level. Get the real scoop on living well, eating well, and taking control of your health.

10:30 AM – 12:00 PM

Build Your Body on a Plant-Based Diet

Robert Cheeke

Learn how to build muscle, burn fat, increase endurance, and create a meal plan that works for you, based on your own calorie needs. Discover which foods are best for energy, for reducing inflammation, and for speeding up your recovery process after training. Wondering about protein intake and supplementation? Ask *New York Times* bestselling author and champion vegan athlete of twenty-eight years, Robert Cheeke, in this informative and dynamic presentation about building your body with plants.

10:45 AM – 12:00 PM

Recovery Panel: Survivors Share Their Health Journeys moderated by Jessica Porter

Listen to this panel of courageous individuals tell their personal life-saving journeys and experiences when transitioning to a plant-based diet and lifestyle. Come prepared to be enlightened and inspired by these incredible stories of recovery from various illnesses using the power of mind, body, and spirit integrated with alternative therapies and a shift to a plant-based diet.

7:00 AM - 7:45 AM	Guided CHI Meditation with Dr. Jibin Chi	T
7:00 AM - 8:00 AM	I AM Yoga: Meditation in Motion with Chandrakant Hiester	JP-P-18
	Vinyasa Yoga with Rossella Rossi	MS-P-19
	Vegan Strong Boot Camp with Giacomo Marchese	MS-S-19
	Functional Fitness with Robert Cheeke	MP-S-18
	Pilates – Levels I & II with Bianka Steinfeldt	UL
	Achieving Longevity with Five Organ Qigong with Marcus Gary & Team	JP-P-16
NOTE: IN CASE OF RAIN: MS-P-19 AND MP-S-18 TO JUNGLE POOL AREA; MS-S-19 CANCELLED		
7:30 AM - 9:00 AM	Breakfast • Marketplace Buffet (AFT)	DECK 16
	Breakfast • Dining Room (doors close at 8:30 am)	GW 5
8:45 AM - 10:15 AM	Cooking Class: Tasty Tantamount Tofu with Jenné Claiborne	CR
9:00 AM - 10:15 AM	Hypnosis: Demystifying a Powerful, Natural and Effective Technique with Jessica Porter	UL
9:00 AM - 10:30 AM	Panel Q&A: Cruisin' for Knowledge – Doctor's Panel hosted by Sandy Pukel with Drs. Michael Greger, Neal Barnard and Scott Stoll	T
10:30 AM - 12:00 PM	Build Your Body on a Plant-Based Diet with Robert Cheeke	UL
10:45 AM - 12:00 PM	Recovery Panel: Survivors Share Their Health Journeys, moderated by Jessica Porter	CR
	KEYNOTE: Your Food Revolution with Ocean Robbins	T
11:00 AM - 1:00 PM	Take Pain Control into Your Own Hands: Rapid & Dramatic Pain Relief with Korean Hand Therapy Self-Treatment, Part I with Ilana Newman, MD	SK
11:45 AM - 1:00 PM	Meaning, Humor, Creativity & Intuition: Recreating Yourself as a Person of Passion with Verne Varona	AE
11:45 AM - 2:00 PM	Seated Lunch • Dining Room (doors close at 1:15 pm)	GW 5
12:00 PM - 2:00 PM	Lunch • Marketplace Buffet (AFT)	DECK 16
1:30 PM - 2:30 PM	Exploring the Myofascial and Nervous System to Create Harmony in Your Body with Mayuko 'Coko' Nakashima	UL
1:30 PM - 2:45 PM	Cooking Class: Brain-Healthy Bites with Ayesha Sherzai, MD, MAS	CR
2:15 PM - 3:30 PM	KEYNOTE: Beating Cancer with Nutrition with Chris Wark	T
2:45 PM - 3:45 PM	Macrobiotics 101 with Virginia Harper	UL
3:00 PM - 4:00 PM	Panel Q&A: Powered by Plants with Vegan Athletes Robert Cheeke, Nathan Crane, Cyrus Khambatta, Giacomo Marchese, Dani Taylor, and Dr. Scott Stoll	CR
3:45 PM - 5:00 PM	Vanishing Act with Dr. Neal Barnard	T
4:00 PM - 5:00 PM	From A to Z: Vegan Nutrient Mastery for Cellular Health and Longevity with Dr. Monisha Bhanote	UL
5:30 PM	Dinner • Gala Night Dining Rooms (doors close at 5:45 pm)	GW 5 & CJ 6
7:30 PM or 9:30 PM	MSC Performance Premiere: Movies Come to Life	T

ALL CLASSES SUBJECT TO CHANGE

MONDAY LECTURES CONTINUED



10:45 AM – 12:00 PM

KEYNOTE: Your Food Revolution

Ocean Robbins

When it comes to food and your health, the stakes are rising exponentially. A toxic food culture is fueling epidemic rates of chronic illness. If there's ever been a time when we need to stay informed and take a stand, it's right now. But there's great news too. You can radically extend your life span deliciously and decrease your chances of getting cancer, Alzheimer's, diabetes, heart disease, and many other ailments. Join Food Revolution Network CEO Ocean Robbins for a candid and inspiring look at the truth about food and what you can do to be a powerful force for positive change. You'll find out what's really going on with GMOs, important breakthroughs in food and medical science, and how you can stand up for a food revolution in your life and on your planet.



11:00 AM – 1:00 PM

Take Pain Control into Your Own Hands: Rapid & Dramatic Pain Relief with Korean Hand Therapy Self-Treatment, Part I

Dr. Ilana Newman

This two-part workshop teaches Correspondence Therapy, the most basic form of Korean Hand Therapy, which utilizes the map of the body on the hands. With this easy-to-learn system, needles are not used. Applying pressure to precise points on the hand can reduce pain anywhere in the body. Headaches, as well as back, neck, and joint pain will be reviewed.

In Part I, Dr. Newman will introduce this technique and review some of the research that has been done with Korean Hand Therapy. She will focus on teaching the landmarks of the map of the body on the hands and how to find and stimulate the points.

11:45 AM – 1:00 PM

Meaning, Humor, Creativity & Intuition: Recreating Yourself as a Person of Passion

Verne Varona

Meaning, creativity, humor, and intuition are critical components of a fulfilling life. This talk redefines meaning and demonstrates the many ways we can become more naturally creative, as well as develop the ability to recognize our intuitive voice. This can positively affect our immunity, and foster a more focused and passionate personality. The power of meaning is a well-

researched subject that directly links with planetary longevity, good, sustained health, and optimism of character. This talk breaks down the mystery of meaning, making it easier to understand and personalize.

1:30 PM – 2:30 PM

Exploring the Myofascial and Nervous System to Create Harmony in Your Body

Mayuko 'Coko' Nakashima

In this experiential lecture, Coko will share her knowledge and simple, yet profound, self-care exercises gained through nineteen years of working with myofascial tissue. Also, she will share her perspective on the development of your body from embryo to the present moment as it relates to functional and structural integration. This approach has been very effective for her clients who have not found relief through more traditional forms of bodywork. Coko's hope is that at the end of this session, you will come away with the ability to listen, attend to your body, and develop self-awareness so you can be a catalyst in your own healing.

2:15 PM – 3:30 PM

KEYNOTE: Beating Cancer with Nutrition

Chris Wark

When I was diagnosed with stage III colon cancer, my oncologist told me I was "insane" when I decided against chemotherapy after surgery. After prayerful consideration, I dramatically changed my diet and did every natural, non-toxic therapy I could find. Twenty years later, I'm still cancer free, healthy, strong, and in the best shape of my life.



The information I will be sharing saved my life. I will be speaking about the absolute healthiest way to live, how I healed cancer, and how others have as well. These principles are holistic and don't just apply to cancer, which is great news for those facing a myriad of health challenges. The human body is intelligently designed to heal itself, and given the proper nutrients and care, it will! You have the power to transform your life and regain your health. If I did it, you can too!

2:45 PM – 3:45 PM

Macrobiotics 101

Virginia Harper

You may know macrobiotics as a philosophy or a system of balance. In this class, Virginia will detail the macrobiotic practice. The food, the combination, the cooking styles, and how to ingest it all play a role in how the diet balance works. When those parts come together, they create a personalized system for health, vitality, and sustainability.

3:00 PM – 4:00 PM

Panel Q&A: Powered by Plants

with Vegan Athletes Robert Cheeke, Nathan Crane, Cyrus Khambatta, Giacomo Marchese, Dani Taylor, and Dr. Scott Stoll

Do you have questions about the nutrition athletes need to fuel their bodies on a plant-based diet? Concerned with getting the right types of carbohydrates to power through your weekend warrior lifestyle, or wonder how much protein you should eat after a tough workout? Learn from athletes who have achieved success in their sports, powered by a pure, plant-based diet. From endurance sports like running, to weight training and bodybuilding, to martial arts, and even Olympic sports, these vegan athletes will help you fuel your athletic endeavors for optimal performance.

3:45 PM – 5:00 PM

Vanishing Act

Dr. Neal Barnard

This combination of a lecture and music videos focuses on compassion for humans and animals. The music comes from CarbonWorks, the international musical group led by Dr. Neal Barnard, who will provide observations on human nature after the films.

4:00 PM – 5:00 PM

From A to Z: Vegan Nutrient Mastery for Cellular Health and Longevity

Dr. Monisha Bhanote

Join us for an engaging and informative lecture that delves into the world of vegan nutrition, longevity, and cellular health—taking a comprehensive journey "From A to Z." Whether you're a seasoned vegan, vegan-curious, or simply interested in optimizing your well-being, this session offers a deep dive into the essential vitamins, minerals, and antioxidants crucial for a thriving plant-based lifestyle.



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VEGAN PIZZA & DANCE PARTY

8:30 PM
POOL DECK 18
PIZZA SERVED ONE
DECK BELOW
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TUESDAY LECTURE DESCRIPTIONS

8:15 AM - 9:15 AM

Power Foods for Weight Control

Dr. Neal Barnard

Scientists have found that certain foods trigger weight loss automatically. Unlike the usual approach to dieting, which focuses on going hungry and avoiding the foods you love, the Power Foods approach encourages you to add specific foods that cause weight loss.

Power Foods work in three ways: First, they trigger satiety, taming your appetite so that you naturally eat less. Second, they trap calories in your digestive tract and carry them out with the wastes. Third, they ramp up your metabolism so you burn calories faster hour after hour.

9:00 AM - 10:00 AM

Anti-Aging Face Yoga

Bianka Steinfeldt

Did you know that your face has forty-three muscles and keeping them toned has a positive physical and mental effect? Face Yoga can help you feel happier, look younger, and help you maintain an ongoing youthful glow. In this class, you will learn The Danielle Collins Face Yoga Method and in just minutes per day, Face Yoga naturally may give you the look of your best younger you. This is an holistic practice that uses facial exercises, facial massage, acupressure and relaxation to help activate collagen production and muscle tone in your face.



2:00 PM - 3:15 PM

Addressing Reproductive Issues for Men and Women Through Dietary and Lifestyle Changes

Sheri-Lynn DeMaris

An abundance of current research now validates the possibility of women and men living a long and healthy life through smart choices with diet and lifestyle. A whole food, plant-based diet rich in vitamins and minerals can be supportive to both men and women's health issues. We will discuss the major medical conditions that are of great concern for both women and men as they relate to reproductive health and will share the types of food dishes and remedies that can be used to help prevent and even reverse these health concerns. Osteoporosis, depression, breast and prostate cancer, infertility and other conditions will be addressed.

3:00 PM - 4:00 PM

How to Lower Your Blood Pressure and Cholesterol Permanently Using Your Food as Medicine

Cyrus Khambatta, PhD

In this presentation, the dietary causes of high blood pressure and the resultant changes in the blood vessels that cause this increase in pressure will be explored. Research from the 1950s forward, illustrating the reversal of high blood pressure using a plant-based diet, will be discussed, including research illustrating the true power of a plant-based diet. The simple biology behind HDL and LDL cholesterol, the "good" and "bad," respectively, will be presented. The simplicity and power of a plant-based diet for reducing LDL cholesterol will be demonstrated followed by an introduction of foods, easily obtained, known to have an anti-cholesterol effect.

3:30 PM – 5:00 PM

The Tao of CHI: Uniting Science, Healing, and Awakening in Life's Oneness

Dr. Jibin Chi

Life is an ever-changing, dynamic process of energy transformation that adheres to the fractal principle of the universe. This universal pattern plays a crucial role in shaping our psychic intuition, subconscious, and conscious mind – integral components of our overall well-being. The Butterfly Effect of any subtle changes in the deterministic energy pattern leads to eventual catastrophic mental and physical health events. Thus, the secret to mastering life and health is all about fine-tuning our mind and body connection with the fundamental energy.

Grounded in this profound wisdom, Dr. Chi introduces the principles and practical tools for CHI Living, CHI Healing, and CHI Awakening. This talk integrates ancient wisdom and modern science, featuring real cases that showcase how to identify signature traits associated with conditions such as ADHD, Autism, diabetes, and cancer. Prepare for a paradigm shift in your perspective on life and health as this talk empowers you to view both in a completely different light, potentially transforming your approach to living, healing, and thriving.



3:45 PM – 5:00 PM

KEYNOTE: Optimizing Brain Health: Evidence-Based Insights in Neurology and Nutrition

Ayesha Sherzai, MD, MAS

Join us for a deep dive into the latest research at the nexus of neurology and nutrition. This lecture will provide a thorough overview of how nutritional science contributes to brain health and the prevention of neurological conditions. Learn about practical, evidence-based dietary strategies that can enhance cognitive function and overall neurological well-being.

7:00 AM - 7:45 AM	Guided CHI Meditation with Dr. Jibin Chi	T
7:00 AM - 8:00 AM	I AM Yoga: Meditation in Motion with Chandrakant Hiester	JP-P-18
	Vinyasa Yoga with Rossella Rossi	MS-P-19
	Strength Training: Reshape and Recharge with Dani Taylor	MS-S-19
	Functional Fitness with Robert Cheeke	MP-S-18
	Pilates – Levels I & II with Bianka Steinfeldt	UL
	Achieving Longevity with Five Organ Qigong with Marcus Gary & Team	JP-P-16

NOTE: IN CASE OF RAIN: MS-P-19 AND MP-S-18 TO JUNGLE POOL AREA; MS-S-19 CANCELLED

7:30 AM - 9:00 AM	Breakfast • Marketplace Buffet (AFT)	DECK 16
	Breakfast • Dining Room (doors close at 8:30 am)	GW 5
8:15 AM - 9:15 AM	Power Foods for Weight Control with Dr. Neal Barnard	T
9:00 AM - 10:00 AM	Anti-Aging Face Yoga with Bianka Steinfeldt	UL
10:00 AM - 2:00 PM	LEISURE TIME!	
12:00 PM - 3:00 PM	Lunch • Marketplace Buffet (AFT)	DECK 16
2:00 PM - 3:15 PM	Addressing Reproductive Issues for Men and Women Through Dietary and Lifestyle Changes with Sheri-Lynn DeMaris	UL
3:00 PM - 4:00 PM	How to Lower Your Blood Pressure and Cholesterol Permanently Using Your Food as Medicine with Cyrus Khambatta	CR
3:30 PM - 5:00 PM	The Tao of CHI: Uniting Science, Healing, and Awakening in Life's Oneness with Dr. Jibin Chi	UL
3:45 PM - 5:00 PM	KEYNOTE: Optimizing Brain Health: Evidence-Based Insights in Neurology and Nutrition with Ayesha Sherzai, MD, MAS	T
5:30 PM	Dinner • Dining Room (doors close at 5:45 pm)	GW 5 & CJ 6
8:30 PM	Vegan Pizza & Dance Party	DECK 18
10:30 PM	MSC's Tropical Party (Dress Code: Tropical)	DECK 18

TUESDAY

MARCH 5 • SAN JUAN, PUERTO RICO (10:00 AM – 5:00 PM)



SUSHI PARTY & DANCE PARTY WITH DJ

8:30 PM
POOL DECK 18



WEDNESDAY LECTURE DESCRIPTIONS

8:15 AM – 9:15 AM

KEYNOTE: The Real Meaning of “Be Your Own Doctor”

Verne Varona

This humorous lecture explores the way your body works, heals, and how its unique systems maintain a delicate balance with every breath and heartbeat. Practical information that can be life-saving, or life-inspiring, will be discussed as well as the markers for good health that can be measured. Join us for a humorous introduction to your fascinating body. How does emotional expression (the lack or excess) influence your body? Where do we have the most control over our lives? How do we build adaptability? What's really important? How much time ya' got? Learn the essential factors that help us to heal and discover a new value for bettering and challenging your health!

comprehensive discussion on the cookware you use and learn some simple tests to see if you are maximizing the nutritional value and flavor of the food you eat.

3:00 PM – 4:00 PM

Vagus Nerve Stimulation – The Back Door to the Brain

Dr. Ilana Newman

Vagus Nerve Stimulation has been approved in Europe for treating complicated cases of epilepsy, depression, and headaches. Much of the efficacy of ear acupuncture may be due to stimulation of the auricular branch of the vagus nerve. Studies on vagus nerve stimulation show potential benefits for mood, sleep, memory, and weight loss. Non-invasive ways to stimulate the vagus nerve will be discussed.

3:15 PM – 5:00 PM

MOVIE: *From Food to Freedom*, a featured documentary

moderated by Nelson Campbell, writer and director

This featured documentary, written and directed by Nelson Campbell, tells the story of a group of people who attempted to reverse their

8:45 AM – 9:45 AM

Cookware: It's the Last Place the Food Touches!

Sandy Clubb, Cookware Specialist

You scrutinize the foods you eat – how they are grown and where they come from. You read food labels and research the secrets to make your meals healthy and tasty, yet easy and convenient. How you prepare the food and cookware you use can be just as important to your health as what you eat. Join me for a



type 2 diabetes within ten days, simply by eating plant-based foods. The film also examines the connection of nutrition to immunity, the Covid pandemic, and the shortcomings of the pharmaceutical model in healthcare. In this film, Nelson, director of *PlantPure Nation*, and his wife, nationally recognized chef and cookbook author Kim Campbell, set up a live-in immersion program that included biometric testing and close physician supervision. The individual stories and results of the immersion create an opportunity in the film for compelling and sometimes shocking digressions into the topics of nutrition, chronic disease, immunity, and the Covid pandemic. Scientific contributions include those from Nelson's father, Dr. T. Colin Campbell, best-selling author of *The China Study*. *From Food to Freedom* has garnered nine awards and honors in 2023, including Best Feature Documentary from SoCal Film Awards and Best Inspirational Film from the Los Angeles Film Awards..

3:45 PM – 5:00 PM

I AM Method of Integrative Relaxation: Breaking the Momentum of Stress Chandrakant Hiester

The first step towards genuine health and well-being is freedom from the effects of stress. Integrative Relaxation is a guided series of simple techniques that can be done lying on the floor or sitting comfortably in a chair. The combination of these simple techniques facilitates immediate access to a state of complete physical, mental and emotional relaxation. This deep state of relaxation is the entry portal into a state of consciousness where, with repetition, the causes of stress, tension, anxiety and fear can be effortlessly dissolved and resolved. The session also includes a twenty-minute Integrative Relaxation experience.

7:00 AM - 7:45 AM	Guided CHI Meditation with Dr. Jibin Chi	T
7:00 AM - 8:00 AM	I AM Yoga: Meditation in Motion with Chandrakant Hiester	JP-P-18
	Vinyasa Yoga with Rossella Rossi	MS-P-19
	Mobility Mastery with Giacomo Marchese	MS-S-19
	Functional Fitness with Robert Cheeke	MP-S-18
	Pilates – Levels I & II with Bianka Steinfeldt	UL
	Achieving Longevity with Five Organ Qigong with Marcus Gary & Team	JP-P-16

NOTE: IN CASE OF RAIN: MS-P-19 AND MP-S-18 TO JUNGLE POOL AREA; MS-S-19 CANCELLED

7:30 AM - 9:00 AM	Breakfast • Marketplace Buffet (AFT)	DECK 16
	Breakfast • Dining Room (doors close at 8:30 am)	GW 5
8:15 AM - 9:15 AM	KEYNOTE: The Real Meaning of "Be Your Own Doctor" with Verne Varona	T
8:45 AM - 9:45 AM	Cookware: It's the Last Place the Food Touches! with Sandy Clubb	UL
10:00 AM - 2:00 PM	LEISURE TIME!	
12:00 PM - 3:00 PM	Lunch • Marketplace Buffet (AFT)	DECK 16
2:00 PM - 2:45 PM	WORKSHOP: Breaking Barriers – A Guide to Mastery in Breathing, Meditation, and CHI for True Healing with Dr. Chi **EXTRA FEE	CR
2:00 PM - 3:30 PM	COOKING BOOT CAMP: Mind Kind Kitchen by neurologist, best-selling author and scientist, Ayesha Sherzai, MD ** EXTRA FEE	UL
3:00 PM - 4:00 PM	Vagus Nerve Stimulation – The Back Door to the Brain with Ilana Newman, MD	CR
3:15 PM - 5:00 PM	MOVIE: <i>From Food to Freedom</i> featured documentary, moderated by Nelson Campbell, writer and director	T
3:45 PM - 5:00 PM	I AM Method of Integrative Relaxation: Breaking the Momentum of Stress with Chandrakant Hiester	UL
5:30 PM	Dinner • Dining Room (doors close at 5:45 pm)	GW 5 & CJ 6
8:30 PM	Sushi & Dance Party with DJ (Optional: White Attire)	DECK 18
10:30 PM	MSC White Party (Optional: White Attire)	DECK 18

ALL CLASSES SUBJECT TO CHANGE

THURSDAY LECTURE DESCRIPTIONS

8:45 AM – 10:00 AM

Healthy Food, Healthy Planet

Ocean Robbins

With our world and our bodies awash in pesticides, our topsoil being eroded, our aquifers being depleted, and our climate increasingly destabilized, more and more people are asking: What can I do? And the answer usually lies right on our plates. It turns out that what you eat has more impact on our climate than cars and more impact on our water and topsoil than any other choice you make. The same food choices that can radically extend your life span and decrease your chances of getting cancer, Alzheimer's, diabetes, and heart disease, can also help to build a healthier future for all life. Join Ocean Robbins and delve into the truth about food and learn how you can effect positive change.

9:00 AM – 10:15 AM

Connection Cultivates Change

Dr. Scott Stoll

Connection is a cornerstone of lifestyle medicine and every level of health and yet, we live in a culture of accelerating disconnection. Connected communities and healthy microcultures are two critically important keystones that unlock local and global change. This foundational presentation will review the science of connection and community and provide simple, repeatable steps that all of us can take to cultivate connected, healthy microcultures in our local communities.

Angry Gut: Modern Cause/Traditional Cure

Virginia Harper

Digestive Inflammatory disease is on the rise with over three million people diagnosed with Crohn's and Colitis in 2023 alone. Virginia will detail her complete recovery from Crohn's disease and colitis by using a plant-based program and traditional evidence-based remedies. Understand inflammation and how it is the precursor to a plethora of modern-day conditions including Multisystem Inflammatory Syndrome, a serious condition associated with COVID-19 in which different body parts become inflamed. It is important to keep the microbiome balanced and intact to allow your body to heal and prevent disease. We will discuss various topics of interest including raw versus cooked foods, proteins versus carbohydrates, and juicing versus chewing.



7:00 AM - 7:45 AM	Guided CHI Meditation with Dr. Jibin Chi	T
7:00 AM - 8:00 AM	I AM Yoga: Meditation in Motion with Chandrakant Hiester	JP-P-18
	Vinyasa Yoga with Rossella Rossi	MS-P-19
	Posture 101 with Dani Taylor	MS-S-19
	Functional Fitness with Robert Cheeke	MP-S-18
	Pilates – Levels I & II with Bianka Steinfeldt	UL
	Achieving Longevity with Five Organ Qigong with Marcus Gary & Team	JP-P-16
NOTE: IN CASE OF RAIN: MS-P-19 AND MP-S-18 TO JUNGLE POOL AREA; MS-S-19 CANCELLED		
7:30 AM - 9:00 AM	Breakfast • Marketplace Buffet (AFT)	DECK 16
	Breakfast • Dining Room (doors close at 8:30 am)	GW 5
8:45 AM - 10:00 AM	Healthy Food, Healthy Planet with Ocean Robbins	CR
9:00 AM - 10:15 AM	Connection Cultivates Change with Dr. Scott Stoll	T
	Angry Gut: Modern Cause/Traditional Cure with Virginia Harper	UL
10:30 AM - 12:00 PM	KEYNOTE: How Not to Age with Dr. Michael Greger	T
	Cooking Class: The Joy of Asian Cooking with Kim Campbell	CR
	What the Heck is Macrobiotics? Jessica Explains it All with Jessica Porter	UL
11:00 AM - 1:00 AM	Take Pain Control into Your Own Hands: Rapid & Dramatic Pain Relief with Korean Hand Therapy Self-Treatment, Part II with Ilana Newman, MD	SK
11:45 AM - 1:00 PM	A Taste of Vitamin H to Open Your Crown Chakra! with Verne Varona	AE
11:45 AM - 2:00 PM	Seated Lunch • Dining Room (doors close at 1:15 pm)	GW 5
12:00 PM - 2:00 PM	Lunch • Marketplace Buffet (AFT)	DECK 16
1:30 PM - 2:30 PM	Homeopathy for Vegans – Ten Remedies That Everyone Should Know and Use with Ilana Newman, MD	UL
2:15 PM - 3:45 PM	KEYNOTE: Mind Mastery - Sharpening Focus and Memory for Cognitive Excellence with Dr. Dean Sherzai	T
2:30 PM - 4:00 PM	Toxins Eliminated: Detoxing the Worst “Cancer-Causing Culprits” From Your Body with Nathan Crane	CR
2:45 PM - 3:45 PM	The Real Meaning of "Be Your Own Doctor" Continued - Self Diagnosis with Verne Varona	UL
3:45 PM - 5:00 PM	KEYNOTE: Recovery and Regeneration - Optimizing Healing Through Lifestyle and Innovative Therapies with Dr. Scott Stoll	T
4:00 PM - 5:00 PM	Rituals for Longevity: Nurturing Gut Health and Maximizing the Microbiome’s Potential with Dr. Monisha Bhanote	UL
5:30 PM	Dinner • Gala Night Dining Rooms (doors close at 5:45 pm)	GW 5 & CJ 6
7:30 PM or 9:30 PM	MSC Performance In Concert: Iconic Live Show	T
10:30 PM	MSC’s Rock and Roll Party	DECK 18

THURSDAY LECTURE DESCRIPTIONS CONT.

10:30 AM – 12:00 PM

KEYNOTE: How Not to Age

Dr. Michael Greger

The term “anti-aging” should be reserved for interventions that target one or more of the established aging mechanisms. Nonpharmacological means to target these hallmarks of aging will be discussed and the common denominators of the diets and lifestyles of healthy, long-lived populations will be teased out. Dietary approaches will be explored to preserve our bladder, brain, and bowel function as we age. Methods to preserve muscle mass as well as tips to combat skin aging and the vasomotor symptoms of menopause will also be explored.

What the Heck is Macrobiotics? Jessica Explains it All

Jessica Porter

What exactly does “macrobiotic” mean? It’s a term that gets thrown around a lot, but very few people truly understand the ins and outs of the macrobiotic diet and lifestyle. Having practiced macrobiotics since the age of twenty-three, worked as a macrobiotic chef, and authored *The Hip Chick’s Guide to Macrobiotics*, Jessica breaks down macrobiotic principles with clarity, depth, and humor.

11:00 AM – 1:00 PM

Take Pain Control into Your Own Hands: Rapid & Dramatic Pain Relief with Korean Hand Therapy Self-Treatment, Part II

Dr. Ilana Newman

This two-part workshop teaches Correspondence Therapy, the most basic form of Korean Hand Therapy, which utilizes the map of the body on the hands. With this easy-to-learn system, needles are not used. Applying pressure to precise points on the hand can reduce pain anywhere in the body. Headaches, as well as back, neck, and joint pain will be reviewed.

In Part II, strategies for treating different types of pain will be discussed and participants will draw their own hand maps from Part I. Attendees can volunteer so everyone can practice finding the hand locations before Dr. Newman demonstrates searching for, and stimulating, the treatment points.



11:45 AM – 1:00 PM

A Taste of Vitamin H to Open Your Clown Chakra! Verne Varona

A seriously fun workshop dedicated to learning how to use humor (Vitamin H) as a communication tool, for amusement or just to share something simply fun. There are reams of positive studies that have been documented on the benefits of laughter! No need to wax on—it’s good for you, and we all know it—I’m just yelling a bit louder! Cerebral humor, physical humor, witty humor, straight-out slapstick humor and, the old standby, pantomime: How can we use humor to diffuse extreme emotions? Explore the psychology of humor—what is funny to you?



1:30 PM – 2:30 PM

Homeopathy For Vegans – Ten Remedies that Everyone Should Know and Use

Dr. Ilana Newman

Homeopathy uses dilutions of natural substances to treat symptoms that those same substances cause at higher doses. Not only are homeopathic remedies safe and inexpensive, they are helpful in managing many symptoms that western medicine doesn't address well. Published studies have shown homeopathy to be effective for various conditions although the mechanism of action is unclear. Vegan homeopathy products are now widely available.



2:15 PM – 3:45 PM

KEYNOTE: Mind Mastery - Sharpening Focus and Memory for Cognitive Excellence

Dr. Dean Sherzai

Join brain health specialist, Dr. Dean Sherzai, for a transformative lecture designed to revolutionize your cognitive abilities. Begin with a baseline test, then dive into powerful concepts and practical techniques to enhance focus and memory retention. Experience a closing test to measure your progress. Learn to integrate these strategies into daily life, elevating your cognitive capacity and unlocking new levels of mental performance.

2:30 PM – 4:00 PM

Toxins Eliminated: Detoxing the Worst “Cancer-Causing Culprits” From Your Body

Nathan Crane

Our bodies are overloaded with dozens of cancer-causing chemicals every day. Reduce your cancer risk and help your body heal and thrive by learning how to eliminate these toxins from your life and your body. Don't miss this inspiring and evidence-based presentation with Nathan Crane.

2:45 PM – 3:45 PM

The Real Meaning of "Be Your Own Doctor" Continued - Self Diagnosis

Verne Varona

Join this engaging class to learn how to evaluate your health through a variety of diagnostic modalities. Learn more about the symptoms and conditions you may have always wondered about through this workshop that questions the what, why and how. It will be fun, insightful, humorous and potentially life-saving!

3:45 PM – 5:00 PM

KEYNOTE: Recovery and Regeneration - Optimizing Healing Through Lifestyle and Innovative Therapies

Dr. Scott Stoll

Discover the secret power of a healthy lifestyle to optimize recovery, regeneration and healing. Based on decades of work with athletes at every level, this lecture will highlight the science of recovery through lifestyle and introduce the advanced regenerative therapies necessary to heal injuries and eliminate pain.

4:00 PM – 5:00 PM

Rituals for Longevity: Nurturing Gut Health and Maximizing the Microbiome's Potential

Dr. Monisha Bhanote, MD, ABOIM

Join us on a journey of discovery as we explore the powerful connection between rituals, longevity, gut health, the microbiome, and neuroplasticity. In this enlightening lecture, we will delve into the transformative impact of intentional practices on your well-being. Discover how nurturing your gut health through mindful rituals can unlock the secrets to a longer, healthier life while also enhancing your brain's neuroplasticity. We'll explore the symbiotic relationship between your gut's microbiome and cellular vitality, and how simple daily rituals can optimize this relationship for longevity and cognitive well-being. You will gain insights into the science behind gut health and leave with actionable steps and a newfound sense of empowerment, ready to incorporate these rituals into your daily life for lasting wellness, cognitive vitality, and longevity. Whether you're seeking to improve digestion, reduce inflammation, enhance cognitive function, or simply elevate your overall health, this lecture offers a blueprint for harnessing the transformative power of rituals.



FAREWELL DANCE PARTY WITH DJ

8:30 PM
POOL DECK 18



FRIDAY LECTURE DESCRIPTIONS

8:45 AM – 10:00 AM

Habit Revolution: Mastering the Art of Positive Change

Dr. Dean Sherzai

Discover the power of transformation with this insightful lecture. You will be equipped with effective tools to cultivate positive habits and discard negative ones, seamlessly integrating them into your daily routine and identity. Learn to reshape your life's path through practical, sustainable strategies, transforming your habits into stepping stones for success. Embrace this journey to redefine yourself and take control of your personal evolution.

10:00 AM – 11:00 AM

ELDOA – Myofascial Stretching

Bianka Steinfeldt

"ELDOA" is a French acronym for Elongation Longitudinaux avec Decoaption Osteo Articulaire, which largely translates to myofascial stretching. The ELDOA method, created by world-renowned osteopath Guy Voyer, DO, consists of postures that target specific joints or spinal segments in order to relieve pressure and restore blood flow. Benefits include: increased flexibility, improved muscle performance and tone, reduced stress, reduced joint inflammation, improved posture, relief of chronic and acute back pain, improved awareness and overall wellness.

10:15 AM – 11:30 AM

The Power of the Plate: Regenerating Atoms to Earth

Dr. Scott Stoll

A big picture journey of the power of a whole food, plant-based plate to serve as the single greatest tool for regenerative transformation.

10:30 AM – 12:00 PM

Discussion Group: Recovery Panel Follow-Up moderated by Virginia Harper

Everyone is welcome to attend this inspiring class! Its purpose is to provide encouragement and inspiration with more focus on healing through the thoughts and experiences of some remarkable individuals who not only survived life-threatening illnesses, but who are thriving in busy, active, lifestyles today. Each of the speakers will offer insights into what was paramount in their healing journey. Your healing and recovery questions will be welcomed as part of this class.

7:00 AM – 7:45 AM	Guided CHI Meditation with Dr. Jibin Chi	T
7:00 AM – 8:00 AM	I AM Yoga: Meditation in Motion with Chandrakant Hiester	JP-P-18
	Vinyasa Yoga with Rossella Rossi	MS-P-19
	Vegan Strong Boot Camp with Giacomo Marchese	MS-S-19
	Functional Fitness with Robert Cheeke	MP-S-18
	Pilates – Levels I & II with Bianka Steinfeldt	UL
	Achieving Longevity with Five Organ Qigong with Marcus Gary & Team	JP-P-16

NOTE: IN CASE OF RAIN: MS-P-19 AND MP-S-18 TO JUNGLE POOL AREA; MS-S-19 CANCELLED

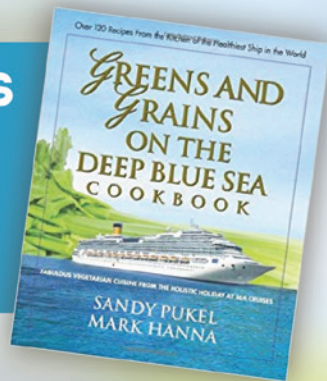
7:30 AM – 9:00 AM	Breakfast • Marketplace Buffet (AFT)	DECK 16
	Breakfast • Dining Room (doors close at 8:30 am)	GW 5
8:45 AM – 9:45 AM	WORKSHOP: Jellyfish Movement with Mayuko “Coko” Nakashima ** EXTRA FEE	UL
8:45 AM – 10:00 AM	Habit Revolution: Mastering the Art of Positive Change with Dr. Dean Sherzai	T
8:45 AM – 10:15 AM	Cooking Class: Meat Replacers with Kim Campbell	CR
10:00 AM – 11:00 AM	ELDOA – Myofascial Stretching with Bianka Steinfeldt	UL
10:15 AM – 11:30 PM	The Power of the Plate: Regenerating Atoms to Earth with Dr. Scott Stoll	T
10:30 AM – 12:00 PM	Discussion Group: Recovery Panel Follow-Up, moderated by Virginia Harper	CR
11:15 AM – 12:30 AM	COOKING BOOT CAMP: Mushrooms 101 with Jenné Claiborne ** EXTRA FEE	UL
11:45 AM – 12:45 PM	KEYNOTE: Plant Powered Fitness: How to Achieve Your Highest Potential as You Age with Nathan Crane	T
12:00 PM – 2:00 PM	Lunch • Marketplace Buffet (AFT)	DECK 16
1:00 PM – 2:15 PM	WORKSHOP: I AM Method: Yogic Sleep with Chandrakant Hiester ** EXTRA FEE	UL
2:00 PM – 3:15 PM	Mindful Eating, Mindful Living: A Panel Discussion on Nutrition and Brain Health with Drs. Ayesha & Dean Sherzai	T
2:00 PM – 4:00 PM	TALENT SHOW hosted by Blair Karsch	CR
2:30 PM – 4:00 PM	COOKING BOOT CAMP: Stirring Up Comfort Foods with PlantPure Chef, Kim Campbell ** EXTRA FEE	UL
3:30 PM – 5:00 PM	How Not to Diet: Evidence-Based Weight Loss with Dr. Michael Greger	T
5:30 PM	Dinner • Dining Rooms (doors close at 5:45 pm)	GW 5 & CJ 6
8:30 PM	Farewell Dance Party with DJ – See you next year!	DECK 18



BRING THIS CRUISE TO YOUR KITCHEN!

Featuring over 120 recipes from the Holistic Holiday at Sea menu, this cookbook is the perfect way to remember your vacation, or to give the gift of health to a loved one.

AVAILABLE IN THE BOOKSTORE OR ONLINE AT AMAZON.COM AND OTHER RETAILERS



FRIDAY LECTURE DESCRIPTIONS CONTINUED

11:45 AM – 12:45 PM

KEYNOTE: Plant Powered Fitness: How to Achieve Your Highest Potential as You Age

Nathan Crane

Discover evidence-based solutions for improving your athletic potential on a plant-based diet at any age. Want to reduce pain? Improve performance? Make fitness fun? Increase longevity, health and happiness? Then make sure to attend this inspiring presentation with Nathan Crane.

2:00 PM – 3:15 PM

Mindful Eating, Mindful Living: A Panel Discussion on Nutrition and Brain Health

Drs. Ayesha & Dean Sherzai, Brain Health

Join us for an engaging panel discussion where experts in neurology and nutrition converge. We'll delve into the role of diet in brain health, share insights on preventive strategies, and explore the connection between what we eat and how we think.

3:30 PM – 5:00 PM

How Not to Diet: Evidence-Based Weight Loss

Dr. Michael Greger

What does the science show is the best way to lose weight? Dr. Greger has scoured the world's scholarly literature and developed this new presentation based on the latest in cutting-edge research included in his new book *How Not to Diet*. He will touch on the seventeen ingredients included in the optimal weight loss diet and cover some of the tricks and tweaks for fast-tracking weight loss, which include specific foods that can double as starch blockers, appetite suppressants, and fat blockers and burners.





6:30 AM - Breakfast • GW 5
 7:30 AM Dining Room

SATURDAY

MARCH 9 • MIAMI





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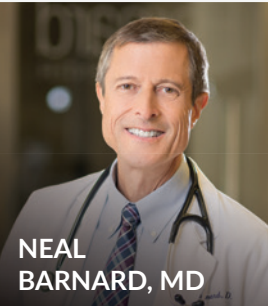
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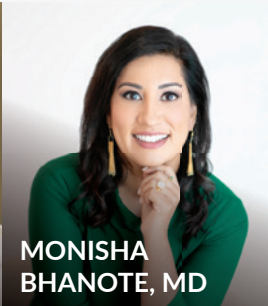



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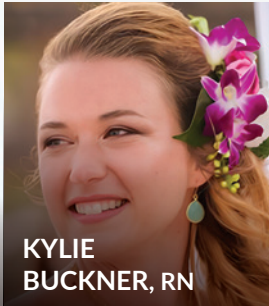
MEET
OUR
PRESENTERS



NEAL
BARNARD, MD



MONISHA
BHANOTE, MD



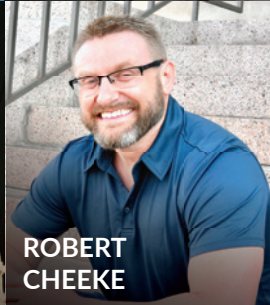
KYLIE
BUCKNER, RN



NELSON
CAMPBELL



KIM
CAMPBELL



ROBERT
CHEEKE



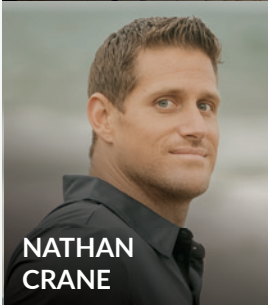
JIBIN
CHI, MD



JENNE
CLAIBORNE



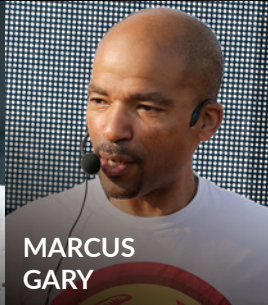
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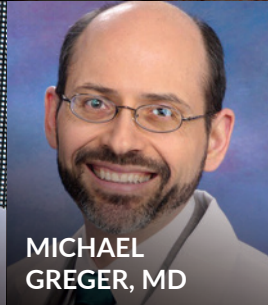
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CRANE



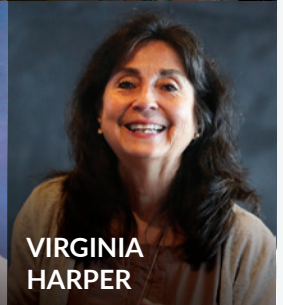
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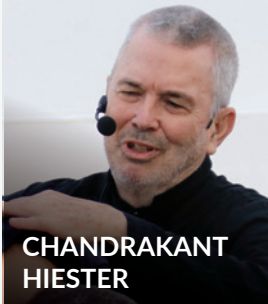
MARCUS
GARY



MICHAEL
GREGER, MD



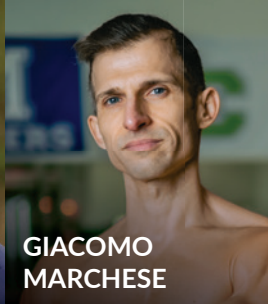
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CHANDRAKANT
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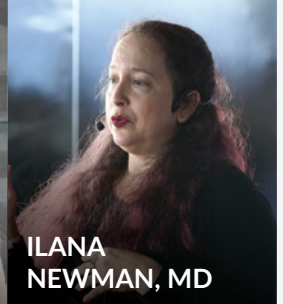
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KHAMBATTA, PhD



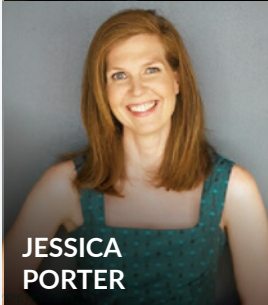
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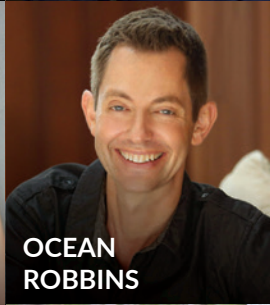
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NAKASHIMA



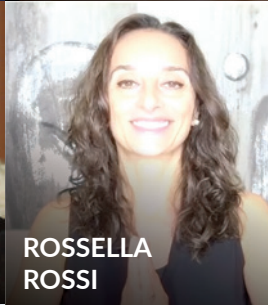
ILANA
NEWMAN, MD



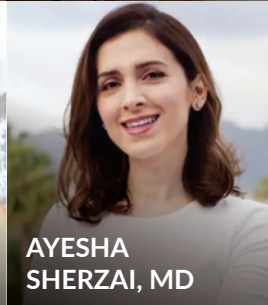
JESSICA
PORTER



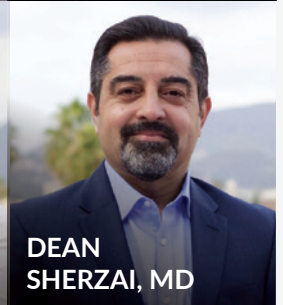
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ROBBINS



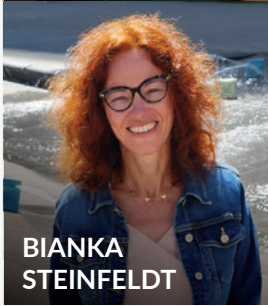
ROSSELLA
ROSSI



AYESHA
SHERZAI, MD



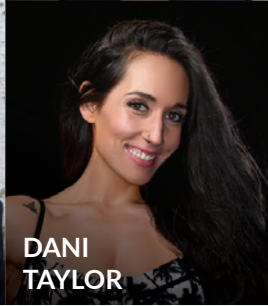
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SHERZAI, MD



BIANKA
STEINFELDT



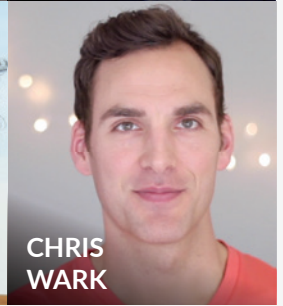
SCOTT
STOLL, MD



DANI
TAYLOR



VERNE
VERONA



CHRIS
WARK

PRESENTERS' BIOGRAPHIES & CLASSES

Practitioner's consultations and workshops can be found in the Individual Consultation & Workshop section listed in alphabetical order.

NEAL BARNARD, MD

Neal Barnard, MD, FACC, is an adjunct professor of medicine at the George Washington University School of Medicine in Washington, DC, and president of the Physicians Committee for Responsible Medicine. Dr. Barnard has led numerous research studies on diet and health, including a groundbreaking study of dietary interventions in type 2 diabetes, funded by the National Institutes of Health, that paved the way for viewing type 2 diabetes as a potentially reversible condition for many patients. In 2015, he was named a fellow of the American College of Cardiology (FACC). In 2016, he founded the Barnard Medical Center in Washington, DC, as a model for making nutrition a routine part of all medical care. His latest book is *The Power Foods Diet: The Breakthrough Plan That Traps, Tames, and Burns Calories for Easy and Permanent Weight Loss*.

CRUISING INTO HEALTH
SAT / 3:15PM-4:00PM / T

KEYNOTE: YOUR BODY IN BALANCE - THE NEW SCIENCE OF FOOD, HORMONES, AND HEALTH
SUN / 1:00PM-2:00PM / T

PANEL Q&A: CRUISIN' FOR KNOWLEDGE - DOCTOR'S PANEL
MON / 9:00AM - 10:30AM / T

VANISHING ACT
MON / 3:45PM-5:00PM / T

POWER FOODS FOR WEIGHT CONTROL
TUES / 8:15AM-9:15AM / T

MONISHA BHANOTE, MD

Dr. Monisha Bhanote, MD, FCAP, ABOIM, is an esteemed physician with quintuple medical board certifications in integrative lifestyle medicine, functional culinary medicine, cytopathology, and anatomic and clinical pathology. As the best-selling author of *The Anatomy of Wellbeing - Intentional Practices to Embrace Your Body's Unique Design and Revitalize Your Health*, she has empowered countless individuals in their transformative journeys. Founding WELLKULÅ, Dr. Bhanote seamlessly blends ancient wisdom with cutting-edge mind-body science. Dr. Bhanote is a fellow of the College of American Pathologists (FCAP) and a member of the American Board of Integrative Medicine (ABOIM). She has also completed fellowships in integrative medicine at the Andrew Weil Center, cytopathology at Cornell University, and breast cancer at the University of Rochester. Dr. Bhanote imparts profound health insights through *DrBhanote.com*, in-person retreats, and online workshops while sharing her wisdom on platforms including

Healthline, Psych Central, and Medical News Today. Her mission is to

promote plant-based gut health, brain vitality, longevity, and cellular health, empowering individuals to embark on an inspirational journey toward holistic well-being.

FROM A TO Z: VEGAN NUTRIENT MASTERY FOR CELLULAR HEALTH AND LONGEVITY
MON / 4:00PM-5:00PM / UL

RITUALS FOR LONGEVITY: NUTURING GUT HEALTH AND MAXIMIZING THE MICROBIOME'S POTENTIAL
THURS / 4:00PM-5:00PM / UL

PRVIAE INTEGRATIVE CELLULAR WELLNESS CONSULTATION

KYLIE BUCKER, RN, MSN

Kylie Buckner is a registered nurse (RN) and has a Master of Science in Nursing Education (MSN). Prior to becoming a lifestyle coach, she worked in neonatal intensive care, pediatrics, and labor and delivery nursing for over fifteen years. She transitioned to work as a lifestyle coach to help people with all forms of diabetes live their best lives by educating and supporting them as they transition toward a plant-based approach and use lifestyle tools to help them accomplish their health goals. She has an in-depth understanding of the challenges of adopting a plant-based lifestyle, as well as an intimate understanding of blood glucose control. Kylie is also a certified yoga teacher and has been 100% plant-based since 2011.

MASTERING DIABETES USING A LOW-FAT, PLANT-BASED, WHOLE-FOOD LIFESTYLE
SUN / 1:00PM-2:15PM / CR



KIM CAMPBELL

Kim Campbell has been advocating for healthy eating for over thirty-five years. She is the author of three nationally regarded cookbooks and is the Director of Product Development at PlantPure, where she has led the development of a line of plant-based meals and has also hosted online cooking shows.

Kim studied nutrition and child development, graduating with a bachelor's of science degree from Cornell University. As a middle-school teacher, Kim developed a deep understanding of the importance of proper nutrition during the formative years of a child's life. She is an integral part of a family legacy committed to improving public health through plant-based nutrition. Her husband is Nelson Campbell, who wrote and directed the documentaries, *PlantPure Nation* and *From Food to Freedom*, and who founded PlantPure and the nonprofit PlantPure Communities. Her father-in-law is Dr. T. Colin Campbell, author of *The China Study*, considered the "father" of the plant-based nutrition movement.

COOKING CLASS: THE JOY OF ASIAN COOKING

THURS / 10:30AM-12:00PM / CR

COOKING CLASS: MEAT REPLACERS

FRI / 8:45AM-10:15AM / CR

COOKING BOOT CAMP: STIRRING UP COMFORT FOODS **EXTRA FEE

FRI / 2:30PM-4:00PM / UL

NELSON CAMPBELL

Nelson Campbell is the founder of the nonprofit PlantPure Communities (PPC) and the PlantPure business. He also directed and wrote *PlantPure Nation*, a film that examines the political and economic factors that have suppressed information on the benefits of plant-based nutrition, while making the connections

of this idea to medical practice, farming, food deserts and climate change. PPC supports a network of local groups called "Pods," now involving over 250,000 people. PPC is also coordinating an international coalition of health and environmental groups to raise public awareness of the food-climate connection, and is launching a 'moonshot' project to bring nutrition education and affordable plant-based foods into underserved communities. In addition to his nonprofit work, Nelson founded the PlantPure business, which is focused on food, education and a new web-based social action platform. Nelson has undergraduate and graduate degrees from Cornell University in political science and economics, respectively.

MOVIE: FROM FOOD TO FREEDOM, A FEATURED DOCUMENTARY

WED / 3:15PM-5:00PM / T

ROBERT CHEEKE

Robert grew up on a farm in Corvallis, Oregon where he adopted a vegan lifestyle in 1995 at age fifteen, weighing just 120 pounds. Today, he is the author of the books, *Vegan Bodybuilding & Fitness*, *Shred It!*, *Plant-Based Muscle*, the *New York Times* bestseller, *The Plant-Based Athlete*, and his latest, *The Impactful Vegan*, to be released on June 25, 2024. He is often referred to as the "Godfather of Vegan Bodybuilding," growing the industry from infancy in 2002 to where it is today. As a natural bodybuilding champion, Robert is considered one of *VegNews* magazine's Most Influential Vegan Athletes. He tours around the world sharing his story of transformation from a skinny farm kid to champion vegan bodybuilder. Robert is the founder and president of Vegan Bodybuilding & Fitness and maintains the website, *VeganBodybuilding.com*. He is a regular contributor to *Forks Over Knives*, *The Center for Nutrition*

Studies, *The Vegan Gym*, and the *No Meat Athlete*. Robert is a former multi-sport athlete and has followed a plant-based diet for more than twenty-seven years. He lives in Colorado with his wife and two rescued Chihuahuas.

FUNCTIONAL FITNESS

SUN, MON, TUES, WED, THURS, FRI / 7:00AM-8:00AM / MP-S-18

BUILD YOUR BODY ON A PLANT-BASED DIET

MON / 10:30AM-12:00PM / UL

PANEL Q&A: POWERED BY PLANTS WITH VEGAN ATHLETES

MON / 3:00PM - 4:00PM / CR

JIBIN CHI, MD

Dr. Jibin Chi, an internationally acclaimed scientific speaker, revered energy healing expert, and CHI meditation initiator, has driven cutting-edge innovations in translational medicine. His profound understanding of life's oneness led to the creation of the CHI Awakening Academy, a visionary platform for the Conscious Health Initiative (CHI) and awakening to life. As a fervent proponent of fundamental understandings in life, healing, and well-being, Dr. Chi fearlessly challenges conventional wisdom. His disruptive theory on diabetes challenges century-long medical mistakes and dietary recommendations, unifying causative pathways for obesity, diabetes, liver disease, cardiovascular disease, and cancer. Dr. Chi's signature CHI Fractal Bioanalysis and healing techniques retune fundamental energy, leaving a transformative mark on those who experience them. Honored with the prestigious "Art of Air" award in 2018 and 2019, Dr. Chi solidifies his position as a trailblazer in the energy medicine field.

GUIDED CHI MEDITATION

SUN, MON, TUES, WED, THURS, FRI / 7:00AM-7:45AM / T

UNVEILING CENTURY-LONG FUNDAMENTAL MISTAKES IN

DIABETES AND THE FALLACIES OUR "HEALTHY" DIETS

SUN / 4:00PM-5:00PM / UL

THE TAO OF CHI: UNITING SCIENCE, HEALING, AND AWAKENING IN LIFE'S ONENESS

TUES / 3:30PM-5:00PM / UL

WORKSHOP: BREAKING BARRIERS - A GUIDE TO MASTERY IN BREATHING, MEDITATION, AND CHI FOR TRUE HEALING ** EXTRA FEE

WED / 2:00PM-2:45PM / CR

TOTAL CHI BIOANALYSIS + CHI PACKAGE

CUSTOMIZED CHI BIOANALYSIS + CHI WELLNESS PACKAGE

CHI FRACTAL MIND & BODY HEALTH ANALYSIS PACKAGE

JENNÉ CLAIBORNE

Jenné Claiborne, vegan chef, content creator, and author of the *Sweet Potato Soul* cookbook, is known for creating colorful, unique, and easy-to-make southern inspired vegan recipes. She became vegan for ethical and animal welfare reasons, and was pleasantly surprised by the way it improved her health and happiness. Jenné has been featured on several shows and in various other media outlets, including *The Today Show*, the *New York Times*, *Washington Post*, and more. You can find her recipes on SweetPotatoSoul.com.

COOKING CLASS: FALL IN LOVE WITH BEANS!

SUN / 2:30PM-4:00PM / CR

COOKING CLASS: TASTY TANTAMOUNT TOFU

MON / 8:45AM-10:15AM / CR

COOKING BOOT CAMP: MUSHROOMS 101 **EXTRA FEE

FRI / 11:15AM-12:30PM / UL

SANDY CLUBB

The roles that nutrition and proper food preparation play in our health are topics Sandy Clubb has firsthand knowledge of. In 2007, Sandy was diagnosed with non-Hodgkin's lymphoma, and while treating her cancer with traditional therapy, she

focused heavily on biofeedback and an intensive nutritional program. Sandy's success promoted her to redirect her company, Cookware Health Clubb Inc., toward teaching the astonishing benefits that whole-plant nutrition has to offer in conjunction with proper equipment and food preparation techniques. Both food choices and the actual cooking process can have a dramatic effect on one's health and attitude in the kitchen.

A true foodie, cookware specialist, and certified Food for Life instructor (through the Education Partner Alliance between Physicians Committee for Responsible Medicine & Saladmaster), Sandy has brought her personal experience and passion to those seeking information to enjoy more delicious meals by changing (or enhancing) what we eat, the way we cook, and what we cook in.

COOKWARE: IT'S THE LAST PLACE THE FOOD TOUCHES!

WED / 8:45AM-9:45AM / UL

NATHAN CRANE

Nathan Crane is a natural health researcher and certified holistic cancer coach. He is an award-winning author, inspirational speaker, Amazon #1 bestselling author and 20x award-winning documentary filmmaker. Nathan is on the board of directors for the Beljanski Foundation, a non-profit conducting scientific research into natural solutions for cancer.

Nathan is also the director of Healing Life, president of the Holistic Leadership Council, founder of Conquering Cancer, and director and producer of the award-winning documentary film, *Cancer: The Integrative Perspective*. Nathan has received numerous awards including the Accolade 2020 Outstanding Achievement Humanitarian Award, and the Outstanding Community Service Award from the California

Senate for his work in education and empowerment with natural and integrative methods for healing cancer.

PANEL Q&A: POWERED BY PLANTS WITH VEGAN ATHLETES

MON / 3:00PM - 4:00PM / CR

TOXINS ELIMINATED: DETOXING THE WORST "CANCER-CAUSING CULPRITS" FROM YOUR BODY

THURS / 2:30PM-4:00PM / CR

KEYNOTE: PLANT POWERED FITNESS: HOW TO ACHIEVE YOUR HIGHEST POTENTIAL AS YOU AGE

FRI / 11:45AM- 12:45PM / T

PRIVATE HOLISTIC CANCER COACHING

SHERI-LYNN DEMARIS

Sheri-Lynn DeMaris is a macrobiotic teacher and cookbook author who has taught at restaurants and cooking schools throughout the United States and Europe. She has consulted with chefs at top-rated restaurants, including the Ritz Carlton and the Williamsburg Inn. Additionally, Sheri has shared her knowledge with medical professionals at cutting-edge medical/health programs including the University of California San Diego School of Integrative Medicine and Hahnemann University. Sheri is a Level 4 graduate of the Kushi Institute. She is the author of the book *Macro Magic for Kids and Parents*. Sheri is also the host, director, and producer of the alternative-health cooking shows for television, *Macro Magic*, and the cooking pilot, *Macro for Mainstream*. In addition, she has created numerous cooking videos for children. Recently, she produced a documentary film called *The Spirit of Rice*.

ADDRESSING REPRODUCTIVE ISSUES FOR MEN AND WOMEN THROUGH DIETARY AND LIFESTYLE CHANGES

TUES / 2:00PM-3:15PM / UL

PRIVATE COOKING & LIFESTYLE CONSULTATION

MARCUS GARY & TEAM

Marcus Gary is a holistic lifestyle and wellness instructor with nearly three decades of experience. He teaches yoga, including power yoga, Nei Kung Qigong, meditation, and male virility in various locations across California. Marcus is joined by his team, Maria Johnson and Jamila Makini, both with decades of experience as yoga, Qigong, meditation, and spiritual instructors. Marcus is a licensed architect with a minor in Structural Engineering from UC Berkeley, as well as a Masters in Civil Engineering from Stanford University.

ACHIEVING LONGEVITY WITH FIVE ORGAN QIGONG

SUN, MON, TUES, WED, THURS, FRI / 7:00AM-8:00AM / JP-P-16

MICHAEL GREGER, MD

A founding member and Fellow of the American College of Lifestyle Medicine, Michael Greger is a physician and internationally recognized speaker on nutrition. His science-based nonprofit, *NutritionFacts.org*, offers a free online portal hosting more than 2,000 videos and articles on a myriad of health topics. Dr. Greger is a sought-after lecturer and has presented at the Conference on World Affairs and the World Bank, testified before congress, and was invited as an expert witness in Oprah Winfrey's defense in the infamous "meat defamation" trial. He is a graduate of Cornell University School of Agriculture and Tufts University School of Medicine. Dr. Greger is also an acclaimed author of the popular books *How Not to Die*, *The How Not to Die Cookbook*, *How Not to Diet*, and *How Not to Age*, which became instant *New York Times* best sellers. More than a million copies of *How Not to*

Die have been sold. All proceeds Dr. Greger receives from the sales of his books and speaking honoraria are donated directly to charity.

HOW NOT TO DIE: PREVENTING AND TREATING DISEASE WITH DIET

SUN / 3:30PM-5:00PM / T

PANEL Q&A: CRUISIN' FOR KNOWLEDGE - DOCTOR'S PANEL

MON / 9:00AM-10:30AM / T

KEYNOTE: HOW NOT TO AGE

THURS / 10:30AM-12:00PM / T

HOW NOT TO DIET: EVIDENCE-BASED WEIGHT LOSS

FRI / 3:30PM-5:00PM / T

VIRGINIA HARPER

After receiving a diagnosis of Crohn's Disease and Takayasu Arteritis at the age of twenty-three, Virginia Harper began a macrobiotic program of preparing and eating whole foods while learning to change her lifestyle to accommodate her body's specific needs. This healing experience taught her the important connection between food and health and how to tap into her innate healing abilities. For the last forty years, she has consulted with clients all over the world and influenced thousands of people to create a healthy, pain-free life without inflammatory intestinal diseases. Virginia is recognized as one of the leading teachers and counselors for digestive distress. She is the author of *Controlling Crohn's Disease the Natural Way* and the founder and director of You Can Heal You... one meal at a time, which teaches people how to turn on the body's healing abilities through balanced food choices and preparation. Virginia founded the Mobile Macro Meals Club, which delivers seasonal macrobiotic meal preparations to homes in the Nashville area. She also established Kids Healing Crohn's & Colitis, a non-profit foundation and educational support tool for parents and children.

MACROBIOTICS 101

MON / 2:45PM-3:45PM / UL

ANGRY GUT: MODERN CAUSE/TRADITIONAL CURE

THURS / 9:00AM-10:15AM / UL

DISCUSSION GROUP: RECOVERY PANEL FOLLOW UP

FRI / 10:30AM-12:00PM

PRIVATE MACROBIOTIC CONSULTATION WITH A GUT FOCUS

CHANDRAKANT HIESTER

Chandrakant Hiester is a senior teacher and seminar leader at the Amrit Yoga Institute in Salt Springs, Florida. He prepares, presents, and leads professional trainings, both nationally and overseas, in Amrit Yoga and Amrit Yoga Nidra, as well as a variety of other yoga and stress-reduction programs.

As a student and practitioner of yoga and meditation with Yogi Amrit Desai for forty-eight years, he has a solid foundation for implementing programs that nurture and encourage positive changes.

For over two decades, Chandrakant served in various capacities at the Kripalu Center for Yoga & Health. Among them was his service as executive chef, supervising the preparation of tasty vegetarian meals for hundreds of guests daily. Chandrakant is a preacher's son, a Vietnam-era veteran, a graduate of Rutgers University with a degree in psychology, and a longtime practitioner of martial arts. He brings a unique blend of street-level experience, understanding, and practical psychology to all his seminars and workshops, conducting programs for educational organizations, recovery groups, community service agencies, hospital staff, and large corporations, as well as yoga and meditation groups.

I AM YOGA MEDITATION IN MOTION

SUN, MON, TUES, WED, THURS, FRI / 7:00AM - 8:00AM / JP-P-18

I AM METHOD: THE EXPERIENCE OF INDIVISIBLE HAPPINESS

SUN / 1:30PM-2:30PM / UL

I AM METHOD OF INTEGRATIVE RELAZATION: BREAKING THE MOMENTUM OF STRESS

WED / 3:45PM - 5:00PM / UL

WORKSHOP: I AM METHOD: YOGIC SLEEP ** EXTRA FEE

FRI / 1:00PM-2:15PM / UL

CYRUS KHAMBATTA, PhD

Cyrus Khambatta, PhD, is the *New York Times* bestselling co-author of *Mastering Diabetes*, and has helped more than 10,000 people reverse the underlying cause of insulin resistance. He earned a Bachelor of Science in Mechanical Engineering from Stanford University in 2003, as well as a PhD in Nutritional Biochemistry from the University of California at Berkeley in 2012.

Cyrus, an expert on both type 1 and 2 diabetes, has been living with type 1 diabetes since 2002, and has reduced his insulin use by more than 40% using a food-first approach. In 2022, *Mastering Diabetes* was acquired by the health and wellness company Love. Life, to complement its medically supervised offerings with coaching services that combat various chronic health conditions.

MASTERING DIABETES USING A LOW-FAT, PLANT-BASED, WHOLE-FOOD LIFESTYLE

SUN / 1:00PM-2:15PM / CR

PANEL Q&A: POWERED BY PLANTS WITH VEGAN ATHLETES

MON / 3:00PM-4:00PM / CR

HOW TO LOWER YOUR BLOOD PRESSURE AND CHOLESTEROL PERMANENTLY USING YOUR FOOD AS MEDICINE

TUES / 3:00PM-4:00PM / CR

INSULIN RESISTANCE REVERSAL: SMALL GROUP CONSULTATION

INSULIN RESISTANCE REVERSAL: PRIVATE CONSULTATION

GIACOMO MARCHESE

Giacomo Marchese has been vegan for over fifteen years and involved with fitness for more than twenty years in many different areas. He specializes in coaching others. As an athlete, Giacomo is actively competing in bodybuilding. He has won several awards and holds a champion title in both bodybuilding and powerlifting. Together, with his wife Dani, he co-founded VeganProteins, an online coaching business. They also co-founded PlantBuilt, the largest and most diverse team of strength-based athletes in the world. Giacomo uses strength-based sports and travels to various mainstream fitness expos and vegan festivals across the country with the Vegan Strong team to raise awareness for animal rights and welfare.

VEGAN STRONG BOOT CAMP

MON & FRI / 7:00AM-8:00AM / MS-S-19

PANEL Q&A: POWERED BY PLANTS WITH VEGAN ATHLETES

MON / 3:00PM - 4:00PM / CR

MOBILITY MASTERY

WED / 7:00AM-8:00AM / MS-S-19

PRIVATE SPORTS NUTRITION CONSULTATION

MAYUKO (COKO) NAKASHIMA

Coko is a practicing vegan and certified Rolfer™ who brings a wealth of integrated healing techniques to her personal, hands-on sessions and movement education. Her approach has been cultivated based on more than a decade of experience and training in a variety of movement-related fields including Rolfing Structural Integration, craniosacral therapy, massage therapy, reflexology, yoga, and Kita Sound Healing. Coko's clients include both humans and animals, as she is passionate about rejuvenating ease and the breath of life within all sentient beings. She

has expanded her practice to horses as she trains to become an equine structural integration practitioner.

EXPLORING THE MYOFASCIAL AND NERVOUS SYSTEM TO CREATE HARMONY IN YOUR BODY

MON / 1:30PM-2:30PM / UL

WORKSHOP: JELLYFISH MOVEMENT **EXTRA FEE

FRI / 8:45AM-9:45AM / UL

ILANA NEWMAN, MD

Dr. Ilana Newman attended medical school at the University of Arizona, followed by a residency in family medicine at Beth Israel Medical Center in New York and a fellowship in adolescent medicine at Mount Sinai Medical Center, also in New York. While in residency, Dr. Newman became frustrated with the limited treatment options she had for patients with back pain, which led her to complete the acupuncture program for physicians at UCLA. She also completed the National Acupuncture Detoxification Association program's (NADA) ear acupuncture training at Lincoln Hospital in the Bronx. While in New York, Dr. Newman also worked as a medical news reporter on the *Oxygen Network* and on daily video online medical news reports.

After moving to South Florida, Dr. Newman took the basic and advanced acupuncture courses for physicians at the University of Miami. Several years later, she completed a fellowship in hospice and palliative medicine, also at the University of Miami. Today, she conducts inpatient palliative medicine consultations at the Memorial Hospital System in Broward County and teaches workshops on Korean Hand Therapy for the self-treatment of pain.

TAKE PAIN CONTROL INTO YOUR OWN HANDS: RAPID & DRAMATIC PAIN RELIEF WITH KOREAN HAND THERAPY SELF-TREATMENT, PART I

MON / 11:00AM - 1:00PM / SK

**VAGUS NERVE STIMULATION –
BACK DOOR TO THE BRAIN**
WED / 3:00PM – 4:00PM / CR

**TAKE PAIN CONTROL INTO YOUR
OWN HANDS: RAPID & DRAMATIC
PAIN RELIEF WITH KOREAN HAND
THERAPY SELF-TREATMENT, PART II**
THURS / 11:00AM – 1:00PM / SK

**HOMEOPATHY FOR VEGANS –
10 REMEDIES THAT EVERYONE
SHOULD KNOW AND USE**
THURS / 1:30PM-2:30PM / UL

**PRIVATE CONSULTATION:
CORRESPONDENCE KOREAN HAND
THERAPY FOR PAIN**

JESSICA PORTER

Jessica Porter is a teacher of macrobiotics and author of *The MILF Diet* and *The Hip Chick's Guide to Macrobiotics*. She collaborated with Alicia Silverstone on the *New York Times* number-one bestseller, *The Kind Diet*. She also worked with Tia Mowry, Patricia Heaton, and Laura Prepon on their cookbooks. Jessica is a practicing hypnotherapist and helps people around the world fall asleep on her podcast, *Sleep Magic*. As a trained actress and award-winning standup comic, Jessica makes her lectures funny, inspiring, and informative.

**ONE SIMPLE ACT THAT WILL
CHANGE YOUR WHOLE LIFE
(CHEWING)**
SUN / 2:45PM-3:45PM / UL

**HYPNOSIS: DEMYSTIFYING A
POWERFUL, NATURAL, AND
EFFECTIVE TECHNIQUE**
MON / 9:00AM-10:15AM / UL

**RECOVERY PANEL: SURVIVORS
SHARE THEIR HEALTH JOURNEYS**
MON / 10:45AM – 12:00PM / CR

**WHAT THE HECK IS
MACROBIOTICS? JESSICA EXPLAINS
IT ALL**
THURS / 10:30AM-12:00PM / UL

PRIVATE HYPNOTHERAPY SESSION

OCEAN ROBBINS

Ocean Robbins is co-founder & CEO of the million-member Food Revolution Network. He is the author of the bestsellers, *31-Day Food Revolution* and *Real Superfoods*. Ocean has organized online seminars and events reaching more than two million people, and he's facilitated in-person leadership development events for leaders from sixty-five nations. He has served as adjunct professor for Chapman University and is a recipient of the national Jefferson Award for Outstanding Public Service, the Freedom's Flame Award, the Harmon Wilkinson Award, and many other honors. His TEDx talk, "Eating Our Way to Happiness," has been seen by more than a million people.

**KEYNOTE: YOUR FOOD
REVOLUTION**
MON / 10:45AM – 12:00PM / T

HEALTHY FOOD, HEALTHY PLANET
THURS / 8:45AM- 10:00AM / CR

ROSSELLA ROSSI

Rosella Rossi began her yoga studies in her native Italy in 1994 and has been learning and teaching ever since. She has spent most of her life studying at yoga ashrams and attending workshops and seminars with various inspiring teachers around the world. Rosella deepened her yogic studies under the direct guidance of various masters and gurus, travelling to India since 2011. Her teachings are based on authentic yoga traditions and are inclusive of all aspects of yoga. Rosella's students and clients call her "Ma Lochana," or simply, "Ma." Rosella's formal yoga studies include Kriya Yoga, Sivananda Yoga, Ashtanga Yoga and Vinyasa Yoga. She has been teaching private sessions, classes, workshops and teacher training courses in United States, Europe, Central and South America since 1999. She has trained hundreds of yoga teachers and has been the Yoga Teacher Training Director of renowned yoga studios including Prana Yoga Miami, the Hanu Yoga Studio (formerly



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Green Monkey Miami), and Yoga Shala of San Antonio. Rossella has completed all yoga teacher training levels offered by the Yoga Alliance (YA). She is registered with the American Association of Drugless Practitioners (AADP) and is a board-certified Life Coach and Neuro Linguistic Programming (NLP) Life Coach. In addition, Rossella is a Certified Meditation Teacher, a Wellness Coach, a Spiritual Life Coach and soon to be Hypnotherapist. She currently lives in Virginia with her family.

VINYASA YOGA
SUN, MON, TUES, WED, THURS, FRI
/ 7:00AM-8:00AM / MS-P-19

PRIVATE YOGA SESSION

PRIVATE MEDITATION SESSION

Don't Miss
Tuesday's
Vegan Pizza & Dance
Party Sponsored by
Good Planet
8:30pm • Deck 18

AYESHA SHERZAI, MD, MAS

Dr. Ayesha Z. Sherzai is a vascular neurologist and a research scientist. After finishing two residencies at Loma Linda University in neurology and preventive medicine, she completed a fellowship in vascular neurology and epidemiology at the Columbia University Neurological Institute of New York. Dr. Sherzai holds a Master of Advanced Sciences (MAS) in Clinical Research from the University of California in San Diego (UCSD) and is in the process of completing a master's degree in public health in lifestyle epidemiology from Loma Linda University. Knowing the importance of empowering her patients and their communities, she completed an extensive culinary training program in New York and now teaches large populations how to make tasty, easy, and healthy meals for their brain health.

Dr. Ayesha Sherzai and her husband, Dr. Dean Sherzai, are the authors of two best-selling books – *The Alzheimer's Solution* and *The 30 day Alzheimer's Solution*. They are currently leading the largest community-based brain health initiative in the country.

COOKING CLASS: BRAIN-HEALTHY BITES

MON / 1:30PM-2:45PM / CR

KEYNOTE: OPTIMIZING BRAIN HEALTH: EVIDENCE-BASED INSIGHTS IN NEUROLOGY AND NUTRITION

TUES / 3:45PM – 5:00PM / T

COOKING BOOT CAMP: MIND KIND KITCHEN BY A NEUROLOGIST **EXTRA FEE

WED / 2:00PM – 3:30PM / UL

PERSONALIZED BRAIN HEALTH AND LIFESTYLE CONSULTATION

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DEAN SHERZAI, MD, PhD, MPH, MAS

Dean Sherzai, MD, PhD, MPH, MAS, is a behavioral neurologist/neuroscientist who has dedicated his career to examining behavioral change models at the community and population level. Dr. Sherzai finished his medical and neurology residencies at Georgetown University, with a subsequent fellowship in neurodegenerative diseases at the National Institutes of Health. He received a second fellowship in Dementia and Geriatrics at the University of California, San Diego (UCSD). Also, he holds master's degrees in Advanced Sciences (MAS) in Clinical Research from UCSD and in Public Health (MPH) in Nutritional Epidemiology from Loma Linda University. Dr. Sherzai has received a PhD in Healthcare Leadership focused on community empowerment from Loma Linda/Andrews University. He completed the executive leadership program at Harvard Business School. His vision has always been to revolutionize healthcare by empowering communities to take control of their own health.

REACHING THE NEURO ZONE SUN / 2:15PM-3:15PM / T

KEYNOTE: MIND MASTERY: SHARPENING FOCUS AND MEMORY FOR COGNITIVE EXCELLENCE
THURS / 2:15PM-3:45PM / T

HABIT REVOLUTION: MASTERING THE ART OF POSITIVE CHANGE
FRI / 8:45AM-10:00AM / T

MINDFUL EATING, MINDFUL LIVING: A PANEL DISCUSSION ON NUTRITION AND BRAIN HEALTH WITH DRS. AYESHA & DEAN SHERZAI
FRI / 2:00PM-3:15PM / T

PERSONALIZED BRAIN HEALTH AND LIFESTYLE CONSULTATION

BIANKA STEINFELDT

Bianka Steinfeldt, originally from Austria, started taking ballet and movement class when she was six years old. She danced in the cities of Bregenz, Dornbirn, and Vienna. She also holds a business and design degree. Bianka was introduced to Pilates after experiencing health issues and fell in love with the method. Movement heals! After moving to the United States, South Florida, Bianka discovered Power Pilates, which uses the classical Pilates method with flow and she received her mat and full-equipment certification. Following, she successfully completed the two-year Pilates Master Mentor Program with Pilates Elder, Lolita San Miguel, and is now a second-generation Pilates Master. Bianka is also a Reiki Master and is ELDOA-certified (Elongation Longitudinaux avec Decoaption Osteo Articulaire). This technique uses innovative exercises and postures to relieve pressure and increase blood flow in the body.

PILATES - LEVELS I & II
SUN, MON, TUES, WED, THURS, FRI / 7:00AM-8:00AM / UL

ANTI-AGING FACE YOGA
TUES / 9:00AM-10:00AM / UL

ELDOA - MYOFASCIAL STRETCHING
FRI / 10:00AM-11:00AM / UL

PRIVATE PILATES MAT WORK

SCOTT STOLL, MD, FABPMR

Dr. Stoll is an international leader in lifestyle medicine and a Fellow of the American Board of Physical Medicine and Rehabilitation (FABPMR), specializing in musculoskeletal medicine. During his career, he provided care to Olympic, professional, and collegiate athletes as well as royal families in Europe and the Middle East. An innovator, he is the co-founder of the Plantrician Project, the International Plant Based

Nutrition Healthcare Conference, the International Journal of Disease Reversal and Prevention, Plantrician University, and a conference focused on sustainable lifestyle solutions known as the Health Equity Lifestyle Project (HELP). He was a member of the 1994 Olympic Bobsled team and served as a team physician for the United States Bobsled and Skeleton Team and the Lehigh University athletic team. Dr. Stoll served as a member of the Whole Foods Market scientific and medical advisory board and consults with healthcare organizations globally to integrate lifestyle medicine solutions. Every year, Dr. Stoll hosts the popular one-week total health immersion in Florida and helps attendees recover lost health, reverse disease, and restore emotional balance. In addition to authoring numerous books, scientific articles and speaking internationally, Dr. Stoll has appeared on a wide variety of national shows, including the Dr. Oz show, and hosted the 2018 PBS special *Food as Medicine*. He appeared in numerous documentaries including *The Game Changers*, *Eating You Alive*, *Disease Reversal Hope*, *Plantwise*, and the upcoming *Revive* television series.

PANEL Q&A: CRUISIN' FOR KNOWLEDGE - DOCTOR'S PANEL
MON / 9:00AM-10:30AM / T

PANEL Q&A: POWERED BY PLANTS WITH VEGAN ATHLETES
MON / 3:00PM-4:00PM / CR

CONNECTION CULTIVATES CHANGE
THURS / 9:00AM- 10:15AM / T

KEYNOTE: RECOVERY AND REGENERATION: OPTIMIZING HEALING THROUGH LIFESTYLE AND INNOVATIVE THERAPIES
THURS / 3:45PM-5:00PM / T

THE POWER OF THE PLATE: REGENERATING ATOMS TO EARTH
FRI / 10:15AM-11:30AM / T

PRIVATE CONSULTATIONS WITH LIFESTYLE AND MUSCULOSKELETAL ASSESSMENT

DANI TAYLOR

Dani Taylor is a 21-year-vegan female bodybuilding champion, and full-time coach to vegan athletes who transformed her life from unhealthy beginnings. Raised on mac 'n' cheese and hotdogs, Dani weighed 210 pounds by age seventeen. Discovering veganism in high school, she embarked on a journey of health and fitness. Now, ninety pounds lighter and a figure competition champion, Dani co-founded VeganProteins and Team PlantBuilt, the largest group of vegan strength athletes. Alongside her husband, Giacomo Marchese, she tours the country with the Vegan Strong Team, inspiring others to embrace vegan fitness. Dani's story is a testament to the power of change and dedication.

STRENGTH TRAINING: RESHAPE AND RECHARGE

SUN & TUES / 7:00AM-8:00AM / MS-S-19

PANEL Q&A: POWERED BY PLANTS WITH VEGAN ATHLETES

MON / 3:00PM - 4:00PM / CR

POSTURE 101

THURS / 7:00AM-8:00AM / MS-S-19

PRIVATE SPORTS NUTRITION CONSULTATION

VERNE VARONA

For forty-five years, Verne's lectures, workshops, and media appearances have motivated thousands of people to take better

and more conscious care of their health. His initial studies began in Traditional Chinese Medicine at the East-West Foundation of Boston, Massachusetts (1971-1974). For five years, he was the nutritional consultant and co-founder of the Beverly Hills medical group supporting well-known entertainment and sports professionals. With his physician associate, Verne co-created the ODDS Program (Off Dangerous Drugs Safely) a dietary program designed to reverse pharmaceutical drug dependency including hypertension and over-the-counter drug dependency with dietary and lifestyle guidelines. Verne's first book, *Nature's Cancer-Fighting Foods*, is currently in multiple editions and used as a textbook in several health and wellness institutions. His second book, *Macrobiotics for Dummies*, is part of the International Dummies Series. Verne has also been involved in seminars for The Arthritis Foundation, The Multiple Sclerosis Society, The Prostate Cancer Research Institute, The Cancer Control Society, UCLA Nurses Extension, and British Columbia University. His recent efforts have focused on children's health and the creation of a six-part streaming series, "Making Life More Delicious, Bite By Bite," exclusively for children and parents.

MEANING, HUMOR, CREATIVITY & INTUITION: RECREATING

YOURSELF AS A PERSON OF PASSION!

MON / 11:45AM-1:00 PM / AE

KEYNOTE: THE REAL MEANING OF "BE YOUR OWN DOCTOR"

WED / 8:15AM-9:15AM / T

A TASTE OF VITAMIN H TO OPEN YOUR CLOWN CHAKRA!

THURS / 11:45AM-1:00PM / AE

THE REAL MEANING OF "BE YOUR OWN DOCTOR" CONTINUED - SELF DIAGNOSIS

THURS / 2:45PM-3:45 PM / UL

PRIVATE HEALTH COUNSELING

CHRIS WARK

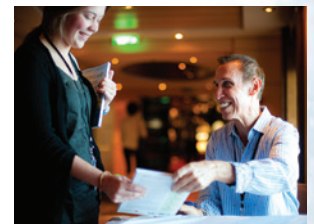
Chris Wark is a bestselling author, speaker and global health and wellness leader. He was diagnosed with stage III colon cancer in 2003 at twenty-six years of age. After surgery, he opted out of chemotherapy and used plant-based nutrition and non-toxic therapies to heal. He began sharing his story in 2010 with a mission to inspire people to take control of their health and to show them how to reverse disease with simple diet and lifestyle practices. His book, *Chris Beat Cancer: A Comprehensive Plan for Healing Naturally*, was published in 2018 and became a national bestseller. Chris reaches millions of people each year through social media and his website: chrisbeatcancer.com.

KEYNOTE: BEATING CANCER WITH NUTRITION

MON / 2:15PM-3:30PM / T

YOUR HOST: SANDY PUKEL

Sandy Pukel has been intimately involved in the natural foods industry for over five decades and has established an international reputation as a leader in this field. He is a natural foods icon in South Florida, where he taught vegetarian cooking in the early 1970s and owned and operated the landmark Oak Feed natural foods store, a mecca for people interested in health and well-being. Together with world macrobiotic leader Michio Kushi, Sandy established a network of learning centers throughout Florida to teach natural foods cooking and holistic health. In 1984, he founded a nonprofit educational foundation, A Taste of Health, which has hosted celebrities and internationally-known holistic educators at conferences and open air festivals. More than 30,000 guests and students have attended some of these events. As a board-certified nutritionist, he works with clients regarding lifestyle changes and dietary needs. Sandy has also been instrumental in the establishment of several natural foods businesses, including world-leader Miso Master. His cookbook, *Grains and Greens on the Deep Blue Sea*, is the direct outcome of Sandy's latest venture, Holistic Holiday at Sea, a holistic Caribbean cruise featuring delicious vegan foods and an education program that includes yoga, Pilates, macrobiotics, meditation, cooking classes, and much more.



CONSULTATIONS & WORKSHOPS CHART

Practitioners' biographies can be found listed in alphabetical order in the Presenters' Biographies & Course Description section. To make an appointment, please visit our Hospitality Desk on Deck 7, Atrium mid-ship, starboard (right) side.

DR. MONISHA BHANOTE

Integrative Cellular Wellness Consultation
\$500/person, 60 minutes

KIM CAMPBELL

COOKING BOOT CAMP: Stirring Up Comfort Foods with PlantPure Chef Kim Campbell
\$150/person, 90 minutes

DR. JIBIN CHI

Total CHI Bioanalysis + CHI Healing Package
\$750/person, 120 minutes
\$680/person, 2nd session
\$600/person, 3rd session
Customized CHI Bioanalysis + CHI Wellness Package
\$400/person, 60 minutes
CHI Fractal Mind & Body Health Analysis Package
\$300/person, 60 minutes
WORKSHOP: Breaking Barriers – A Guide to Mastery in Breathing, Meditation, and CHI for True Healing
\$80/person, 45 minutes

JENNÉ CLAIBORNE

COOKING BOOT CAMP: Mushrooms 101
\$150/person, 75 minutes

NATHAN CRANE

Holistic Cancer Coaching
\$395/person, 60 minutes

SHERI-LYNN DEMARIS

Private Cooking & Lifestyle Consultation
\$400/person, 60 minutes

VIRGINA HARPER

Macrobiotic Consultation with a Gut Focus
\$400/person, 60 minutes

CHANDRAKANT HIESTER

WORKSHOP: I AM Method: Yogic Sleep
\$35/person, 75 minutes

CYRUS KHAMBATTA, PhD

Insulin Resistance Reversal: Small Group Consultation
\$200/person, 60 minutes
Insulin Resistance Reversal: Private Consultation
\$400/person, 30 minutes

GIACOMO MARCHESE

Private Sports Nutrition Consultation
\$250/person, 60 minutes

MAYUKO 'COKO' NAKASHIMA

WORKSHOP: Jellyfish Movement
\$150/person, 60 minutes
Space is limited to 10 participants

ILANA NEWMAN, MD

Private Correspondence Korean Hand Therapy for Pain
\$100/person, 45 minutes

JESSICA PORTER

Private Hypnotherapy Session
\$300/person, 90 minutes

ROSSELLA ROSSI

Private Yoga Session
\$150/person, 60 minutes
\$275/couple, 60 minutes

Private Meditation Session
\$75/person, 30 minutes
\$125/couple, 30 minutes

AYSHEA SHERZAI, MD

Personalized Brain Health & Lifestyle Consultation with Dr. Ayesha Sherzai
\$500/person, 60 minutes
\$350/person, 30 minutes
\$750/couple, 60 minutes
\$525/couple, 30 minutes
COOKING BOOT CAMP: Mind Kind Kitchen by a Neurologist
\$150/person, 90 minutes

DEAN SHERZAI, MD

Personalized Brain Health & Lifestyle Consultation with Dr. Dean Sherzai
\$500/person, 60 minutes
\$350/person, 30 minutes
\$750/couple, 60 minutes
\$525/couple, 30 minutes

BIANKA STEINFELDT

Private Pilates Mat Work
\$150/person, 60 minutes
\$210/couple, 60 minutes

DR. SCOTT STOLL

Private Consultation with Lifestyle and Musculoskeletal Assessment
\$500/person, 60 minutes
\$600/couple, 60 minutes

DANI TAYLOR

Private Sports Nutrition Consultation
\$250/person, 60 minutes

VERNE VARONA

Health Counseling with Verne Varona Prompt, Practical and Proven Advice for Your Health Concerns - Get Your Questions Answered!
\$400/person, 60 minutes
\$450/couple, 60 minutes



DR. MONISHA BHANOTE

Integrative Cellular Wellness Consultation

Experience a transformative introduction to the world of integrative cellular wellness. Led by a quintuple board-certified medical doctor with extensive expertise in integrative lifestyle medicine, functional culinary medicine, cytopathology, anatomic, and clinical pathology, these exclusive sessions offer expert guidance and clarity for your health and diagnosis. Discover the potential of plant-based solutions for enhancing gut health, optimizing brain function, and unlocking the secrets to longevity. These consultations are a testament to a commitment to your well-being, offering insights and strategies that can ignite your passion for a healthier, more vibrant life. Be ready to take charge of your health and embrace the possibilities of holistic wellness.

\$500/person, 60 minutes

KIM CAMPBELL

COOKING BOOT CAMP: Stirring Up Comfort Foods with PlantPure Chef Kim Campbell

Join Kim as she whips up a menu of traditional comfort-style meals that warm your soul and heal your body! Learn the basics of converting your favorite traditional family recipes into healthy whole food plant-based dishes. We'll start with the greens and end with chocolate, with lots of delicious food in between.

\$150/person, 90 minutes

DR. JIBIN CHI

Total CHI Bioanalysis + CHI Healing Package

This comprehensive treatment package integrates three core elements of the CHI concept. The CHI Fractal Mind and Body Analysis reveals the cardiac adaptation level, total and mental stress levels, subconscious and conscious brain levels, the autonomic system, heart regulation, organ health, biorhythms, biological age, chakras, meridian energy and more. The CHI-Wavesonic Sound Massage will allow you to immerse yourself in a transformative, full-body sound massage, recalibrating the mind and body to life's rhythm while harmonizing your energy flow. The guided CHI-Airnergy Breathing session is an experience of complete mind and body rejuvenation at the cellular level, a remedy rooted in Nobel Laureate Dr. Otto Warburg's theory of oxygen activation through monochromic light. This package is particularly suited for individuals facing chronic health issues including cancer, sleep disorders and diabetes. A complementary CHI Fractal Bioanalysis health report and healing soundtrack will be provided after the cruise via email.

\$750/person, 120 minutes

\$680/person, 2nd session

\$600/person, 3rd session

Customized CHI Bioanalysis + CHI Wellness Package

This CHI Wellness consultation offers a condensed, yet personalized, version of the Total CHI fractal Bioanalysis + CHI Healing Package. Tailored to individual needs, this session includes a sample showcase of the CHI Fractal Health Analysis, a mini-session of CHI Wavesonic

Sound Hearing, and a compact CHI-Airnergy breathing therapy session. A complementary CHI Fractal Bioanalysis health report and healing soundtrack will be provided after the cruise via email.

\$400/person, 60 minutes

CHI Fractal Mind & Body Health Analysis Package

This comprehensive health analysis consultation offers a detailed analysis of both the mind and body. It uncovers crucial insights into various aspects, including the cardiac adaptation level, total and mental stress levels, subconscious and conscious brain patterns, hormonal regulation, autonomic system function, the dynamic vital force index, organ health, circadian rhythm, biological age, chakras, and meridian energy distribution. Additionally, it includes components of ayurvedic dosha analysis and a simplified diet recommendation.

A complimentary CHI Fractal Bioanalysis health report will be sent via email after the consultation, providing valuable insights for your continued well-being.

\$300/person, 60 minutes

WORKSHOP: Breaking Barriers – A Guide to Mastery in Breathing, Meditation, and CHI for True Healing

Join Dr. Chi for a hands-on exploration of essential practices for physical and mental resilience, healing, and an authentic sense of well-being while demystifying energy practices by intertwining scientific insights with the profound connection between mind and matter. This workshop features CHI-Airnergy, CHI Meditation, mantra changing, energy channeling, and an introduction to ancient CHI

practices including the principals of yin and yang and the five elements behind them. This session is suitable for individuals affected by cancer, metabolic disorders, and those navigating chronic mental and emotion stress.

\$80/person, 45 minutes

JENNÉ CLAIBORNE

Cooking Boot Camp: Mushrooms 101

Join Jenné to learn all there is to know about the mushroom and how this earthy, meaty flavored delicacy can provide both nutritional value as well as the umami taste we all crave. These recipes will warm your belly and fill your sweet soul. Get ready for layers of flavor married with a creamy sauce and succulent mushrooms. Sure, you can use tofu to replace the chicken, but it's no match compared to oyster mushrooms.

\$150/person, 75 minutes

NATHAN CRANE

Holistic Cancer Coaching

Get your questions about cancer answered by Certified Holistic Cancer Coach Nathan Crane. This one-on-one consultation offers an in-depth review of your current struggles with cancer including diet, emotions, supplements, relationships and environment. Nathan will determine pitfalls in your current diet and lifestyle and provide support with a holistic strategy on how to move forward. Through his extensive experience, you will be provided powerful resources and tools for helping your body heal itself. Follow up support with coaching can also be offered to help you determine your best steps forward with healing.

\$395/person, 60 minutes

SHERI-LYNN DEMARIS

Private Cooking and Lifestyle Consultation

Sheri has over forty years of experience working with hundreds of individuals of all ages to enhance their dietary guidelines and food choices. Using her training in visual diagnosis and macrobiotic principles, Sheri offers you insightful observations of your relationship between your food choices and your current health. You will be provided a packet of recipes and weekly guidelines of how to shift your condition through changing your food choices and routine. This includes a personalized shopping list to make your transformation easier. Before your consultation, you must complete an intake form describing your current diet and conditions you'd like to focus on during the session.

\$400/person, 60 minutes

VIRGINIA HARPER

Macrobiotic Consultation with a Gut Focus

Virginia has consulted with hundreds of individuals, guiding them to overall wellness through healing the gut. Her educational instruction is appropriate for individuals - young and old - who want to heal their mind, body, and spirit using whole, uncontaminated foods. Her expertise is facilitating the healing of the digestive tract at any stage of disability. During this introduction evaluation, she will personalize a wellness program directed towards the individual's current state of health, which includes menu and cooking recommendations. After the in-person evaluation, a three-day menu to jump start your journey will be emailed. Through the use

of macrobiotic principles, Virginia's approach to nutrition complements medical treatments and dietary restrictions. Virginia understands that transformation happens with slow, consistent guidance and recommendations must be adjusted as the body responds to changes. Therefore, she also offers a long-term coaching program to support your health direction. Included with the consultation are two follow-up coaching calls. Additional coaching is available to all clients who register on the cruise at a special reduced price once you have completed two coaching sessions.

\$400/person, 60 minutes

CHANDRAKANT HIESTER

WORKSHOP: I AM Method: Yogic Sleep

Scientific medical research reveals that the effects of stress are the root cause of most health-related issues. Regardless of the symptoms, the ultimate solution to all stress-related disease is learning how to be relaxed on the physical, mental, and emotional levels. A profound state of deep relaxation is effortlessly available to everyone through the I AM Method of Yogic Sleep. This state of relaxation unleashes the innate natural intelligence of the vital life force, Prana, to dissolve and resolve the physical, mental, and emotional accumulations held at the subtle energetic level.

This deep state of relaxation also yields much more. It gives access to the domain of consciousness that enables the creation and shaping of the quality of life you have always wanted, using the creative energy of the vital life force, Prana.

\$35/person, 75 minutes

CYRUS KHAMBATTA, PhD

Insulin Resistance Reversal: Small Group Consultation

Meet with Cyrus Khambatta, PhD, to discuss your personal health in a small group setting. In this 60-minute session, three participants will receive individualized attention and have the opportunity to discuss your diabetes health concerns, receive expert guidance, and set personalized goals for better blood glucose management. Join me for a highly focused, actionable, and personalized approach to improving your diabetes health.

\$200/person, 60 minutes

Insulin Resistance Reversal: Private Consultation

In this 60-minute private session with Cyrus Khambatta, PhD, each participant will receive the opportunity to discuss your individual concerns, receive expert guidance, and set customized goals for improved diabetes and blood glucose management. Join me for a one-on-one, personalized approach to optimizing your diabetes health.

\$400/person, 30 minutes

GIACOMO MARCHESE

Private Sports Nutrition Consultation

Is an active healthy lifestyle your thing? Are you ready to put the work in, but aren't sure how to optimize your nutrition? Giacomo can get you there. As a professional bodybuilder and powerlifter, he spends the bulk of his time keeping up to date with the latest research and has extensive experience that he passes on to his clients. Whether you are in the advanced

stages of your fitness journey or are new to it, Giacomo will assess your needs and walk you through a detailed plan of action to optimize your nutrition goals. Take the guesswork out of meal timing, learn how to balance your plate, and find out how to apply a plan that will not just look good on paper, but will work for YOU and your lifestyle.

\$250/person, 60 minutes

MAYUKO 'COKO' NAKASHIMA

WORKSHOP: Jellyfish Movement

Experience profound rebalancing, harmonizing, and integrating for your body through the exploration of movement that focuses on fascia, the nervous system, and structural integration. These fun, informative classes can be incorporated into your self-care practices as baby steps. They are profoundly powerful and will increase your body awareness in order to facilitate its natural healing ability. Foster trust and connection in your body so it can trust you. No previous experience is necessary. Bring an open heart and mind. Be prepared to have fun and learn. Taking the lecture "Exploring the Myofascial and Nervous System to Create Harmony" is recommended prior to this workshop, but not necessary.

\$150/person, 60 minutes

Space is limited to 10 participants

ILANA NEWMAN, MD

Private Correspondence Korean Hand Therapy for Pain

Dr. Newman will locate the precise points on your hands to reduce your headache, neck and back pain, or joint pain. Once the points

are located, you will be able to treat your own pain whenever it recurs in the same places. Prior attendance at Dr. Newman's workshop is not required.

\$100/person, 45 minutes

JESSICA PORTER

Private Hypnotherapy Session

Take the opportunity to drop some baggage in the Caribbean! With Jessica Porter as your guide, enjoy profound relaxation while identifying and releasing old emotional stagnation. Hypnotherapy helps with smoking cessation, stress, phobias, insomnia, low self-esteem, co-dependence, and general stuckness.

\$300/person, 90 minutes

ROSSELLA ROSSI

Private Yoga Session

This yoga session is based on the ancient Hatha yoga system, which includes traditional yogic poses (asana), breath exercises (pranayama), and techniques including internal locks (bandhas), gazing points (dristhi), and relaxation (shavasana). These poses are designed to accommodate your level of practice, while keeping in consideration injuries, conditions and personal needs. The goal of Hatha yoga is physical, mental and emotional wellness, while preparing you for deeper spiritual practices including meditation. "Hatha" is a general category that includes most yoga styles. You can choose between Integral, Vinyasa or Power Yoga styles.

\$150/person, 60 minutes

\$275/couple, 60 minutes

Private Meditation Session

Meditation reduces stress and enhances energy, strength and vigor. It creates a state of deep relaxation and a general feeling of well-being, while increasing concentration and strengthening focus. Meditation also increases serotonin, which influences moods, behavior, anxiety, and fears. It guides us toward the discovery of life's meaning and purpose. The meditation sessions start with breathing exercises to prepare the mind and follows with mindful meditation techniques.

\$75/person, 30 minutes
\$125/couple, 30 minutes

AYSHEA SHERZAI, MD

Personalized Brain Health & Lifestyle Consultation

Dr. Ayesha Sherzai offers tailored consultations to individuals and couples seeking expert advice on neurological conditions such as cognitive health, stroke prevention, headaches and other neurodegenerative diseases. These sessions are designed to provide personalized strategies for cognitive enhancement, preventive neurology, evidence-based lifestyle intervention and second opinions of current interventions that individuals may be enrolled in. In addition, discussion of current treatment plans for neurological conditions, discussion and explanation of neuroimaging and other diagnostics can be offered.

\$500/person, 60 minutes
\$350/person, 30 minutes
\$750/couple, 60 minutes
\$525/couple, 30 minutes

Cooking Boot Camp: Mind Kind Kitchen by a Neurologist

Dr. Ayesha Sherzai, the "Brain Health Doctor," will prepare an easy-to-make, healthy, and of course, tasty meal. Throughout the workshop, she will discuss the science behind the nutritional component. While she is preparing the meal, she will share how people can make this kind of cuisine a part of their daily lives.

\$150/person, 90 minutes

DEAN SHERZAI, MD

Personalized Brain Health & Lifestyle Consultation

Dr. Dean Sherzai offers tailored consultations to individuals and couples seeking expert advice on neurological conditions such as cognitive health, stroke prevention, headaches and other neurodegenerative diseases. These sessions are designed to provide personalized strategies for cognitive enhancement, preventive neurology, evidence-based lifestyle intervention and second opinions of current interventions that individuals may be enrolled in. In addition, discussion of current treatment plans for neurological conditions, discussion and explanation of neuroimaging and other diagnostics can be offered.

\$500/person, 60 minutes
\$350/person, 30 minutes
\$750/couple, 60 minutes
\$525/couple, 30 minutes

BIANKA STEINFELDT

Private Pilates Mat Work

A private or semi-private mat work Pilates session is intended to train the individual in proper form and alignment in specially-tailored exercises. If you are healthy and fit, one-on-one training can help you go to the next level! If you have neck, back, shoulder, hip, knee, or ankle problems, osteoporosis, or have had recent surgery and other medical concerns, a personalized Pilates program can be an excellent way to help you get back to optimal health. Some props such as the magic circle, fitness ball, small ball, foam roll, light weights, and tera bands will be used.

\$150/person, 60 minutes
\$210/couple, 60 minutes

DR. SCOTT STOLL

Private Consultation with Lifestyle and Musculoskeletal Assessment

Dr. Stoll is an internationally recognized leader in lifestyle medicine and whole plant-based nutrition, which he advocates as the foundation for the preventing, suspending, and reversing the chronic disease. Additionally, as a specialized sports medicine team physician for university and Olympian athletes, he utilizes regenerative medicine procedures, body work, and functional exercise to assist the body in healing damaged tissue and resolve painful conditions. During your consultation with Dr. Stoll, you will receive a comprehensive, wholistic plan for your lifestyle and



musculoskeletal system including body alignment, muscular balance, tissue healing/restoration, exercise, stress, sleep, supplement guidance, discussion of potential regenerative therapies and general wellness on an off the field of life. His intention is to help you meet your goals and discover renewed health and vitality. Dr. Stoll will be drawing on more than twenty years of specialty experience in physical and lifestyle medicine, professional sports level medicine, rehabilitation and regenerative medicine, to maximize the restoration process.

\$500/person, 60 minutes
\$600/couple, 60 minutes

DANI TAYLOR

Private Sports Nutrition Consultation

Whether you are just getting into fitness and don't know where to begin, or you've been training for years and are looking for ways to elevate your performance, a one-on-one consultation with Dani Taylor is a great way to get there. As a vegan figure competitor and strength coach, Dani has many years of working with clients of all levels and backgrounds, and she can help you to achieve your aesthetic, fitness or strength goals with a tailored vegan nutrition plan. Together, you and Dani will assess your current fitness/health situation, come up with attainable goals, and lay out the comprehensive plans to achieve success. You can also feel free to use your hour to ask any questions you've ever had about vegan sports nutrition, strength training or competing in bodybuilding as a vegan.


\$250/person, 60 minutes

VERNE VARONA

Health Counseling with Verne Varona

Verne Verona offers prompt, practical and proven advice for your personal health concerns. This session is an opportunity to get your questions answered one-on-one! After fifty years as a student, researcher, author and practitioner of whole food cultural diets, Verne is more than equipped to personalize a healthy, doable eating plan for your individual needs, habits and health goals. Working with a broad array of modalities, he will share his insightful observations regarding your specific condition to determine what is working well and consistently, not just "in theory." Verne will conduct a formal session face-to-face on board and a virtual follow-up call reviewing your dietary and lifestyle habits. He will provide you with pertinent PDFs of material he has created specifically for the individual clients. The follow-up session, which is more than just a "check-in," is usually conducted one to two weeks after the initial session. During this time, a customized diet is introduced, and questions are answered. All consultations include a one-hour, formal face-to-face session with Verne, one follow-up session and assorted PDFs relevant to the clients concerns.


\$400/person, 60 minutes
\$450/couple, 60 minutes





SALADMASTER®


We teach people how to prepare healthy, delicious food for their families using the right equipment and cooking techniques.


**6 ENEMIES OF NUTRITION & FLAVOR...
and what cookware has to do with it.**



Peeling


Cooking
in Water


Excessive
Heat


Oxidation


Fats and
Oils


Light

All of these rob your foods of essential nutrients, vitamins, minerals and flavor

**Learn more about the 6 enemies of nutrition
and find out if your cookware is working
for you or against you.**

Class time: Wednesday 8:45-9:45am | Location: UL (Uptown Lounge)



FITNESS AND MEDITATION CLASSES

**MARCUS GARY,
MARIA JOHNSON
& JAMILA MAKINI**

ACHIEVING LONGEVITY WITH FIVE ORGAN QIGONG

Our ability to be successful is related to how we use our energy. The Taoists developed a system for cultivating and promoting the free flow of energy in the body through the exercise called Qigong. This class will provide instruction on the 3000-year-old Qigong postures and sounds one can use to simultaneously purge the toxic energies out of the major organ energy systems (liver, heart, spleen/ stomach, lungs, and kidneys). Such purging will assist in maintaining optimal health and stress management.

SUN, MON, TUES, WED, THURS, FRI / 7:00-8:00AM / JP-P-16

intelligence of the vital life force, Prana. This inner attunement is your experiential guide. It prompts movements and physical positions that are uniquely appropriate for your body. The uniqueness of these sessions allows everyone to participate - from experienced practitioners to those who are new to yoga. These sessions focus on cultivating and maintaining a recognizable inner attunement of absorbed stillness while engaged in action, any action regardless of flexibility. With practice, this not only transforms ordinary physical yoga postures, but also the ordinary activities of daily life into a Meditation in Motion.

SUN, MON, TUES, WED, THURS, FRI / 7:00AM - 8:00AM / JP-P-18

ROBERT CHEEKE

FUNCTIONAL FITNESS

Exercises you can do anywhere, anytime to maintain high levels of health and fitness. Join champion vegan bodybuilder, Robert Cheeke, and learn how to complete total body exercises for a full-body workout without any special equipment. Learn fitness, diet, and nutrition tips from the *New York Times* bestselling co-author of the *Plant-Based Athlete*, and get your questions answered after a fun workout. Proper exercise shoes and clothing attire required. Exercises will be at varying levels of intensity, based on each individual's interest and experience.

SUN, MON, TUES, WED, THURS, FRI / 7:00-8:00AM / MP-S-18

**CHANDRAKANT
HIESTER**

I AM YOGA: MEDITATION IN MOTION

I AM Method of Meditation in Motion is a unique yoga that starts from the inside out. We begin with an inner attunement to the innate

I AM METHOD OF INTEGRATIVE RELAXATION: BREAKING THE MOMENTUM OF STRESS

The first step towards genuine health and well-being is freedom from the effects of stress. Integrative Relaxation is a guided series of simple techniques that can be done lying on the floor or sitting comfortably in a chair. The combination of these simple techniques facilitates immediate access to a state of complete physical, mental and emotional relaxation. This deep state of relaxation is the entry portal into a state of consciousness where, with repetition, the causes of stress, tension, anxiety and fear can be effortlessly dissolved and resolved. The session also includes a twenty-minute Integrative Relaxation experience.

WED / 3:45PM-5:00PM / UL



WORKSHOP: I AM METHOD: YOGIC SLEEP ** EXTRA FEE

Scientific medical research reveals that the effects of stress are the root cause of most health-related issues. Regardless of the symptoms, the ultimate solution to all stress-related disease is learning how to be relaxed on the physical, mental, and emotional levels. A profound state of deep relaxation is effortlessly available to everyone through the I AM Method of Yogic Sleep. This state of relaxation unleashes the innate natural intelligence of the vital life force, Prana, to dissolve and resolve the physical, mental, and emotional accumulations held at the subtle energetic level. This deep state of relaxation also yields much more. It gives access to the domain of consciousness that enables the creation and shaping of the quality

of life you have always wanted, using the creative energy of the vital life force, Prana.

FRI / 1:00PM-2:15PM / UL

GIACOMO MARCHESE

VEGAN STRONG BOOT CAMP

Get ready to unleash your inner vegan athlete in Giacomo Marchese's electrifying Vegan Strong Boot Camp class! Join us for a high-octane fitness experience that combines the power of bodyweight exercises and dynamic band workouts. Whether you're a seasoned athlete or new to fitness, you will leave you feeling stronger, more resilient, and exhilarated. While there is jumping in this class, there

are also low impact modifications that do not require jumping.

MON & FRI / 7:00AM-8:00AM / MS-S-19

MOBILITY MASTERY

Welcome to Giacomo Marchese's rejuvenating mobility class, where we prioritize flexibility and joint health through the art of deep, restorative stretches. Giacomo's expertise in mobility training will lead you on a journey of increased range of motion, reduced stiffness, and enhanced overall mobility. In this class, we hold long, soothing stretches that unravel tension and allow your muscles and joints to find their optimal alignment.

WED / 7:00AM-8:00AM / MS-S-19



Sweetness, The Way Mother Nature Intended™



Rice Nectars: Chocolate, Organic Maple, Organic Genmai, Organic Original, Raspberry, Strawberry & Blueberry



Spreadable Fruit: Blueberry, Raspberry, & Strawberry



Organic: Organic Blackstrap Molasses, Organic Agave Syrup, Organic Wildflower Honey & Just Like Honey

No Preservatives or Refined Sugars • Non-GMO • Fat & Gluten Free • No Artificial Colors or Flavors • Product available in 1 lb. jars & 1 gallon jugs








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MAYUKO (COKO) NAKASHIMA

WORKSHOP: JELLYFISH MOVEMENT **EXTRA FEE

Experience profound rebalancing, harmonizing, and integrating for your body through the exploration of movement that focuses on fascia, the nervous system, and structural integration. These fun, informative classes can be incorporated into your self-care practices as baby steps. They are profoundly powerful and will increase your body awareness in order to facilitate its natural healing ability. Foster trust and connection in your body so it can trust you. No previous experience is necessary. Bring an open heart and mind. Be prepared to have fun and learn. Taking the lecture "Exploring the Myofascial and Nervous System to Create Harmony" is recommended prior to this workshop, but not necessary.

FRI / 8:45AM-9:45AM / UL

ROSSELLA ROSSI

VINYASA YOGA

Feel awesome alignment with this foundational class for newbies and life-long yogis alike. Your body is the vehicle for your life; treat it right so your body is fit to support you to live life fully. This yoga class is fun, energizing, and educational.

SUN, MON, TUES, WED, THURS, FRI
/ 7:00AM-8:00AM / MS-P-19



BIANKA STEINFELDT

PILATES - LEVELS I & II

Joseph Pilates created the fundamentals of Pilates over one hundred years ago. This mat class incorporates his teaching of mat work to both beginner and intermediate students. We will follow his principles and add some creativity to the class. Your body alignment will improve to enhance breathing, muscle tone, energy, and mental concentration.

SUN, MON, TUES, WED, THURS, FRI
/ 7:00AM-8:00AM / UL

ANTI-AGING FACE YOGA

Did you know that your face has forty-three muscles and keeping them toned has a positive physical and mental effect. Face Yoga can help you feel happier, look younger, and maintain an ongoing youthful glow. In this class, you will learn The Danielle Collins Face Yoga Method. In just minutes per day, this system will give you the look of your best younger you, naturally.

This is a holistic practice, which uses facial exercises and massage, acupressure, and relaxation to help activate collagen production and muscle tone in your face. Looking forward to sharing this with you!

TUES / 9:00AM-10:00AM / UL

ELDOA - MYOFASCIAL STRETCHING

"ELDOA" is a French acronym for Elongation Longitudinaux avec Decoaction Osteo Articulaire, which largely translates to myofascial stretching. The ELDOA method, created by world-renowned osteopath Guy Voyer, DO, consists of postures that target specific joints or spinal segments in order to relieve pressure and restore blood flow. Benefits include: increased flexibility, improved muscle performance and tone, reduced stress, reduced joint inflammation, improved posture, relief of chronic and acute back pain, improved awareness and overall wellness.

FRI / 10:00AM-11:00AM / UL



DANI TAYLOR

STRENGTH TRAINING: RESHAPE AND RECHARGE

This exhilarating strength training class incorporates the dynamic power of resistance bands! Prepare to unleash your inner strength as Dani Taylor guides you through a workout that targets every major muscle group. With resistance bands, you'll experience a unique blend of versatility and intensity, ensuring a challenging yet accessible session for all fitness levels.

SUN & TUES / 7:00AM-8:00AM / MS-S-19

POSTURE 101

Elevate your posture and transform your well-being with Dani Taylor's posture 101 class. This invigorating session combines a harmonious blend of targeted stretches and

strengthening exercises designed to enhance your posture and overall body alignment. Dani will guide you through a journey of balance and grace, helping you stand taller, move with confidence, and alleviate those nagging aches and pains.

THURS / 7:00AM-8:00AM / MS-S-19





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Versatile, Naturally Fermented, Restorative and Delicious

Looking for a way to add the health benefits of fermented food to your diet? Miso Master[®] Organic Miso adds richness to soups & entrees, depth to dressings & sauces, complexity to sweets & desserts, and probiotics to your tummy!




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COOKING CLASSES

SUNDAY

COOKING CLASS: FALL IN LOVE WITH BEANS!

Jenné Claiborne, Food Blogger and Author

SUN / 2:30PM-4:00PM / CR

Bring your taste buds and fall in love with these authentic-style bean dishes. These dishes are full of flavor and texture, nutritious, and easy to make. Whether it's a snack or a main course, beans really have a way of sticking to your ribs and making you feel all loved on the inside.

MONDAY

COOKING CLASS: TASTY TANTAMOUNT TOFU

Jenné Claiborne, Food Blogger and Author

MON / 8:45AM-10:15AM / CR

Tofu can provide incredible health benefits and also serve as a comfort food. Some people can even compare tofu to a fine wine. These quick and easy recipes will heighten your experience and your taste buds and inspire your southern flare. For those seeking a work-life balance, these quick, easy and comforting, these dishes are tangy, spicy, and exceptional.



COOKING CLASS: BRAIN-HEALTHY BITES

Ayesha Sherzai, MD, MAS

MON / 1:30PM-2:45PM / CR

Dive into the fascinating intersection of culinary arts and neuroscience, as we explore recipes that are not only delicious but also beneficial for your brain health. This session is perfect for those looking to nourish their minds and bodies through the power of food.

WEDNESDAY

COOKWARE: IT'S THE LAST PLACE THE FOOD TOUCHES!

Sandy Clubb, Cookware Specialist

WED / 8:45-9:45AM / UL

You scrutinize the foods you eat – how they are grown and where they come from. You read food labels and research the secrets to make your meals healthy and tasty, yet easy and convenient. How you prepare the food and the cookware you use can be just as important to your health as what you eat. Join me for a comprehensive discussion on the cookware you use and learn some simple tests to see if you are maximizing the nutritional value and flavor of the food you eat.

THURSDAY

COOKING CLASS: THE JOY OF ASIAN COOKING

Kim Campbell, Cookbook Author

THURS / 10:30AM-12:00PM / CR

Learn how to build a beautiful asian noodle salad and spring rolls with Kim Campbell. This hearty asian salad is loaded with colorful veggies and soba noodles that are tossed in a sweet and tangy peanut sauce. Learn how to use simple ingredients to create dazzling flavors to allure everyone's tastebuds.

FRIDAY

COOKING CLASS: MEAT REPLACERS

Kim Campbell, Cookbook Author

FRI / 8:45AM-10:15AM / CR

You don't need meat to balance your plant-based meals but often people want substitutions and ideas for healthier replacements. Choosing a plant-based diet doesn't mean giving up the meat-based dishes you love. There are lots of plant foods that make very tasty substitutes for meat. In this class, learn about healthier plant-based meat substitutions and techniques that will keep your recipes hearty and loaded with texture and flavor.

COOKING BOOT CAMPS



Photo courtesy of sweetpotatosoul.com



COOKING BOOT CAMP: MIND KIND KITCHEN BY A NEUROLOGIST **EXTRA FEE

Ayesha Sherzai, MD, MAS

WED / 2:00PM - 3:30PM / UL

Dr. Ayesha Sherzai, the “Brain Health Doctor,” will prepare an easy-to-make, healthy, and of course, tasty meal. Throughout the workshop, she will discuss the science behind the nutritional component. While she is preparing the meal, she will share how people can make this kind of cuisine a part of their daily lives.

\$150/person, 90 minutes



COOKING BOOT CAMP: MUSHROOMS 101 **EXTRA FEE

Jenné Claiborne, Food Blogger and Author

FRI / 11:15AM-12:30PM / UL

Join Jenne to learn all there is about the mushroom and how this earthy, meaty flavor delicate can provide both nutritional value as well as the umami taste we all crave. These recipes will warm you belly and fill your sweet soul. Get ready for layers of flavor married with a creamy sauce and succulent mushrooms. Sure, you can use tofu to replace the chicken, but it's no match to oyster mushrooms!

\$150/person, 75 minutes



COOKING BOOT CAMP: STIRRING UP COMFORT FOODS **EXTRA FEE

Kim Campbell, Cookbook Author

FRI / 2:30PM-4:00PM / UL

Join Kim as she whips up a menu of traditional comfort-style meals that warm your soul and heal your body! Learn the basics of converting your favorite traditional family recipes into healthy whole food plant-based dishes. We'll start with the greens and end with chocolate, with lots of delicious food in between.

\$150/person, 90 minutes

To reserve your spot, please visit our Hospitality Desk in the Atrium on Deck 7.

COOKING CLASS RECIPES

Most recipes below will be demonstrated by the presenter and sampled in each class.

KIM CAMPBELL

Cookbook Author

The Joy of Asian Cooking

ASIAN NOODLE SALAD

Yield: 4-6 servings (18-20 samples)

Prep Time: 30 minutes

Cook Time: 12 minutes.

Tools Needed:

- Large bowl
- Nutribullet blender for dressings
- Tongs/spatulas/wooden spoons
- Large plate for rolling spring rolls
- Bowl with water for soaking spring roll wrappers

Ingredients

Dressing

- 3 tablespoons lime juice
- 2 tablespoons low-sodium tamari
- 2 tablespoons water
- 1 tablespoon rice vinegar
- 1 tablespoon pure maple syrup
- 1-2 teaspoons sriracha
- ¼ cup all-natural peanut butter (100% peanuts)
- 2 garlic cloves, peeled
- 1 teaspoon grated fresh ginger

Vegetables

- 8 ounces package whole-grain soba noodles
- 2 cups thinly sliced red cabbage
- 2 cups shredded carrots
- 1 cup finely chopped kale
- 1 red bell pepper, seeded and thinly sliced
- 2 celery stalks, thinly sliced
- 4 green onions, thinly sliced
- ¼ cup chopped fresh cilantro
- 1 cup frozen edamame or peas, thawed
- 1 tablespoon sesame seeds, for garnish

Spring Rolls:

- 25 Spring Roll Rice Paper Wrappers
- 25 small romaine lettuce leaves for wrapping

Instructions

1. Combine all the dressing ingredients in a blender and blend until creamy. Set aside. It may thicken a bit as it sits.)
2. Cook the soba noodles according to the package instructions and rinse in a colander with cold water.
3. Combine all the vegetables in a large bowl and toss to combine. Add the noodles and dressing and toss thoroughly. Garnish with the sesame seeds and serve.

Kim's Hint: This recipe makes a beautiful filling for a spring roll. Simply fill a romaine lettuce leaf with a scoop of the salad and wrap it burrito-style with a wet spring roll wrapper.

Meat Replacers

CHIK'N SALAD WITH SOY CURLS®

Prep Time: 20 minutes

Cook Time: 0 minutes

Yield: 4 servings

Many of us remember the classic chicken salad that was a favorite sandwich filling. I've got the perfect replacement recipe: a knock-your-socks-off salad featuring Soy Curls, vegan mayonnaise, veggies, and herbs. Soy Curls have a meaty, chewy texture that will fool your most avid meat-eating friends. Serve on bread or rolls with your favorite toppings – we like lettuce, sprouts, sliced tomato, cucumber, and red onion.

Tools Needed:

- 1 large bowl (for Soy Curls to soak)
- 1 bag dry Soy Curls
- Soy Curls that are already soaked, drained, and chopped in a food processor



Photos courtesy of [plantpure nation.com](http://plantpurenation.com)

- Large bowl (for Chick'n Salad)
- Mayo (pre-prepared)
- Tongs/spatulas/wooden spoons
- Baking Sheet
- Parchment Paper
- Cilantro Lime Dressing already prepared

Ingredients

- 4 ounces Soy Curls (about half a package)
- 3/4-1 cup Easy Nut-Free Tofu Mayonnaise
- 2 teaspoons lemon juice
- 2 celery stalks, small diced
- 1 carrot, shredded
- 3 green onions, sliced
- ¼ cup chopped dill pickles (or dill pickle relish)
- 1 cup red or green grapes, chopped
- 2 tablespoons fresh chopped dill
- 2 teaspoons Dijon mustard
- ½ teaspoon sea salt
- ¼ teaspoon black pepper

Optional Sandwich Toppings

- 1 tomato, sliced
- 4-6 lettuce leaves
- 1-2 cups sprouts
- 1 cucumber, sliced
- 1 red onion, sliced

Instructions

- 1 Put the Soy Curls in a bowl and cover with warm water. Soak for 10 minutes or until fully rehydrated. Drain and squeeze out the excess water. Pulse the Soy Curls in a food processor until a fine texture is achieved.
2. In a medium bowl, combine the Soy Curls, mayonnaise, lemon juice, celery, carrot, green onions, pickles, grapes, dill, mustard, salt, and pepper. Mix until the ingredients are well combined. Serve immediately as a sandwich, wrap, or salad. Store in an airtight container in the refrigerator for up to 5 days.



Kim's Hint:

- I recommend you store soy curls in the refrigerator or freezer to keep them fresh. Soy Curls are an all-natural product that does not contain any preservatives or additives. They also have natural fats and will go rancid when stored on your pantry for long periods.
- You can substitute smashed chickpeas for the Soy Curls.

Meat Replacers CAULIFLOWER WALNUT TACOS

Prep Time: 20 minutes

Cook Time: 20-30 minutes

Yields: 4-6 servings

Cauliflower and walnuts are an unusual combination, making a fantastic taco filling with great texture and flavor. There are so many vegan chefs creating their own exciting cauliflower walnut meat, but the base of this recipe is pretty simple. Try this filling on various dishes: salad toppings, stuffed peppers, pizza, raw collard wraps, Mexican lasagna, and pasta dishes.

Ingredients

- 8 corn tortillas
- 1 lb. raw cauliflower, finely ground
- 1 cup walnuts, finely ground
- 1 onion, finely chopped (optional)
- 2 tablespoons chili powder
- 1 teaspoon smoked paprika
- ½ teaspoon cumin
- 1 teaspoon oregano
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 tablespoon lime juice
- Salt and Pepper to taste

Suggested Taco Toppings

- 2 cups mixed greens
- 1 cup olives, sliced
- 1 cup green or red peppers, diced
- ½ cup green onions, diced
- 2 cups corn, frozen or fresh
- 1 mango, diced
- Cilantro Lime Dressing

Cilantro -Lime Dressing

- ½ cup orange juice
- ¼ cup water, or more if you prefer a thinner consistency
- 2 tablespoons lime juice
- 2 tablespoons apple cider vinegar
- 1 tablespoon pure maple syrup (or other liquid sweetener)
- 2 garlic cloves, peeled
- 1 large ripe avocado, pitted and peeled

- ½ cup fresh cilantro leaves
- 1 jalapeno pepper, seeded
- ¼ teaspoon ground cumin
- ¼ teaspoon sea salt or to taste

Instructions

1. Preheat oven to 400 °F.
2. Wrap the corn tortillas in a slightly damp cloth or paper towel and microwave for 30 seconds. This will soften the tortillas. Drape each tortilla over two bars of your oven rack and bake for 8-10 minutes. Watch them carefully as they can burn quickly. Remove and set aside.
3. Place the cauliflower and walnuts into a food processor and process until the cauliflower is well ground looking like rice. Be careful not to puree this mixture. You can also pulse the mushrooms and onions in this step to save time.
4. Place the cauliflower mixture, mushrooms and onions, and the remaining spices into a large bowl and mix thoroughly. Place the mixture onto a parchment-lined baking sheet and bake for 20-30 minutes or until golden brown. This will depend on how dry you prefer your taco filling.
5. Place the dressing ingredients into a blender and blend until creamy and smooth.
6. Fill the tacos with cauliflower-walnut filling and top with your choice of suggested toppings and cilantro-lime dressing.

Kim's Hint:

It's easy to put together your Mexican blend of spices, so don't be afraid to venture away from the recipe and substitute the spices for your own personal blend. You can also buy taco seasonings or Mexican spice

JENNÉ CLAIBORNE

Food Blogger and Author

Fall in Love with Beans

BLACK EYED PEA SALAD

Yields approximately 4 ½ cups of salad

Ingredients

- 3 cups cooked black-eyed peas
- 1/2 cup minced celery
- 1/4 cup minced red onion
- 1 medium roasted red bell pepper chopped
- 1 tbsp dijon mustard
- 1 tbsp apple cider vinegar
- 1-2 tsp hot sauce depending on your spice tolerance
- 1 tsp pure maple syrup or agave
- 1/4 tsp sea salt
- 1 tsp dried oregano
- 1 tsp dried thyme
- 2 tbsp extra virgin olive oil
- 1/4 cup chopped parsley

Instructions

1. In a large bowl, toss together the black eyed peas, celery, onion, and roasted red bell pepper.
2. In a small bowl, whisk together the mustard, vinegar, hot sauce, maple syrup, salt, oregano, and thyme. Drizzle in the oil while whisking vigorously until the mixture is well blended and creamy. Pour the dressing over the black eyed peas and stir well to combine. Add the parsley, and stir more.
3. Let this salad marinate for a few hours before serving, or overnight. It gets tastier as it marinates.

NEW ORLEANS STYLE VEGAN RED BEANS AND RICE

You will fall in love with this New Orleans Style Vegan Red Beans and Rice recipe! These red kidney beans are slow-cooked and flavored to perfection just like the authentic version from New Orleans. There are few things as comforting to me as a hot bowl of smokey beans and rice. Sweet potato pie, mashed potatoes and gravy, popcorn...oh...and chocolate. I'm sure there are others, but beans really have a way of sticking to your ribs and making you feel all loved on the inside.

This pot of beans may take overnight to soak, and about an hour and a half to cook, but they are really easy to make. Heck, if you have a slow cooker you can throw them in there! I also included instructions for making them in the Instant Pot. Making beans from scratch is well worth the effort. They are more tender and tastier than their canned cousins.

Ingredients

- 1 pound red kidney beans rinsed, picked through, and soaked at least 10 hours
- 2 cups celery diced
- 1 yellow onion diced
- 1 green bell pepper diced



Photo courtesy of sweetpotato soul.com

- 3 garlic cloves diced
- 8 cups water
- 1 4-inch strip of kombu
- 4 bay leaves
- 2 tsp dried thyme
- 2 vegetable bouillon cubes
- 3 tsp smoked paprika
- 1 tsp liquid smoke more to taste if you like
- 1 tsp cajun seasoning more if yours doesn't have salt already
- 2 cups rice Any kind. My favorite is medium-grain brown rice
- 4 Field Roast smoke apple sage or Italian sausages sliced
- 1 cup parsley chopped

Instructions

1. Heat a couple tablespoons of oil in a heavy bottomed pot. If you're oil-free, warm some water to sauté.
2. Add the celery, onion, bell pepper, and garlic and sauté for a couple of minutes. Add a pinch of salt in there too.
3. Add the beans, followed by 8 cups of water.
4. Bring to a boil, then add the kombu, bay leaves, and thyme.
5. Reduce to medium low heat to simmer and cook uncovered for about 90 minutes. Check halfway through to skim off any foam that may form on the top.
6. While the beans are cooking, make your rice following the package instructions (brown and white have different instructions).
7. This is also a good time to fry your vegan Field Roast sausage in a couple tbsp of oil.
8. When the beans have finished cooking (taste a bean to make sure), remove them from the heat and stir in the bouillon, smoked paprika, liquid smoke, and Cajun seasoning.
9. Add another bouillon cube if you want it saltier (I usually do 2 cubes).
10. Stir in the vegan sausage.
11. Serve over rice, and garnish with parsley.

Instant Pot Instructions:

1. Sauté the aromatics as instructed above, only in the Instant Pot.
2. Add the beans, kombu, bay leaves, and thyme to the sautéed veggies. Add enough water or vegetable broth to cover the beans by a centimeter. If you are using water, add the veggie bouillon cube or paste now.
3. Cancel the sauté setting and secure the lid on the Instant Pot. Set it to pressure cook on high for 15 minutes. Once it has finished cooking, allow the pot to naturally release pressure for another 15 minutes before quick pressure release (follow the instructions for your Instant Pot or electric pressure cooker).
4. Add the smoked paprika, liquid smoke, and Cajun seasoning. Season to taste with more salt or bouillon. Stir in the vegan sausage. Serve over rice.

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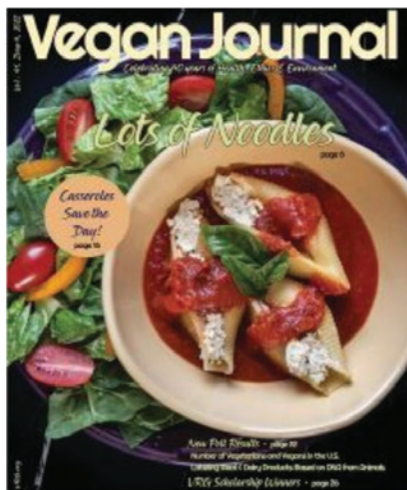
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THE BEST SWEET POTATO HUMMUS

Basic hummus will rely on cumin, garlic, and lemon to add spice and dimension. But this soulful sweet potato hummus is far from basic. For the best flavor this recipe includes:

- Fennel seeds: sweet and earthy
- Miso: salt replacement with loads of umami
- Balsamic vinegar: tang

For the perfect hummus you must start with chickpeas, tahini, lemon, and garlic. You can use less oil in this sweet potato hummus because the sweet potato makes it extra creamy and rich.

- Chickpeas: Use warm chickpeas when you make the hummus for the very best creamy texture. Start with tender homemade chickpeas for the best hummus. Soak dried chickpeas overnight, then cook them until they're tender—I like doing this in my Instant Pot.
- Tahini: Tahini is sesame seed butter. Also called tahini, this silky paste is high in calcium, potassium, B vitamins, vitamin E, protein, and fiber. It has a nutty earthy flavor and it is essential for hummus. Not all tahini is created equal. Some are more bitter than others, while some separate in the jar, which is not ideal. My favorite tahini brands are: Soom, Seed & Mill, Whole Foods 365 brand, Sprouts store brand, and most Middle Eastern brands. However, I don't recommend Joyva (too bitter) or Once Again (clumps in the jar). Note: Raw tahini tends to be more bitter, so I don't use it for hummus.
- Lemon: To balance the flavors in any meal acid is a must. Fresh lemon juice brings balance to the flavors in this sweet potato hummus, while adding a subtle tang and sweetness. Garnish with a little lemon zest for extra punch.
- Garlic: Raw garlic is a must in tahini. Its pungent taste adds depth to any hummus. Roasted garlic is great in hummus too, but I'd still add raw garlic for a kick. Did you know garlic is anti-fungal, anti-bacterial, and anti-viral? Load up!

Prepare your sweet potato like this Slow roast your sweet potatoes whole. This will bring out more sweet and earthy flavor, caramelize the sugars, and make the sweet potato incredibly creamy. Use Garnet, Jewel, or other orange-colored sweet potatoes for this recipe.

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HOW TO SLOW BAKE A SWEET POTATO:

- Preheat the oven to 375° F
- Scrub the potatoes and dry
- Use a fork to poke holes in the sweet potato; 4-5 pokes will do
- Drizzle a little oil on the sweet potatoes and use your hands to thoroughly coat the potatoes
- Place the sweet potatoes in a baking dish (as many as you can fit), and bake for about 1 hour.
- You'll know the sweet potatoes are done when they are very soft, fragrant, and sugars start to caramelize in the baking pan.

3 Steps to Perfect Hummus

1. Roast your sweet potatoes to perfection.
2. Cook chickpeas until they're extra tender. Keep them warm to blend into hummus.
3. Blend the chickpeas, sweet potatoes, tahini, olive oil, spices and other ingredients in a food processor until silky smooth. Add a little water or chickpea liquid to thin if necessary. Start with 1 tbsp of liquid at a time.

Tasty Tantamount Tofu VEGAN TOFU "SALMON"

Yields 8 pieces of tofu

This recipe requires that you press the tofu and let it marinate overnight, at least 6 hours. Can be made in the air fryer or oven.

Ingredients

- 1 tbsp mellow miso
- 1 tbsp capers
- 1 tbsp caper juice
- 1 tbsp tamari soy sauce
- 1 tbsp ume plum vinegar or rice vinegar
- 1 small slice of raw beet, about 1 tbsp equivalent
- 2 tsp vegetable better than bouillon paste

- 1 cup water
- 2 blocks of firm or extra firm tofu, pressed for at least 1 hour
- 2 sheets of toasted nori, cut to fit the bottom of the tofu or 8 sheets of toasted snack nori
- ¼ cup cornstarch
- 2 tbsp extra virgin olive oil or oil spray

Instructions

1. Combine the miso, capers, caper juice, tamari, ume vinegar, raw beet, bouillon paste, and water in a blender and blend until smooth.
2. To prepare the tofu: cut the block in half lengthwise then cut each side diagonally in half—making sure the thinnest part of the tofu is no thinner than ½". Repeat with all of the tofu.
3. Use a paring knife to cut diagonal strips across the top of the tofu. Don't cut more than ½" deep; doing so may cause your tofu to fall apart when handling. Repeat with all of the tofu and place in a dish to marinate.
4. Pour the marinade over the tofu. You may have to layer the tofu filets on top of each other to fit. Make sure all of the filets are coated before placing them in the fridge to marinate overnight, or at least 6 hours.
5. Preheat your oven or air fryer to 350° and grease a baking dish.
6. Sprinkle half of the cornstarch onto a dinner plate. Remove one filet from the marinade and place a piece of nori on the bottom of the tofu. Dip the nori in the marinade first to help it stick. Use your dry hand to gently dip the tofu in the cornstarch to coat each side. Place the tofu on the baking dish or in the air fryer (spray the bottom of the air fryer with oil first). Coat the top of the tofu with oil spray or brush with oil.
7. Bake for 20 minutes, then flip and bake for another 15 minutes until the edges are crispy.
8. If using the air fryer, cook each side for 10 minutes.

VEGAN BUFFALO TOFU WINGS

Ingredients

- 1 pack extra firm or super firm tofu cut into 1/4" strips, and pressed or boiled (instructions above)
- 1 cup of unsweetened unflavored soy milk or other plant milk
- 1 cup panko bread crumbs
- 1/4 cup breadcrumbs
- 2 tsp. Italian seasoning
- ½ cup corn starch or arrowroot powder
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1/2 tsp paprika
- ½ tsp. black pepper

Vegan Buffalo Sauce

- 1 cup Frank's RedHot Buffalo Sauce or favorite vegan buffalo sauce
- 1 tsp sweetener
- 3 tbsp vegan butter

Vegan ranch dressing

- 16 oz silken tofu—one standard package
- 2 cloves garlic
- 1 1/2 tbsp apple cider vinegar
- 1 tbsp lemon juice
- 1 tbsp fresh dill
- 1 tbsp parsley
- 1/2 tsp salt

Instructions

1. Pour the soy milk into one mixing bowl and set aside.
In another mixing bowl combine the panko, breadcrumbs, and Italian seasoning.
In a third mixing bowl combine the cornstarch, garlic and onion powders, paprika, and black pepper.
2. Preheat the oven to 350° and line a baking sheet with parchment paper if you are baking the buffalo tofu.
3. One tofu slice at a time, dip the tofu into the soy milk, then use your dry hand to coat it in the cornstarch mixture. Dip it back into the soy milk before coating it in the panko mixture. Transfer the coated tofu to the baking sheet, or place

it in the air fryer basket if you are air frying them. Repeat with the remaining tofu.

4. Use a spray oil to lightly coat the tops of the tofu on the baking sheet or in the air fryer. Bake for 40 minutes, flipping 30 minutes in or Air fry at 350° for 15 minutes, flipping 10 minutes in.

Vegan Ranch Dressing

1. Add all of the ingredients to a blender and blend until smooth.

AYESHA SHERZAI, MD, MAS

Brain Health Doctor

Brain Healthy Bites

RAINBOW SPRING ROLLS WITH BAKED TOFU AND PEANUT SAUCE

Makes 6-8 rolls, serves 3-4 people

Ingredients

- 16 oz tofu, or half a slab, sliced into 6-8 pieces
- 1-2 tbsp cornstarch or arrowroot
- 6-8 rice paper wrappers (we will use Three Ladies brand - you can get it from a local Asian grocery store, from Amazon or Walmart). All rice paper wrappers are not equal - most of them rip easily, but this version seems to hold itself well.
- 1 small carrot, sliced into match sticks (about a cup)
- 1 small bell peppers, sliced thinly (about a cup)
- 2-3 Persian cucumber, sliced into match sticks (about a cup)
- 1/2 cup sprouts (any sprouts will do - mung beans, broccoli sprouts, etc.)
- handful of fresh mint
- handful of fresh cilantro

Peanut sauce

- 1/2 cup sugar- and salt-free smooth peanut or almond butter (or use 1/3 cup of defatted peanut powder)
- 2 tbsp low sodium soy sauce or liquid aminos
- 2 tbsp lime juice
- 2-3 tbsp maple syrup
- 1 tsp sriracha
- 3-5 tablespoon hot water

Instructions

1. Slice the tofu in 6-8 pieces, lengthwise and pat dry. Dust them with the cornstarch and air fry for 15 minutes.
2. Prep veggies and set aside for easy assembly.

3. Add all the ingredients for the peanut sauce, using only 3 tablespoons of water first in a bowl. If it's thick, add water 1 tablespoon at a time until you get your desired consistency. Top with crushed peanuts and red pepper flakes if desired.
4. Add hot water to a large shallow dish (I used a skillet) and submerge a rice paper to soften for about 10 seconds. If you let it go too long or if your water is too hot, they will get too fragile to work with.
5. Transfer to a clean, slightly damp surface (I prefer a wooden cutting board) and gently smooth out into a circle.
6. Add carrots, peppers, cucumbers, sprouts and a healthy handful each cilantro and mint (and any other desired fillings). Add a slice of tofu on the veggie bed. Fold bottom over the fillings, then gently roll over once and fold in the side to seal, then roll until completely sealed. Place on a serving plate and top with a room temperature damp towel to keep fresh.
7. Repeat process until all toppings are used - about 7 or 8. Serve with dipping sauce and sriracha, if desired.

PLANT-BASED 'EGG' SALAD SANDWICH

Serving: 4 people

Ingredients

- 1 14-16 ounce block firm tofu, drained (not extra-firm)
- 1/3 cup tofu mayo (vegan mayo if you don't have time, but tofu mayo is healthier)
- 3 tbsp nutritional yeast
- 1/4 tsp ground turmeric
- 1/4 tsp sweet or smoked paprika
- 1/4 tsp Indian black salt or Kala Namak



- Freshly ground black pepper
- 1 tbsp Dijon mustard
- 1 tbsp dill relish or chopped dill pickles
- 1 tbsp chopped and drained capers
- ¼ cup chopped fresh dill
- ¼ of an onion, chopped finely (optional)
- Pinch of salt to taste

To make sandwiches:

- 8 slices of whole wheat bread
- Any sandwich fixing: lettuce, tomatoes, cucumbers, pickled onions, 1 medium or large ripe avocado

Directions

1. Slice the tofu lengthwise into 4 slabs. Place the slices flat on a towel and fold the towel over them to cover. Weigh down the tofu slices with a heavy plate or a cookbook. Press for about 10 minutes. Now slice each of the 4 slabs lengthwise into about 8 slivers, so you have 32 slivers. Now cut each sliver into pea-sized cubs (very tiny cubs).
2. Make the dressing. In a large bowl, whisk together mayo, nutritional yeast, turmeric, paprika, kala namak, pepper, mustard, and the dill pickles. Adjust to taste. Add a pinch of salt if needed. Stir the capers and dill.
3. Add the tofu cubes to the mayo dressing. Add the onions (optional).
4. Stir gently to coat all the tofu pieces without crushing them. Taste for seasonings, adding a pinch of salt and black pepper as needed. Cover and refrigerate for 30 minutes (or more) before serving to allow the flavors to meld.
5. Lightly toast each slice of bread. Assemble the sandwiches and add your sandwich toppings of choice. Follow with a generous amount of the tofu egg salad. Top with the remaining slice of bread. Repeat with remaining bread. Serve with pickles or sauerkraut on the side, if desired.

RECIPE FOR TOFU MAYO

Ingredients

- 1 block firm silken tofu
- 2 tbsp lemon juice
- 1 tsp dijon mustard
- 1/8th tsp salt
- Freshly ground black pepper
- About 1/4-1/2 cup of water to thin

Instructions

Blend everything in a small blender and store in the fridge. Use it within 5-6 days.



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For information on how to join our affiliate program, contact Marisa Marinelli, Managing Director of Operations, at marisa@holisticholidayatsea.com



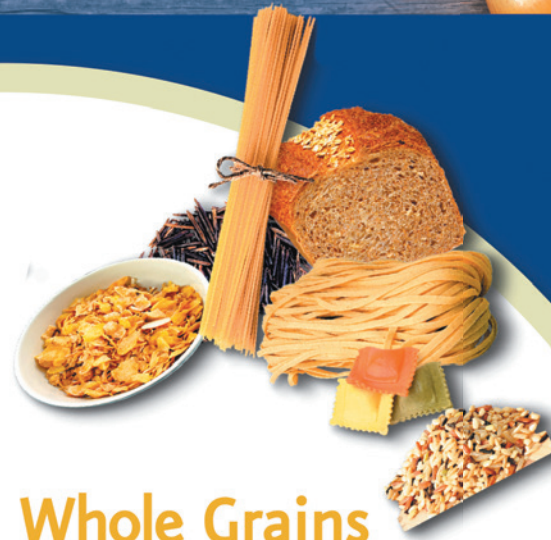
THE POWER PLATE

Fill your plate with a variety of whole grains, legumes, and plenty of colorful fruits and vegetables for a POWERFULLY HEALTHY diet!



Fruits

Fruits are rich in fiber, vitamin C, and beta-carotene. Include fruits that are high in vitamin C—citrus fruits, melons, and strawberries are all good choices. Choose whole fruit over fruit juices, which do not contain very much fiber.



Whole Grains

This group includes bread, rice, pasta, hot or cold cereal, corn, millet, barley, bulgur, buckwheat groats, and tortillas. Build each of your meals around a hearty grain dish—grains are rich in fiber and other complex carbohydrates, as well as protein, B vitamins, and zinc.

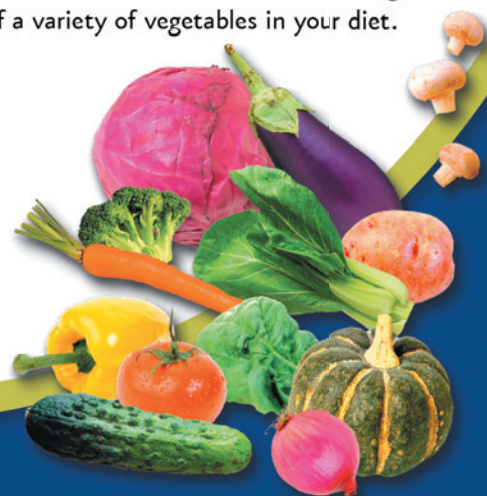
Legumes

Legumes, which is another name for beans, peas, and lentils, are all good sources of fiber, protein, iron, calcium, zinc, and B vitamins. This group also includes chickpeas, baked and refried beans, soymilk, tempeh, and tofu.



Vegetables

Vegetables are packed with nutrients; they provide vitamin C, beta-carotene, riboflavin, iron, calcium, fiber, and other nutrients. Dark green leafy vegetables such as broccoli, collards, kale, mustard and turnip greens, endive, or bok choy are especially good sources of these important nutrients. Dark yellow and orange vegetables such as carrots, winter squash, sweet potatoes, and pumpkin provide extra beta-carotene. Include generous portions of a variety of vegetables in your diet.



Let the journey continue!



You're on a great start to keeping your health goals! Continue your search of wellness and adventure with us and come back next year for renewed inspiration and knowledge. Sharing the wonders of the world with people of like minds and hearts is a powerful experience.

Join us again in the winter of 2025 as we cruise through new ports in the Caribbean.

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