

Voyage to Wellness

MARCH 1-8, 2026



Holistic
HOLIDAY
AT SEA

Life-Changing
Learning

Delicious & Healthy
Plant-Based Menu

Supportive
Community

In a Vacation
Paradise



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Welcome Aboard!

Welcome to Holistic Holiday at Sea XXI, 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 enjoy your week to the fullest!

Important Identification

Information: Upon boarding, you should have checked in on the MSC app. You will receive a room key with a special Holistic Holiday at Sea 2026 logo and a name badge outside your cabin door. If you did not receive either of these, please be sure to inform the hospitality desk.

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 Sunday, 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 to 5:00 PM on Sunday for the introduction of our presenters, followed by our

opening ceremony presentations. 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 5 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 & Special Diets:

It is each person's responsibility to read the ingredients list. Please take a moment to review the list found by scanning the QR codes at your dining tables. If you have any special needs, do not rely solely on the waiters, as they might 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 Monday and Tuesday at lunch and dinner, we have "singles only" tables on Deck 5 in the Green Wave Restaurant on the port (left) side as you enter the dining room. The maître d' will be happy to direct you.

Parties & Entertainment: Our Welcome Cocktail Party is Sunday 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 & Smoothie 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 & Smoothie Bar will be open daytime hours only until 4:00 PM.

Consultations & Workshops:

See the information in the program booklet beginning on Page 48 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 on Deck 7 Atrium, midship, starboard (right) side.

Pre-Paid Appointments:

Participants who have pre-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, and other health related products are available in our bookstore. 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 5. The store is located in the MSC Business Center on Deck 8, forward, port (left) side directly above the Theatre.

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

Cabin Deliveries: Please leave your cabin as serviceable. You will not receive deliveries to your room if you have a "Do Not Disturb" sign posted.

Cabin Beds: If you desire a queen bed and find two single beds in your cabin, 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, 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



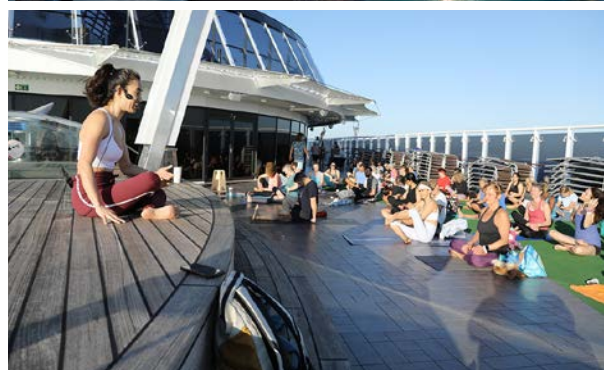
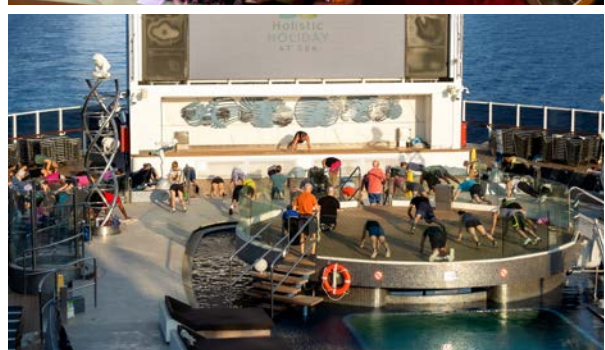
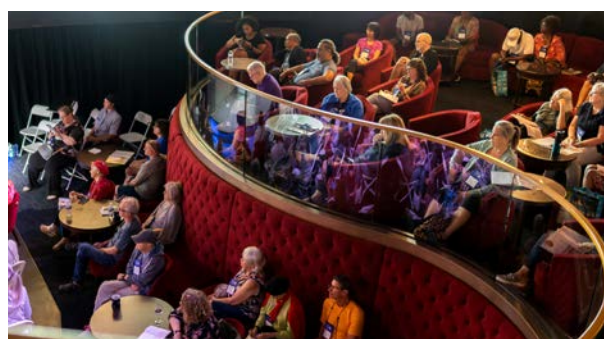
DISCOUNT FOR EARLY BOOKING

Sign up for two cruises in 2027: *Caribbean Voyage to Wellness* and *Alaskan Adventure 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 Thursday evening. The forms will be delivered to your cabins on Thursday evening. **Please leave your cabin as serviceable. You will not receive deliveries to your room if you have a "Do Not Disturb" sign posted.**



4 HOLISTIC HOLIDAY AT SEA XXI

Read About Our
RENOWNED PRESENTERS!
Biographies and Classes
on Page 37-47



HOURS

	HOSPITALITY HOURS Deck 7, Midship Starboard Side 		BOOKSTORE HOURS MSC Business Centre, Deck 8, Forward Port side, directly above the Theatre 	
SUNDAY MARCH 1 GALVESTON PORT	11:00 ^{AM} - 5:30 ^{PM}	7:00 ^{PM} - 8:30 ^{PM}		6:45 ^{PM} - 9:00 ^{PM}
MONDAY MARCH 2 AT SEA	8:30 ^{AM} - 5:30 ^{PM}	7:00 ^{PM} - 8:30 ^{PM}	8:30 ^{AM} - 5:30 ^{PM}	6:45 ^{PM} - 9:00 ^{PM}
TUESDAY MARCH 3 AT SEA	8:30 ^{AM} - 5:30 ^{PM}	7:00 ^{PM} - 8:30 ^{PM}	8:30 ^{AM} - 5:30 ^{PM}	6:45 ^{PM} - 9:00 ^{PM}
WEDNESDAY MARCH 4 COSTA MAYA, MEXICO		7:00 ^{PM} - 8:30 ^{PM}		6:45 ^{PM} - 9:00 ^{PM}
THURSDAY MARCH 5 ROATAN, HONDURAS	3:30 ^{PM} - 5:30 ^{PM}	7:00 ^{PM} - 8:30 ^{PM}	3:30 ^{PM} - 5:30 ^{PM}	6:45 ^{PM} - 9:00 ^{PM}
FRIDAY MARCH 6 COZUMEL, MEXICO	3:30 ^{PM} - 5:30 ^{PM}	7:00 ^{PM} - 8:30 ^{PM}	3:30 ^{PM} - 5:30 ^{PM}	6:45 ^{PM} - 9:00 ^{PM}
SATURDAY MARCH 7 AT SEA	8:30 ^{AM} - 5:30 ^{PM}	7:00 ^{PM} - 9:00 ^{PM}	8:30 ^{AM} - 5:30 ^{PM}	6:45 ^{PM} - 9:00 ^{PM}

	BOOKSTORE - BOOK SIGNING MSC Business Centre, Deck 8, Forward Port side, directly above the Theatre	ATRIUM - BOOK SIGNING Deck 8, Midship, Starboard Side
MONDAY MARCH 2	Dr. Neal Barnard - 7:15 ^{PM} Dr. Michael Greger - 8:15 ^{PM}	Brenda Davis, RD - 8:15 ^{PM}
TUESDAY MARCH 3	Kiki Nelson - 7:15 ^{PM} Ocean Robbins - 8:15 ^{PM}	Tom Monte - 7:15 ^{PM} Robert Cheeke - 8:15 ^{PM}
WEDNESDAY MARCH 4	Dr. Monisha Bhanote 8:00 ^{PM}	-
THURSDAY MARCH 5	Kim Murphy - 7:15 ^{PM} Rosane Oliveira, PhD - 8:15 ^{PM}	-
FRIDAY MARCH 6	Dr. Michael Greger - 7:15 ^{PM} Dr. Scott Stoll - 8:15 ^{PM}	Virginia Harper - 7:15 ^{PM} Dr. Debra Kimless - 8:15 ^{PM}
SATURDAY MARCH 7	Brandi Harvey - 7:15 ^{PM} Brenda Davis, RD - 8:15 ^{PM}	Dani Taylor - 7:15 ^{PM} Koya Webb - 8:15 ^{PM}



BOOK SIGNINGS

Have your book signed by our prestigious presenters on board! Authors will be available at the desk in front of the Holistic Holiday at Sea Bookstore on Deck 8 by the MSC Business Centre, or at the Atrium Desk Midship on Deck 8 during the times listed below.

MENU OPTIONS

Served in the Green Wave Restaurant

MAIN VEGAN MENU

The daily menu will be posted outside the entrance of the Green Wave Restaurant.

GLUTEN-FREE VEGAN MENU

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 and Restaurant.

OIL-FREE VEGAN 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 and Restaurant.

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 the Green Wave Restaurant **with a 24-hour notice. Please speak to the Maître 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 Green Wave Restaurant. 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. 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 following concerns 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: The vegan side of the 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.



DINNING OPTIONS

	BREAKFAST		LUNCH		DINNER EVERY NIGHT AT 5:30
	GW DECK 5*	BUFFET DECK 16**	GW DECK 5*	BUFFET DECK 16**	
SUNDAY MARCH 1 GALVESTON PORT			12:00PM- 2:45PM		 <p>GW DECK 5*</p>
MONDAY MARCH 2 AT SEA	8:00AM- 10:00AM	7:30AM- 9:00AM	11:30AM- 1:30PM	12:00PM- 2:00PM	
TUESDAY MARCH 3 AT SEA	7:30AM- 9:00AM	7:30AM- 9:00AM	11:30AM- 1:30PM	12:00PM- 2:00PM	
WEDNESDAY MARCH 4 COSTA MAYA, MEXICO	7:30AM- 9:00AM	7:30AM- 9:00AM		12:00PM- 3:00PM	
THURSDAY MARCH 5 ROATAN, HONDURAS	7:30AM- 9:00AM	7:30AM- 9:00AM		12:00PM- 3:00PM	
FRIDAY MARCH 6 COZUMEL, MEXICO	7:30AM- 9:00AM	7:30AM- 9:00AM		12:00PM- 3:00PM	
SATURDAY MARCH 7 AT SEA	8:00AM- 10:00AM	7:30AM- 9:00AM	11:30AM- 1:30PM	12:00PM- 2:00PM	
SUNDAY MARCH 8	6:30AM- 8:00AM	6:30AM- 8:00AM			

*Doors close at 8:45 AM for breakfast on non-sea days. On sea days, the dining room will be open from 8:00am to 1:30pm for breakfast, followed by lunch. Doors will close at 5:45 p.m. for dinner daily.

**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 Monday, March 2 and Tuesday, March 3 for lunch and dinner. Look for designated singles tables as you enter the dining room or ask the maître d’ for directions.



Scan the daily menu here



Simple, Gentle, Clean.
For everyone, always.

Made with
premium
Coconut Oil
and soothing
Aloe Vera.



DERMATOLOGIST TESTED
SAFE
FOR SENSITIVE SKIN



Always Free From: Phthalates, Sulfates,
Parabens, EDTA, Glutens, Colorants

PAOW!

100% PLANT BASED - MADE IN USA



FUEL THE JOURNEY.

PAOW! delivers plant-based protein that's clean, satisfying, and easy to love. Just two ingredients (water and soy). A meaty bite. Endless ways to enjoy it.

From everyday meals to inspired wellness living, PAOW! is protein that works *with* you.

DISCOVER PAOW! DURING THE VOYAGE.

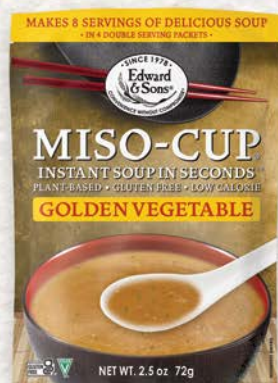
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SCAN TO
DISCOVER
PAOW!



Years of Goodness



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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 &

Smoothie Bar

Deck 7

The HHAS Juice & 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 Desk is located in the MSC Business Centre towards the front of the ship, port (left) side, directly above the theatre.

AD - Atrium Desk Book Signing Midship

Deck 8

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

DINING

GW - Green Wave Restaurant

Deck 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.

MB - Marketplace Buffet & Restaurant

Deck 16, mid-back ship

The Marketplace Buffet & Restaurant is located at the mid-back of the ship, accessed from any deck by taking the midship elevators to Deck 16.

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 towards 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-P - Jungle Pool Port Side

Decks 16 & 18

The Jungle pool is located 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 Stage

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 - Midship Port Side &

MS-S - Midship 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.

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

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

DINING ROOMS

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

MB Marketplace Buffet & Restaurant
Deck 16, mid-back of 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-P 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

HD Hospitality Desk
Deck 7, midship starboard side

J Juice & Smoothie Bar
Deck 7, midship port side

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

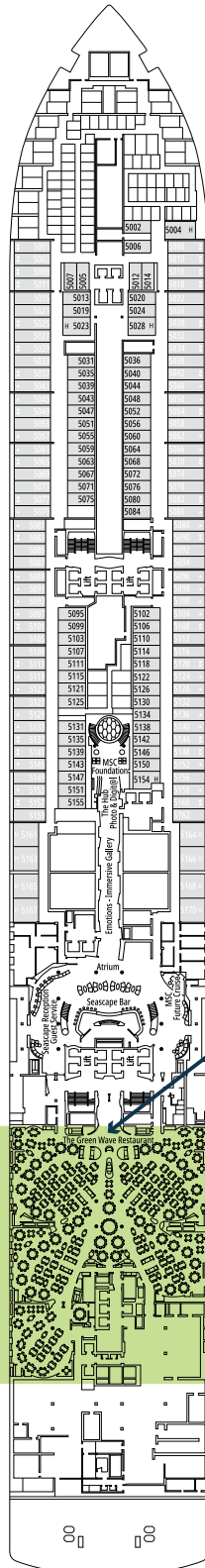
AD Atrium Desk Book Signing
Deck 8, midship

Port Side = Left Side

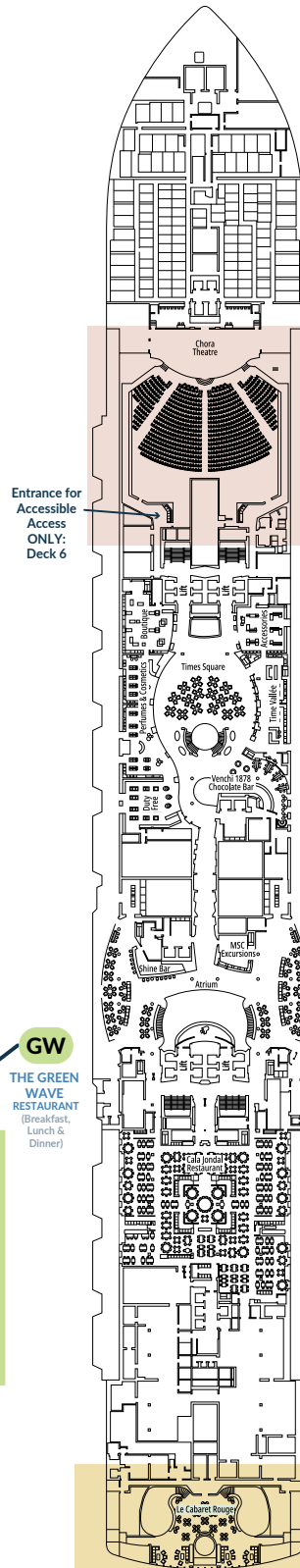
Starboard Side = Right Side

AFT = Back of Ship

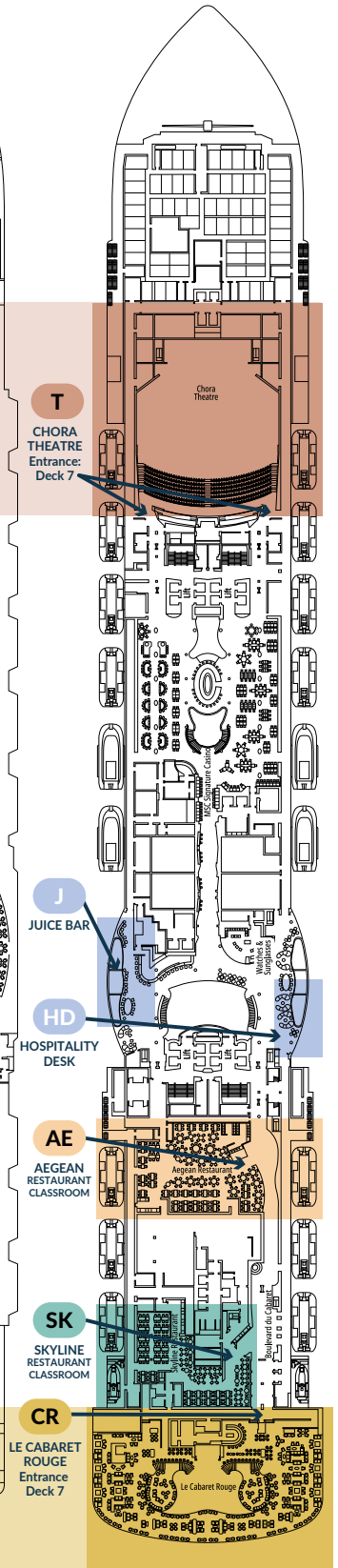
DECK 5



DECK 6



DECK 7



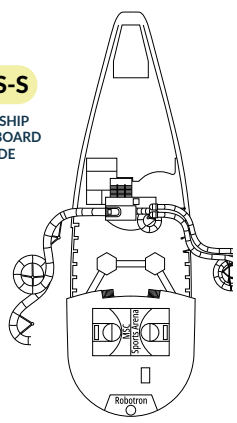
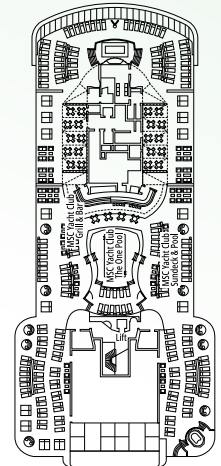
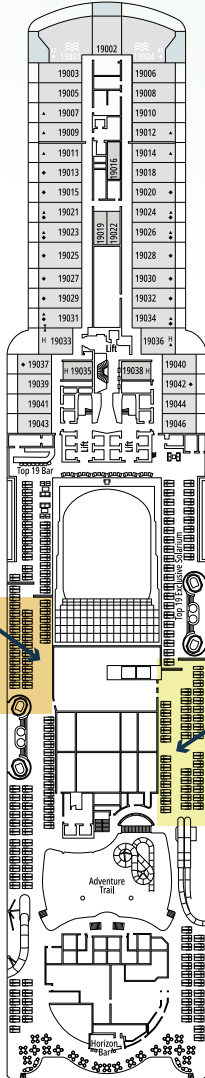
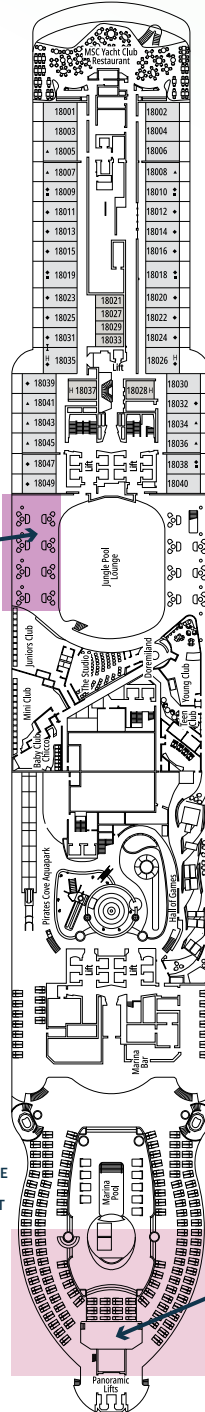
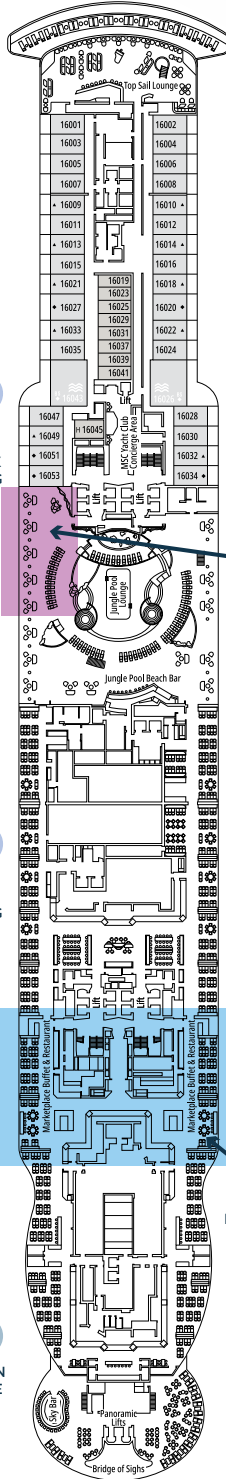
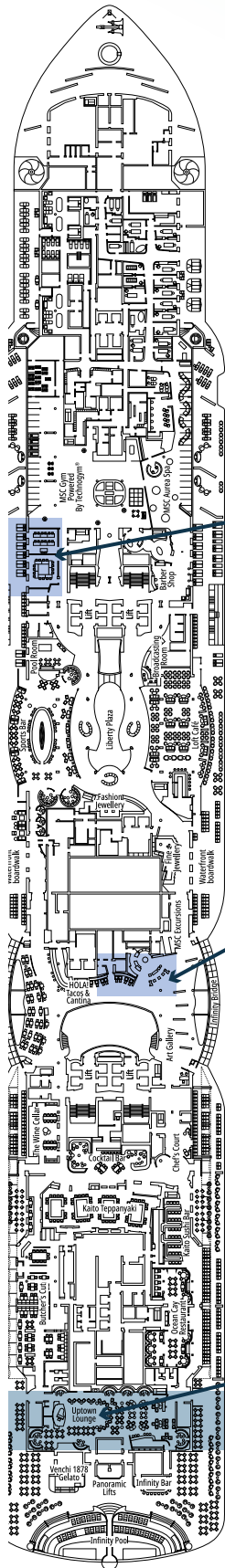
DECK 8

DECK 16

DECK 18

DECK 19

DECK 20



BS
BOOK STORE & BOOK SIGNING DESK

AD
ATRIUM BOOK SIGNING DESK

UL
UPTOWN LOUNGE

JP-P
JUNGLE POOL
DECK 16 & DECK 18

MB
MARKETPLACE BUFFET & RESTAURANT

MS-P
MIDSHIP PORT SIDE

MS-S
MIDSHIP STARBOARD SIDE

MP
MARINA POOL STAGE





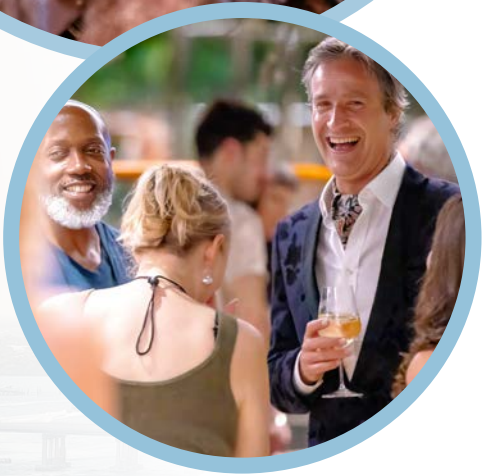
Welcome Cocktail Party & Live Music

Deck 18 Marina Pool - 8:30 PM

*It's not enough to be vegan,
one must also consider the
health implications of their
food choices. The goal is to
educate and inspire people to
make healthier choices for
themselves and the planet.*

-Sandy





12:00 PM - 2:45 PM	Welcome Sit-Down Lite Lunch <i>Dining Room</i>	GW
At Your Leisure	MSC Mandatory Boat Drill	On Your Cabin TV
2:30 PM - 4:00 PM	Introduction of Presenters & Opening Ceremony with Jessica Porter	T
4:00 PM - 5:00 PM	Cruising into Health with Neal Barnard, MD	T
5:30 PM	Dinner <i>Dining Room</i> (doors close at 5:45 pm)	GW
8:30 PM	Welcome Cocktail Party & Live Music	Deck 18

SUNDAY LECTURE DESCRIPTION

4:00 PM – 5:00 PM

Cruising into Health Neal Barnard, MD

You are embarking on the most enjoyable vacation imaginable. Yes, it is a vacation in the sense of sun, leisure and exotic locales, but it's also much more. It is a vacation from old habits and old foods and the beginning of a whole new way of thinking about yourself and your health. This week promises a wonderful opportunity to understand the hows and whys of healthy eating – while someone else does all the cooking – in the company of others who came to share the journey. Let Dr. Barnard encourage you to take the adventure for all it is worth.





**Social Night:
Connection Kick-Off Hour
& Ice Breaker Games**
Deck 16 by the Jungle Pool
8:00 PM



*with Erin
McIntosh*



**MONDAY
LECTURE DESCRIPTIONS**

8:45AM – 9:45AM

**KEYNOTE | Unleashing the Power of
Plant-Based Diets**

Brenda Davis, RD

According to the World Health Organization, noncommunicable diseases (NCDs) are responsible for 74% of all deaths globally. Yet, an estimated 90% of type 2 diabetes, 80-90% of heart disease, and 40-70% of cancers are considered entirely preventable. The lowest rates of NCDs are in populations living healthy lifestyles and eating unprocessed, plant-based diets. In this presentation, Brenda Davis, RD, will review the evidence supporting eating this way for the prevention and treatment of NCDs. She will discuss why these diets afford protection and provide practical guidelines for designing an optimal, plant-based diet for disease prevention, treatment, and reversal.

9:00 AM – 10:30 AM

**Healing Your Relationship:
How to Restore and Sustain Love**

Tom Monte

Do you feel your upbringing has taught you to fail at love? Have your past experiences trained you to struggle with intimate partnerships? Many people have been taught from birth to see problem-solving as a struggle to be right in the eyes of your partner, implying superiority or a power struggle. This lecture discusses how to see conflict as a true solution to relationships, where both people can win – using connection as an opportunity to experience a greater love. In this talk, Tom Monte will reveal the true nature of relationships and provide grounding, practical processes that lead inevitably to deeper love, truths, and healing.

10:00 AM – 11:00 AM

**KEYNOTE | Nutritional Genomics: How Diet Shapes
Gene Expression and Health**

Rosane Oliveira, PhD

Nutritional genomics explores how diet influences gene expression, metabolism, and long-term health. Evidence from large population studies and clinical trials—including the Harvard cohorts, the Adventist Health Study, and the Ornish trials—shows that plant-centered diets can favorably influence pathways related to inflammation, aging, and disease risk. This lecture also highlights findings that illustrate how dietary patterns can lead to measurable biological differences despite shared genetics. You will leave with a clearer understanding of how everyday food choices interact with your genes—and how this knowledge can be used to support better health, vitality, and longevity.

MONDAY

MARCH 2 • DAY AT SEA (GALA NIGHT)

7:00 AM - 7:45 AM	Introduction to Mindful Meditation with Munish Chawla, MD	T
7:00 AM - 8:00 AM	Yoga: Alignment Flow with Angelica Kushi	MS-P 19
	Reset & Restore: Morning Immersion Yoga with Koya Webb & Daren Grainger	JP-P 18
	Strength Training: Reshape & Recharge with Dani Taylor	MS-S 19
	Total Body Workout with Robert Cheeke	MP 18
	The Secret to Lasting Wellness: Five Organ Qi Gong with Marcus Gary & Team	JP-P 16
	Self-Massage: An Ancient Practice for Modern Wellness with Kerry Loeb	UL
7:30 AM - 9:00 AM	Breakfast Marketplace Buffet (AFT)	MB
8:00 AM - 10:00 AM	Seated Breakfast Dining Room	GW
8:45 AM - 9:45 AM	KEYNOTE: Unleashing the Power of Plant-Based Diets with Brenda Davis, RD	T
8:45 AM - 10:15 AM	Cooking Class: Weight Loss that Tastes Good! with Kiki Nelson	CR
9:00 AM - 10:30 AM	Healing Your Relationship: How to Restore and Sustain Love with Tom Monte	UL
10:00 AM - 11:00 AM	KEYNOTE Nutritional Genomics: How Diet Shapes Gene Expression and Health with Rosane Oliveira, PhD	T
10:30 AM - 12:00 PM	Recovery Panel: Survivors Share Their Health Journeys, moderated by Jessica Porter	CR
10:45 AM - 12:00 PM	The 4Cs: A Practical Path to Lasting Positive Behavior Change with Munish Chawla, MD	UL
11:00 AM - 12:00 PM	Hoofprints on History: The Ecological Story We Forgot with Cory Davis	AE
11:15 AM - 12:15 PM	The Power of the Plate: Regenerating Cells, Systems and the World with Scott Stoll, MD	T
11:30 AM - 1:30 PM	Seated Brunch Dining Room	GW
12:00 PM - 2:00 PM	Lunch Marketplace Buffet (AFT)	MB

1:00 PM - 2:00 PM	Friends of PETA Gathering with Melissa Karpel and Jannette Patterson, PETA Staff Members	AE
1:15 PM - 2:15 PM	Your Body in Balance: The New Science of Food, Hormones, and Health with Neal Barnard, MD	T
1:30 PM - 2:30 PM	Build Your Body on a Plant-Based Diet with Robert Cheeke	UL
1:30 PM - 3:00 PM	The Longevity Gut: The New Science of Digestion, Stress Recovery & Feeling Like Yourself Again with Monisha Bhanote, MD	CR
1:30 PM - 3:00 PM	Deeper Intimacy: Couples and Singles with Koya Webb & Daren Grainger	SK
2:00 PM - 3:00 PM	ChatGPT as Your Ironman Coach: How I Trained in Three Months—And How You Can Use Technology for Your Health with Bruce Da Silva	AE
2:30 PM - 3:30 PM	KEYNOTE The Food Revolution: Living a Legacy of Love in Action with Ocean Robbins	T
2:45 PM - 3:45 PM	Deep Dive into Gut Healing with Virginia Harper	UL
3:30 PM - 5:00 PM	Cooking Class: Plant-Based Family Favorites with Kim Murphy	CR
3:45 PM - 5:15 PM	Panel Q&A: Cruisin' for Knowledge - Doctors' Panel hosted by Sandy Pukel with Drs. Neal Barnard, Michael Greger, & Scott Stoll	T
4:00 PM - 5:00 PM	Cannabis: Myth or Medicine? with Debra Kimless, MD	UL
5:30 PM -	Dinner Gala Night Dining Room (doors close at 5:45 pm)	GW
7:00 PM & 9:00 PM	MSC Performance: <i>Young at Heart</i>	T
8:00 PM - 9:00 PM	Social Night: Connection Kick-Off Hour & Ice Breaker Games with Erin McIntosh (Meet up by the Jungle Pool)	JP-P 16
10:15 PM	MSC Tropical Party	Deck 18

ALL CLASSES SUBJECT TO CHANGE

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

MONDAY LECTURES CONTINUED

10:30 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, spirit practices, alternative therapies, and plant-based diets.

10:45AM – 12:00PM

The 4Cs: A Practical Path to Lasting Positive Behavior Change

Munish Chawla, MD

This lecture introduces the 4Cs approach to a simple and effective framework for meaningful and long-term behavior change: clarity, commitment, compassion, and community. You will be empowered to define clear goals and build the skills needed to make steady progress. Attendees will learn how to positively change their internal and external environments through persistence and compassion. This lecture will also highlight the importance of community in fostering and maintaining long-term positive behavior change.

11:00AM – 12:00PM

Hoofprints on History: The Ecological Story We Forgot

Cory Davis

This presentation traces the ecological transformation of North America—from the fur trade and predator eradication to the rise of industrial livestock farming. We'll explore how hunting, beaver loss, and colonial land-use practices triggered cascading impacts on biodiversity, water systems, and climate resilience. Today, these patterns persist through agriculture's massive footprint, driving habitat loss and species decline. Join author Cory Davis to uncover the historical roots of our environmental crisis and learn how shifting food systems can restore balance and protect the future of life on Earth.

11:15AM – 12:15PM

The Power of the Plate: Regenerating Cells, Systems and the World

Scott Stoll, MD

Every bite we take sends a powerful signal that influences epigenetics, inflammation, metabolism, the microbiome, physiologic systems and overall health and lifespan. That same bite that transforms individual health has the potential to simultaneously restore families, communities, foods systems and the ecosystem of the planet.

1:00PM – 2:00PM

Friends of PETA Gathering

Melissa Karpel and Jannette Patterson, PETA Staff Members

Join longtime PETA staff members Melissa Karpel and Jannette Patterson for a meet and greet. Whether you are a PETA member or are PETA-curious, come mingle with like-minded friends of animals. All are welcome! Enjoy animal friendly giveaways and PETA literature for the taking. People for the Ethical Treatment of Animals (PETA) is the largest animal liberation organization in the world, and PETA entities have more than 10.4 million members and supporters globally.

1:15PM – 2:15PM

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

Neal Barnard, MD

In recent years, the role of food choices in hormone-related conditions has become clearer, with striking benefits for health. Dr. Barnard will illustrate the importance of low-fat, high-fiber diets to reduce pain for women caused by dysmenorrhea and endometriosis. Dietary intervention can also reduce the symptoms experienced by postmenopausal women, including hot flashes, and affect other health concerns that arise during this time including heart disease, diabetes, and weight gain. This session will demonstrate how to make these dietary changes seamless and straightforward with new tools to alter hormones naturally and improve health.

1:30PM – 2:30PM

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 building muscle, boosting energy, reducing inflammation, and for speeding up your recovery process after training. Wondering about protein intake and supplementation? Ask *New York Times* best-selling author and champion vegan athlete of thirty years, Robert Cheeke, in this informative and dynamic presentation about building your body with plants.

1:30PM – 3:00PM

The Longevity Gut: The New Science of Digestion, Stress Recovery & Feeling Like Yourself Again

Monisha Bhanote, MD

Your gut is not just a digestive organ—it's an entire ecosystem influencing your stress response, energy, mood, and the cellular pathways that shape long-term health. When this ecosystem is disrupted, the early signs often show up as bloating, fatigue, anxiety, or brain fog—but over time, these imbalances can drive chronic inflammation and chronic disease. In this session, quintuple board-certified physician and best-selling author of *The Anatomy of Wellbeing*, Dr. Monisha Bhanote, MD, shares her #CellCare™ framework to help you understand this gut-mind-cell connection and the plant-based practices and calming nervous system resets that can help you feel like yourself again.

Deeper Intimacy: Couples and Singles

Koya Webb & Daren Grainger

Deeper Intimacy is a 90-minute experiential lecture exploring how emotional safety, nervous system regulation and embodied presence create the foundation for secure, fulfilling relationships. Designed for individuals and couples, this talk moves beyond techniques to examine how stress, attachment patterns and unconscious survival responses shape connection, conflict and desire. Through teaching, guided reflection and practical relational frameworks, participants learn how trust is built through attunement and consistency,

how to interrupt cycles of disconnection and how intimacy becomes possible when the body feels safe. Attendees leave with greater emotional clarity, simple co-regulation tools and a grounded understanding of intimacy that can be felt, practiced and sustained in real life.

2:00 PM – 3:00 PM

ChatGPT as Your Ironman Coach: How I Trained in Three Months—And How You Can Use Technology for Your Health

Bruce Da Silva

In this straight-talk session, Bruce Da Silva shows how he used ChatGPT like a coach/trainer to compress an Ironman build into three months—structuring weekly blocks, adjusting sessions on the fly, tapering, and managing post-race recovery without losing momentum. A personal playbook can be tailored to you by using AI to generate plant-based grocery lists and meal ideas that match your preferences and macros; create workout schedules tailored to your time, equipment, and injuries; build recovery checklists (sleep, mobility, hydration, cold/heat); craft travel-proof routines; and set habit prompts that keep you consistent. You'll leave with copy-paste prompts and a one-page template to personalize your food, recovery, and training making AI a practical health co-pilot rather than a distraction.

2:30 PM – 3:30 PM

KEYNOTE | The Food Revolution: Living a Legacy of Love in Action

Ocean Robbins

Our food choices can heal not just our bodies, but also our lives, our communities, and even our world. In this deeply personal and moving presentation, Food Revolution Network co-founder Ocean Robbins brings together the latest breakthroughs in nutrition science, behavior change, and food policy with lessons learned from a lifetime of activism — and from the recent loss of his beloved father and colleague, John Robbins. As Ocean reflects on his family's extraordinary story, from walking away from an ice cream empire, to sparking a global movement for conscious eating, he also shares what grief has taught him about love, leadership, and what true healing really means. This is a journey of science and spirit, of heartbreak and hope — and a reminder that with every bite we take, and every choice we make, we can stand for a better future for ourselves and for all of life.

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MONDAY LECTURES CONTINUED

2:45 PM – 3:45 PM

Deep Dive into Gut Healing

Virginia Harper

Root causes may not always be obvious. When it comes to digestive breakdown, the diagnosis may be a symptom of other ensuing issues. Whether your gut imbalance is the primary cause of your symptoms, or a secondary side effect of other issues, there is a workable and effective process to settling inflammation and rebuilding the gut system. Learning your health code and consistency are the key. Virginia's teaching comes from an experiential forty years of research, knowledge, and personal lifestyle.

3:45 PM – 5:15 PM

Panel Q&A: Cruisin' for Knowledge – Doctors' Panel

Hosted by Sandy Pukel with Drs. Neal Barnard, Michael Greger, & Scott Stoll

Don't miss this motivational, inspiring, and informative Q&A with plant-based diet luminaires, Drs. Neal Barnard, Michael Greger, 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.

4:00PM – 5:00PM

Cannabis: Myth or Medicine

Debra Kimless, MD

This talk is designed to take the fear and confusion out of cannabis. You'll learn the real difference between hemp and marijuana, how cannabinoids interact with your body's own healing system, and what's actually legal today. You will understand what's safe, what works, and what to avoid. This talk empowers you with practical knowledge to make informed, safe, and confident decisions in an evolving cannabis landscape.



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

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See all Fitness and Meditation Classes on Pages 56-59.



FITNESS

COOKING CLASSES

Experience cooking classes 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 60-61.



COOKING

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

Learn more on Pages 48-54.
Sign up at the Hospitality Desk.

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CONSULTATIONS

TUESDAY LECTURE DESCRIPTIONS

8:45 AM – 9:45 AM

Plant-Powered Seniors: Nutrition Essentials for Older Adults

Brenda Davis, RD

Join internationally acclaimed dietitian Brenda Davis, RD, for an empowering session on how a thoughtful, plant-based approach can help older adults maintain vitality, strength, and resilience well into their later years. This evidence-based presentation explores the unique nutritional challenges of aging and highlights the top priorities for lifelong wellness—preventing chronic diseases, slowing the progression of age-related conditions including sarcopenia, osteoporosis, and cognitive decline, and avoiding malnutrition through optimal intake of calories, protein, essential fats, fiber, and key micronutrients including vitamin B12, calcium, vitamin D, and iodine. With warmth and clarity, Brenda offers practical strategies to help seniors not just live longer, but live better—nourishing the body and supporting independence, energy, and quality of life at every stage.

9:00 AM – 10:30 AM

Hypnosis: Everything You Always Wanted to Know but Were Afraid to Ask

Jessica Porter

Having practiced hypnotherapy for 25 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...

10:00 AM – 11:00 AM

KEYNOTE | Power Foods for Weight Control

Neal Barnard, MD

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.

Vegan Ice Cream Social & Dance Party

Deck 18 Marina Pool - 8:30 PM



TUESDAY

MARCH 3 • DAY AT SEA (ICE CREAM NIGHT)

7:00 AM - 7:45 AM	Meditation: Mindfulness and Neuroplasticity with Munish Chawla, MD	T
7:00 AM - 8:00 AM	Yoga Active Flow with Angelica Kushi	MS-P 19
	Reset & Restore: Morning Immersion Yoga with Koya Webb & Daren Grainger	JP-P 18
	Posture 101 with Dani Taylor	MS-S 19
	Vegan Strong Boot Camp with Giacomo Marchese	MP 18
	The Secret to Lasting Wellness: Five Organ Qi Gong with Marcus Gary & Team	JP-P 16
	Self-Massage: An Ancient Practice for Modern Wellness with Kerry Loeb	UL
7:30 AM - 9:00 AM	Seated Breakfast Dining Room	GW
7:30 AM - 9:00 AM	Breakfast Marketplace Buffet (AFT)	MB
8:45 AM - 9:45 AM	Plant-Powered Seniors: Nutrition Essentials for Older Adults with Brenda Davis, RD	T
8:45 AM - 10:15 AM	Cooking Class: Mediterranean-Inspired Vegan Comfort Food with Kim Murphy	CR
9:00 AM - 10:30 AM	Hypnosis: Everything You Always Wanted to Know but Were Afraid to Ask with Jessica Porter	UL
10:00 AM - 11:00 AM	KEYNOTE Power Foods for Weight Control with Neal Barnard, MD	T
10:30 AM - 12:00 PM	The Intersection of Health and Planet: Why Food Choices Matter for our Future with Ocean Robbins	CR
10:45 AM - 12:00 PM	Forgiveness: It's Not an Elective with Tom Monte	UL
11:00 AM - 12:00 PM	Discussion Group: Recovery Panel Follow-Up, moderated by Virginia Harper	AE
11:15 AM - 12:15 AM	Plant-Based Protein Across the Lifespan: Needs, Myths, and Practical Strategies with Rosane Oliveira, PhD	T
11:30 AM - 1:30 PM	Seated Brunch Dining Room	GW
12:00 PM - 2:00 PM	Lunch Marketplace Buffet (AFT)	MB

1:15 PM - 2:15 PM	Tackling Diabetes with Neal Barnard, MD	T
1:30 PM - 2:30 PM	One Simple Trick that Will Change Your Whole Life (Chewing) with Jessica Porter	UL
1:30 PM - 3:00 PM	Hemp and Medical Cannabis: Medicine, Materials, and the Future of a Transformational Plant with Debra Kimless, MD	CR
1:30 PM - 3:00 PM	The Longevity Lifestyle: Design a Life Your Nervous System Can Actually Hold with Koya Webb & Daren Grainger	SK
2:00 PM - 3:00 PM	How to Be an Impactful Vegan with Robert Cheeke	AE
2:30 PM - 3:30 PM	KEYNOTE Regenerate, Restore, & Revitalize: Integrative Solution to Optimize Healing with Scott Stoll, MD	T
2:45 PM - 3:45 PM	Exploring Blue Zones: Creating Environments that Support Health with Bandana Chawla, MD	UL
3:30 PM - 5:00 PM	Cooking Class: Cooking for a Crowd with Kiki Nelson	CR
3:45 PM - 5:15 PM	KEYNOTE What is the Role of Ultra-Processed, Plant-Based Products in the Diet? with Michael Greger, MD	T
4:00 PM - 5:00 PM	Macrobiotics Decoded with Virginia Harper	UL
5:30 PM -	Seated Dinner Dining Room (doors close at 5:45 pm)	GW
8:30 PM	Vegan Ice Cream Social & Dance Party	Deck 18
10:45 PM	MSC Gameshow: Love & Marriage	T

ALL CLASSES SUBJECT TO CHANGE

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



TUESDAY LECTURES CONTINUED

10:30 AM – 12:00 PM

The Intersection of Health and Planet: Why Food Choices Matter for our Future

Ocean Robbins

Food Revolution Network cofounder, Ocean Robbins, will explore the profound impact of food choices on both personal health and the environment. Highlighting staggering statistics, he will discuss the economic burden of chronic disease management and how lifestyle medicine can mitigate these costs. Ocean will delve into the environmental consequences of current agricultural practices and the potential benefits of a global shift toward plant-based diets. He will argue that healthcare providers should incorporate the environmental impact of food choices in patient discussions, presenting a holistic view of health that includes planetary well-being and its impact on patient health. Through compelling data and a vision for a sustainable future, this talk aims to inspire a movement toward healthier, eco-friendly eating habits.

10:45 AM – 12:00 PM

Forgiveness: It's Not an Elective

Tom Monte

There are a lot of misconceptions about health and healing, but very few rival what we've been trained to believe about forgiveness. The person who hurt you last week, or twenty years ago, can live inside of you for a lifetime, serving as an ongoing source of internal conflict and poisonous beliefs that make you small in your own eyes and end up causing illness. Forgiveness sets you free to heal and emerge as the person you are designed to be. In this talk, Tom Monte will reveal how forgiveness can be healing.

11:00 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.

11:15 AM – 12:15 PM

Plant-Based Protein Across the Lifespan: Needs, Myths, and Practical Strategies

Rosane Oliveira, PhD

Protein needs change across the lifespan, yet public messaging around protein—especially in plant-based diets—often creates confusion and unnecessary fear. This lecture explores how protein requirements differ between younger and older adults, with special attention to adults over 65 and to peri- and post-menopausal women. Drawing from current research on protein quality, amino acid distribution, and muscle health, this session separates myth from evidence and highlights practical, food-based strategies to meet protein needs without excess. You will gain clarity on how to optimize protein intake within a whole-food, plant-based pattern that supports strength, metabolic health, and healthy aging.

1:15 PM – 2:15 PM

Tackling Diabetes

Neal Barnard, MD

Diabetes is not caused by eating sugar, bread, or carbohydrates in general. Type 2 diabetes begins as insulin resistance, which is caused largely by the accumulation of fat in the liver and muscle cells. A single fatty meal can cause insulin resistance in a matter of hours. Although medications remain a mainstay of treatment for type 2 diabetes, nutritional interventions have shown surprising power in both the prevention and management of type 2 diabetes. In clinical trials, a low-fat vegan diet improves in blood glucose control, apparently due to the diet's ability to reduce the intracellular fat that leads to insulin resistance. The diet also improves plasma lipids, blood pressure, and body weight. This presentation will describe the how individuals can put the power of a healthful diet to work for themselves.



1:30 PM – 2:30 PM

One Simple Trick 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 discover the treasures in your mouth!

1:30 PM – 3:00 PM

Hemp and Medical Cannabis: Medicine, Materials, and the Future of a Transformational Plant

Debra Kimless, MD

This talk explores the ways cannabis and hemp plant is reshaping both health and industry. This engaging lecture reveals how cannabinoids support the body's natural healing systems, while hemp is redefining sustainability through plastics alternatives, textiles, construction, and more. Blending wellness, innovation, and environmental impact, this talk illustrates the

methods cannabis and hemp are influencing the future of medicine and modern living. Attendees will leave with a fresh understanding of why this ancient plant is becoming one of the most important tools for the future of human and planetary health.

The Longevity Lifestyle: Design a Life Your Nervous System Can Actually Hold

Koya Webb & Daren Grainger

This 90-minute lecture with Koya Webb explores a new paradigm of longevity rooted in nervous system regulation, emotional sustainability and intentional lifestyle design. Rather than relying on discipline, pressure or rigid routines, this talk reveals why most wellness plans fail long-term and how alignment (not optimization) creates lasting vitality. Through science-backed insights, real-life examples and embodied frameworks, participants learn how emotional regulation supports energy, metabolism, sleep and consistency. You will learn how to design a lifestyle that adapts across seasons of life. Attendees leave with a clearer understanding of sustainable longevity and a grounded approach to well-being that supports both health and purpose without self-abandonment.

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TUESDAY LECTURES CONTINUED

2:00 PM – 3:00 PM

How to Be an Impactful Vegan

Robert Cheeke

Learn how to make the greatest impact for animals by leveraging what Robert Cheeke calls our STRONG V: Our Skills, Talents, Resources, Other strengths, Network, Generosity and Volunteering, to make a much stronger impact for animals than solely being vegan. Discover why *The Impactful Vegan* is one of the most popular vegan tools to change your life.

2:30 PM – 3:30 PM

KEYNOTE | Regenerate, Restore, & Revitalize: Integrative Solution to Optimize Healing

Scott Stoll, MD

Healing is not just a matter of time but also the right opportunity. Regeneration requires the right environment through nutrition, movement, sleep, resilience, and targeted regenerative intervention to activate the body's innate repair systems. This talk bridges the gap between lifestyle medicine and regenerative medicine with cutting-edge science and time-tested solutions that help people move beyond symptom management to lasting restoration and vitality.

2:45 PM – 3:45 PM

Exploring Blue Zones: Creating Environments that Support Health

Bandana Chawla, MD

This lecture explores the world's Blue Zones regions where people live significantly longer and healthier lives. In this lecture, participants will learn the common lifestyle patterns shared by these communities including plant-forward eating, natural movement, strong social ties, purposeful living, and stress-reduction practices. This session will offer practical strategies to adopt Blue Zone habits into your daily life. Attendees will leave with actionable insights to lower their risk for chronic diseases and enhance longevity, vitality, and overall well-being.



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3:45 PM – 5:15 PM

KEYNOTE | What is the Role of Ultra-Processed, Plant-Based Products in the Diet?

Michael Greger, MD

Excess consumption of ultra-processed foods is linked to increased risks of disease and death. However, these associations appear to be driven largely by sweetened beverages and processed meats. In that case, instead of being a part of the problem, plant-based meats may be the solution to the ultra-processed foods issue. Unlike other ultra-processed foods, plant-based meats are healthier than the foods they were designed to replace, but how do they compare to whole plant foods? Dr. Greger will explore how important it is to shift from just minimizing animal products to also minimizing the intake of processed foods.

4:00 PM – 5:00 PM

Macrobiotics Decoded

Virginia Harper

This presentation delves into the origin, philosophy and practice of the macrobiotic healing lifestyle. You will learn what foods are best for rebooting your body back to homeostasis and understand the importance of seasonal eating for your body and mind. The methods to create a well-balanced meal on a daily basis will be explored to support sustainable health. You will be enriched by Virginia's four-decade experience living and teaching a macrobiotic lifestyle.



Don't miss the book signing with **Ocean Robbins, Robert Cheeke Kiki Nelson, and Tom Monte** on Tuesday
See all book signings on Page 5.

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Vegan Pizza & Dance Party

Deck 18 Marina Pool - 8:30 PM



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Don't miss the book signing with
Dr. Monisha Bhanote
 on Wednesday
 See all book signings on Page 5.



7:00 AM - 7:45 AM	Meditation: Science of Pranayama with Dr. Munish Chawla	T
7:00 AM - 8:00 AM	Yoga: Alignment Flow with Angelica Kushi	MS-P 19
	Reset & Restore: Morning Immersion Yoga with Koya Webb & Daren Grainger	JP-P 18
	Mobility Mastery with Giacomo Marchese	MS-S 19
	Total Body Workout with Robert Cheeke	MP 18
	The Secret to Lasting Wellness: Five Organ Qi Gong with Marcus Gary & Team	JP-P 16
	Self-Massage: An Ancient Practice for Modern Wellness with Kerry Loeb	UL
7:30 AM - 9:00 AM	Seated Breakfast Dining Room	GW
7:30 AM - 9:00 AM	Breakfast Marketplace Buffet (AFT)	MB
8:00 AM - 3:30 PM	LEISURE TIME!	
12:00 PM - 3:00 PM	Lunch Marketplace Buffet (AFT)	MB
3:30 PM - 4:30 PM	WORKSHOP Head, Neck & Shoulder Massage: Releasing Tension Where It Lives Most with Kerry Loeb **EXTRA FEE	CR
3:45 PM - 5:00 PM	WORKSHOP: What Your Nose Knows with Debra Kimless, MD **EXTRA FEE	UL
5:30 PM -	Seated Dinner Dining Room (doors close at 5:45 pm)	GW
7:00 PM & 9:00 PM	MSC Comedy Show	T
8:30 PM	Vegan Pizza & Dance Party Sponsored by Plant Ahead	Deck 18
10:15 PM	MSC White Party	Deck 18

ALL CLASSES SUBJECT TO CHANGE

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

WEDNESDAY

MARCH 4 • COSTA MAYA, MEXICO



Sushi & Dance Party

Deck 18 Marina Pool - 8:30 PM



THURSDAY LECTURE DESCRIPTIONS

2:30 PM – 3:45 PM

MOVIE: *Sistahs Getting Well*, an empowering documentary

Followed by Q&A with film producers Jacqueline Glass & Brandi Harvey

Sistahs Getting Well is a powerful documentary celebrating the resilience of two black women who triumph over chronic disease and reclaim their health. Through intimate storytelling, it reveals their journeys of transformation, from struggle to empowerment, while shedding light on healthcare disparities and the social stressors that shape black women's well-being. Featuring leading professionals and wellness experts, the film offers practical strategies for proactive health management and self-care. Inspiring and enlightening, *Sistahs Getting Well* reminds every woman that confidence, healing, and wellness are within reach—no matter the obstacles.

3:30 PM – 5:00 PM

How Healthy Are You?

Jessica Porter

In a world of modern technology, we can get microscopic data on how our bodies work, but sometimes it's also good to look at the bigger picture with respect to our health. Looking through the lens of mood, appetite and even a sense of humor, Jessica offers a simple quiz (originally formulated by macrobiotic teacher George Ohsawa) to assess our health from a more intuitive and old-fashioned perspective. This big-picture assessment will be a nice complement to your doctor's lab results. Come to this class to get a fresh perspective on your health!

4:00 PM – 5:00 PM

The Hidden Physiology of Travel: What Every Traveler Should Know - Travel Drains Energy, Disrupts the Gut & Weakens Immunity

Monisha Bhanote, MD

Travel exposes the body to a unique set of physiological challenges—shifting time zones, altered routines, environmental stressors, and constant stimulation that affect far more than comfort. In this session, quintuple board-certified physician Dr. Monisha Bhanote, MD, author of the best-selling book *The Anatomy of Wellbeing*, explains how modern movement disrupts the gut ecosystem,

Don't miss the book signing with
Rosane Oliveira, PhD & Kim Murphy
on Thursday
See all book signings on Page 5.



strains immune defenses, alters circadian biology, and increases cellular stress. Drawing from her #CellCare™ framework, she translates emerging science into practical lifestyle strategies that support digestion, mental clarity, resilience, and long-term health—whether you're driving, flying, or simply exploring the world.

4:00 PM – 5:15 PM

Is It My Genes, My Hormones, or My Dinner? Rosane Oliveira, PhD

Weight regulation is often attributed to genetics or hormones, yet the reality is more complex. This lecture explores how genetic predisposition, hormonal changes across life stages, and daily food choices interact to influence body weight over time. Drawing from human research and real-world examples, this session clarifies which factors are biologically constrained, which shift with age and hormones, and which remain modifiable through diet. This integrative lecture brings together concepts from earlier sessions to explain why weight loss is often difficult to maintain—and offers a clearer framework for understanding what is working with your biology rather than against it.



7:00 AM - 7:45 AM	Meditation: Making the Unconscious, Conscious with Munish Chawla, MD	T
7:00 AM - 8:00 AM	Yoga: Active Flow with Angelica Kushi	MS-P 19
	Reset & Restore: Morning Immersion Yoga with Koya Webb & Daren Grainger	JP-P 18
	Strength Training: Reshape & Recharge with Dani Taylor	MS-S 19
	Vegan Strong Boot Camp with Giacomo Marchese	MP 18
	The Secret to Lasting Wellness: Five Organ Qi Gong with Marcus Gary & Team	JP-P 16
	Self-Massage: An Ancient Practice for Modern Wellness with Kerry Loeb	UL
7:30 AM - 9:00 AM	Seated Breakfast Dining Room	GW
7:30 AM - 9:00 AM	Breakfast Marketplace Buffet (AFT)	MB
8:00 AM - 2:30 PM	LEISURE TIME!	
12:00 PM - 3:00 PM	Lunch Marketplace Buffet (AFT)	MB
2:30 PM - 3:45 PM	MOVIE: <i>Sistahs Getting Well</i> , an empowering documentary followed by Q&A with film producers Jacqueline Glass & Brandi Harvey	T
3:30 PM - 5:00 PM	How Healthy Are You? with Jessica Porter	UL
4:00 PM - 5:00 PM	The Hidden Physiology of Travel: What Every Traveler Should Know - Travel Drains Energy, Disrupts the Gut & Weakens Immunity with Monisha Bhanote, MD	CR
4:00 PM - 5:15 PM	Is It My Genes, My Hormones, or My Dinner? with Rosane Oliveira, PhD	T
5:30 PM	Seated Dinner Dining Room (doors close at 5:45 pm)	GW
8:30 PM	Sushi & Dance Party with DJ	Deck 18
10:15 PM	MSC Sunshine Party	Deck 18

ALL CLASSES SUBJECT TO CHANGE

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

THURSDAY

MARCH 5 • ISLA DE ROATÁN, HONDURAS

Social Night: The Heart of Connection & Authentic Relating Games

Deck 16 by the Jungle Pool
8:00 PM

*with Erin
McIntosh*



Don't miss the book signing with
Dr. Michael Greger, Dr. Debra Kimless,
Virginia Harper, and Dr. Scott Stoll on Friday
See all book signings on Page 5.



FRIDAY LECTURE DESCRIPTIONS

4:00 PM – 5:15 PM

KEYNOTE | Mental Health, the Microbiome, & Diet

Tom Monte

Learning disabilities (including ADHD) and mental illnesses (including depression and anxiety) are thought to originate in the brain. However, recent research has shown that the underlying cause of such disorders lies not in the brain, but in the gut microbiome, a vast population of microbes that regulates brain function and virtually all other metabolic systems. A plant-based diet repopulates the gut with health-promoting microbes, which in turn heal the brain and many other systems of the body. In this talk, Tom Monte will show you how to do that.

4:15 PM – 5:15 PM

Unlocking Sleep: Evidenced-Based Strategies for Better Rest

Munish Chawla, MD

This lecture explores the vital role of sleep in health and well-being. The primary focus will offer practical, evidenced-based strategies for getting a good night's sleep. We will discuss the physical, cognitive and emotional consequences of inadequate or poor-quality sleep and discuss common sleep disorders including insomnia and obstructive sleep apnea. There will be a brief discussion on sleep physiology, architecture, and how the cycles of non-REM and REM sleep promote optimal functioning of our body and mind.



7:00 AM - 7:45 AM	Meditation: Focus on Compassion with Munish Chawla, MD	T
7:00 AM - 8:00 AM	Yoga: Alignment Flow with Angelica Kushi	MS-P 19
	Reset & Restore: Morning Immersion Yoga with Koya Webb & Daren Grainger	JP-P 18
	Posture 101 with Dani Taylor	MS-S 19
	Total Body Workout with Robert Cheeke	MP 18
	The Secret to Lasting Wellness: Five Organ Qi Gong with Marcus Gary & Team	JP-P 16
	Self-Massage: An Ancient Practice for Modern Wellness with Kerry Loeb	UL
7:30 AM - 9:00 AM	Breakfast Marketplace Buffet (AFT)	MB
7:30 AM - 9:00 AM	Seated Breakfast Dining Room	GW
8:00 AM - 2:30 PM	LEISURE TIME!	
12:00 PM - 3:00 PM	Lunch Marketplace Buffet (AFT)	MB
2:15 PM - 3:30 PM	Cookware: It's The Last Place The Food Touches! With Sandy Clubb	UL
2:45 PM - 4:00 PM	WORKSHOP The BaZi Blueprint: Mapping Your Life Path to Balance & Well-Being with Marcus Gary & Team **EXTRA FEE	CR
3:45 PM - 5:15 PM	WORKSHOP Decoding Supplements: A Doctor's Guide to Choosing What Your Body Really Needs with Monisha Bhanote, MD **EXTRA FEE	UL
4:00 PM - 5:15 PM	KEYNOTE Mental Health, the Microbiome & Diet with Tom Monte	T
4:15 PM - 5:15 PM	Unlocking Sleep: Evidenced-Based Strategies for Better Rest with Munish Chawla, MD	CR
5:30 PM	Seated Dinner Dining Room (doors close at 5:45 pm)	GW
7:00 PM & 9:00 PM	MSC Performance: In Concert	T
8:00 PM - 9:00 PM	Social Night: The Heart of Connection & Authentic Relating Games with Erin McIntosh (Meet up by the Jungle Pool)	JP-P 16

ALL CLASSES SUBJECT TO CHANGE

NOTE: IN CASE OF RAIN:

MS-P-19 AND MP-S-18 TO JUNGLE POOL AREA; MS-S-19 CANCELLED

SATURDAY LECTURE DESCRIPTIONS

8:45 AM – 10:00 AM

Detoxify: Unlock Energy, Vitality and Cellular Resilience

Scott Stoll, MD

Modern life exposes us to an unprecedented burden of environmental, dietary, and metabolic toxins that silently undermine mitochondrial function, hormonal balance, and immune resilience. This session provides a practical, science-based roadmap to reduce toxic load through food, lifestyle, and clean environmental choices—allowing the body’s natural detoxification and healing pathways to flourish.

8:45 AM – 10:15 AM

Live Longer, Feel Amazing: What Your Wearables Are Trying to Tell You About Your Vegan Lifestyle **Hunter Allen**

What if your Oura ring, Whoop strap, Apple Watch, or continuous glucose monitor already knows whether you’re on track to live to 100... or burning out faster than you think? Join Hunter Allen, legendary endurance coach to world champions, co-founder of Training Peaks software, and author of the groundbreaking book *Training and Competing with a Continuous Glucose Monitor*, for a fun, science-packed session designed specifically for active, plant-based adults who want to thrive for decades, not just survive.

You’ll discover: The three hidden numbers on your wearable that matter far more than steps or calories. Why many vegans unintentionally sabotage recovery and longevity (and how to fix it in days). Glucose, HRV, sleep, training load — which ones actually move the needle to determine how long and how energetically you’ll live. Simple, immediate action steps you can take the moment you step off the ship — no PhD required.



**Farewell Dance Party
with Live Music**
Deck 18 Marina Pool - 8:30 PM



SATURDAY

MARCH 7 • DAY AT SEA (EVENING)

7:00 AM - 7:45 AM	Meditation: Integrating Your Practice with Munish Chawla, MD	T
7:00 AM - 8:00 AM	Yoga: Active Flow with Angelica Kushi	MS-P 19
	Reset & Restore: Morning Immersion Yoga with Koya Webb & Daren Grainger	JP-P 18
	Strength Training: Reshape & Recharge with Dani Taylor	MS-S 19
	Mobility Mastery with Giacomo Marchese	MP 18
	The Secret to Lasting Wellness: Five Organ Qi Gong with Marcus Gary & Team	JP-P 16
	Self-Massage: An Ancient Practice for Modern Wellness with Kerry Loeb	UL
7:30 AM - 9:00 AM	Breakfast Marketplace Buffet (AFT)	MB
8:00 AM - 10:00 AM	Seated Breakfast Dining Room	GW
8:45 AM - 9:45 AM	Detoxify: Unlock Energy, Vitality and Cellular Resilience with Scott Stoll, MD	T
8:45 AM - 10:15 AM	Live Longer, Feel Amazing: What Your Wearables Are Trying to Tell You About Your Vegan Lifestyle with Hunter Allen	CR
9:00 AM - 10:30 AM	WORKSHOP Rituals for a Happy Gut: Morning & Evening Practices to Support Daily Digestive Wellness with Monisha Bhanote, MD ** EXTRA FEE	UL
10:00 AM - 11:00 AM	Tackling Type 2 Diabetes: Lessons from the Marshall Islands with Brenda Davis, RD	T
10:30 AM - 12:00 PM	Panel Q&A: Powered by Plants hosted by Robert Cheeke with vegan athletes Hunter Allen, Angelica Kushi, Giacomo Marchese, Dr. Scott Stoll, and Dani Taylor	CR
10:30 AM - 12:00 PM	WORKSHOP The Heart of Healing with Tom Monte **EXTRA FEE	AE
10:30 AM - 12:00 PM	WORKSHOP Moving Beyond Medication: How to Manage, Treat and at Times, Reverse Diabetes with Lifestyle Medicine with Drs. Munish & Bandana Chawla **EXTRA FEE	SK

11:00 AM - 12:30 PM	COOKING BOOT CAMP: Prep Like a Champ for Weight Loss with Kiki Nelson **EXTRA FEE	UL
11:15 AM - 12:15 AM	KEYNOTE Built to Last: The Return to Yourself with Brandi Harvey	T
11:30 AM - 1:30 PM	Seated Brunch Dining Room	GW
12:00 PM - 2:00 PM	Lunch Marketplace Buffet (AFT)	MB
1:00 PM - 2:15 PM	Grazing the Issue: Diet, Agriculture and Climate Resilience with Cory Davis	UL
2:00 PM - 3:30 PM	Getting It Right: Fine-Tuning Your Plant-Based Diet with Brenda Davis, RD	T
2:00 PM - 4:00 PM	TALENT SHOW hosted by Erin McIntosh	T
2:45 PM - 4:15 PM	COOKING BOOT CAMP: The Ultimate Plant-Based Party Menu with Kim Murphy ** EXTRA FEE	UL
3:45 PM - 5:15 PM	How Not to Age with Michael Greger, MD	T
5:30 PM	Seated Dinner "Dress Your Best" Night Dining Room (doors close at 5:45 pm)	GW
8:30 PM	Farewell Dance Party with Live Music - See you next year!	Deck 18

ALL CLASSES SUBJECT TO CHANGE

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



SATURDAY LECTURES CONTINUED

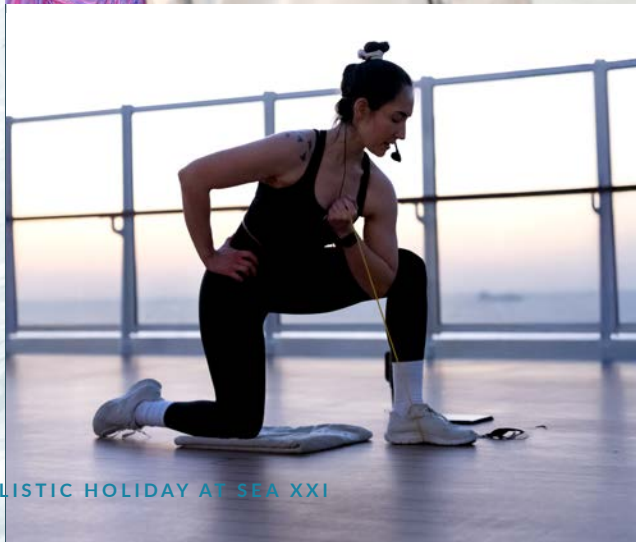
10:00 AM – 11:00 AM

Tackling Type 2 Diabetes: Lessons from the Marshall Islands

Brenda Davis, RD

Type 2 diabetes and prediabetes affect nearly half of North American adults—but with the right diet and lifestyle, these conditions can often be prevented or reversed. Brenda Davis, RD, author of *Kick Diabetes Essentials* and *The Kick Diabetes Cookbook*, shares lessons from a groundbreaking clinical trial in the Marshall Islands, published in *Diabetologia* (2025). As lead dietitian in the study, she outlines the plant-based dietary protocol used and offers practical tools to improve blood sugar, enhance insulin sensitivity, and reclaim health. Discover the power of food to transform lives—even in the most challenging settings.

Don't miss the book signing with
**Brandi Harvey, Koya Webb, Dani Taylor,
and Brenda Davis, RD on Saturday**
See all book signings on Page 5.



10:30 AM – 12:00 PM

Panel Q&A: Powered by Plants

Hosted by Robert Cheeke with vegan athletes Hunter Allen, Angelica Kushi, Giacomo Marchese, Dr. Scott Stoll, and Dani Taylor

Do you have questions regarding 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, and martial arts, these vegan athletes will help you fuel your athletic endeavors for optimal performance.

11:15 AM – 12:15 PM

KEYNOTE | Built to Last: The Return to Yourself

Brandi Harvey

In a world that rewards performance but rarely teaches sustainability, this powerful session invites you to explore what it truly means to build a life that can endure. Brandi Harvey guides participants through the inner foundations of resilience — body, spirit, purpose, and practice — revealing how lasting strength is formed from alignment, not exhaustion. Blending storytelling, spiritual insight, and practical wisdom, this experience is both reflective and actionable. You'll leave with a deeper understanding to care for your inner life, recalibrate your pace, and remember a timeless truth: you were not built to break — you were built to last.

1:00 PM – 2:15 PM

Grazing the Issue: Diet, Agriculture and Climate Resilience

Cory Davis

This presentation explores the hidden link between our food choices and the climate crisis. Agriculture—especially animal farming—drives greenhouse gas emissions, biodiversity loss, and land degradation at a scale few realize. We'll examine why current policies fall short, how livestock production accelerates climate change, and why shifting toward plant-predominant diets offers one of the most powerful solutions for reducing emissions, restoring ecosystems, and building resilience. Join Cory Davis to uncover the science, challenge assumptions, and discover how what's on our plate can shape the future of our planet.



*See you
next voyage!*

Special onboard discounts are available for Caribbean and Alaska 2027 sailings! Sign up at the Hospitality Desk.

6:30 AM - 8:00 AM	Breakfast Dining Room	GW
6:30 AM - 8:30 AM	Breakfast Marketplace Buffet (AFT)	MB



SUNDAY
MARCH 8 • GALVESTON, TEXAS

2:00 PM – 3:30 PM

Getting It Right: Fine-Tuning Your Plant-Based Diet

Brenda Davis, RD

In this engaging presentation, Brenda Davis, RD, examines the latest research regarding the nutritional adequacy of plant-based diets across the entire lifecycle. She highlights key nutrients of interest—protein, omega-3s, iron, zinc, calcium, iodine, vitamin B12, and vitamin D—and addresses common concerns about plant-based eating. Are these diets safe for children? Can they support optimal health without animal products? Do they provide enough protein and critical minerals? Brenda offers practical, evidence-based guidance to help individuals thrive on plant-based diets, along with clear, reassuring answers for health professionals, parents, and anyone seeking confidence in this way of eating.

3:45 PM – 5:15 PM

How Not to Age

Michael Greger, MD

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.

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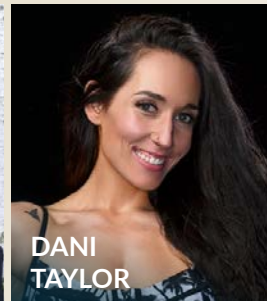
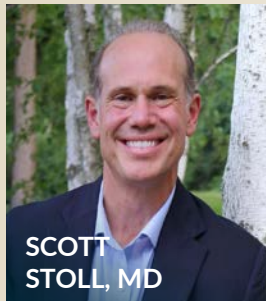
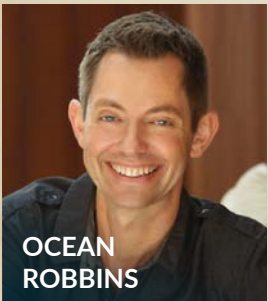
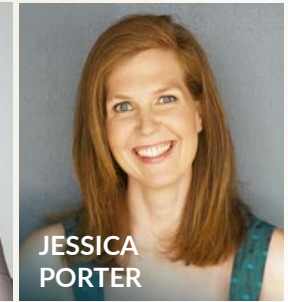
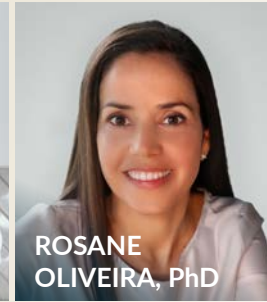
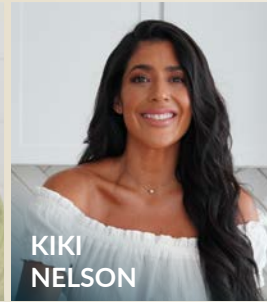
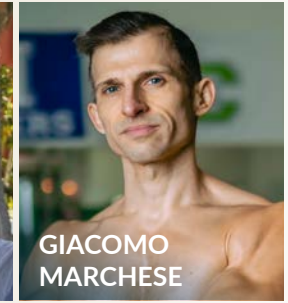
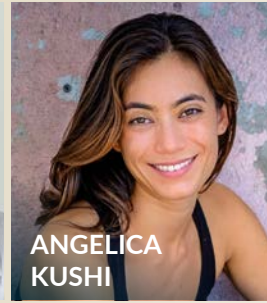
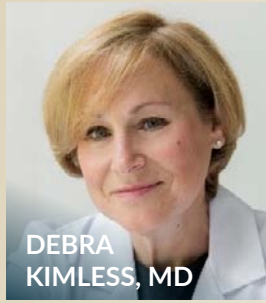
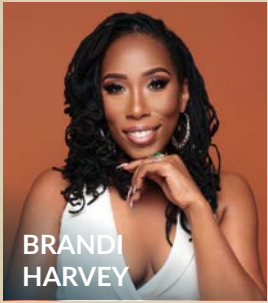
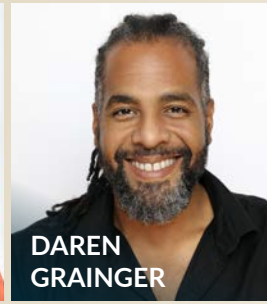
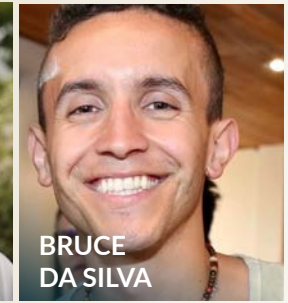
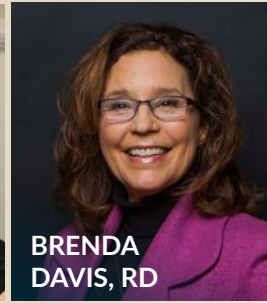
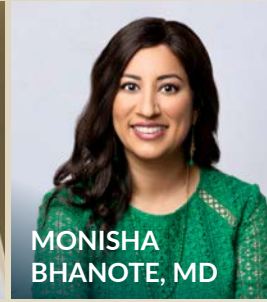
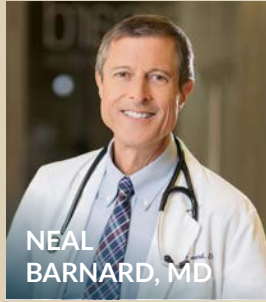
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Meet Our Presenters



Practitioners' consultations and workshops can be found in the Individual Consultations & Workshops section listed in alphabetical order.

HUNTER ALLEN

Legendary cycling coach and wearable's pioneer, Hunter Allen is the co-founder of TrainingPeaks software and founder and owner of Peaks Coaching Group. He is the co-author of *Training and Racing with a Power Meter* (over 300,000 copies, 12 languages), widely regarded as the book that launched the power-training revolution in cycling. A former professional cyclist and USA Cycling Level 1 coach, he has worked with world champions, Olympians, and thousands of masters athletes to more than 2,000 victories. Author of the groundbreaking *Training and Competing with a Continuous Glucose Monitor*, Hunter now helps plant-based adults learn about tech wearables, including Oura, Whoop, Apple Watch, and CGMs, to optimize recovery, boost VO₂max, and dramatically extend healthspan.

LIVE LONGER, FEEL AMAZING: WHAT YOUR WEARABLES ARE TRYING TO TELL YOU ABOUT YOUR VEGAN LIFESTYLE

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

PANEL Q&A: POWERED BY PLANTS HOSTED BY ROBERT CHEEKE WITH VEGAN ATHLETES HUNTER ALLEN, ANGELICA KUSHI, GIACOMO MARCHESE, DR. SCOTT STOLL, AND DANI TAYLOR

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

PRIVATE SESSION: EXPERT ANALYSIS OF YOUR DIGITAL WEARABLES AND HOW THEY AFFECT YOUR HEALTH

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

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

YOUR BODY IN BALANCE: THE NEW SCIENCE OF FOOD, HORMONES, AND HEALTH

MON / 1:15PM-2:15PM / T

PANEL Q&A: CRUISIN' FOR KNOWLEDGE - DOCTOR'S PANEL HOSTED BY SANDY PUKEL WITH DRs. NEAL BARNARD, MICHAEL GREGER, & SCOTT STOLL

MON / 3:45PM-5:15PM / T

KEYNOTE | POWER FOODS FOR WEIGHT CONTROL

TUES / 10:00AM-11:00AM / T

TACKLING DIABETES

TUES / 1:15PM-2:15PM / 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.

Don't miss the book signing with
Dr. Neal Barnard
on Monday

See all book signings on Page 5.



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, in cytopathology at Cornell University, and for 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.

THE LONGEVITY GUT: THE NEW SCIENCE OF DIGESTION, STRESS RECOVERY & FEELING LIKE YOURSELF AGAIN

MON / 1:30PM-3:00PM / CR

THE HIDDEN PHYSIOLOGY OF TRAVEL: WHAT EVERY TRAVELER SHOULD KNOW -- TRAVEL DRAINS ENERGY, DISRUPTS THE GUT & WEAKENS IMMUNITY

THURS / 4:00PM-5:00PM / CR

WORKSHOP | DECODING SUPPLEMENTS: A DOCTOR'S GUIDE TO CHOOSING WHAT YOUR BODY REALLY NEEDS ** EXTRA FEE

FRI / 3:45PM-5:15PM / UL

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

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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.

Don't miss the class with Sandy Clubb, Cookware Specialist
COOKWARE: IT'S THE LAST PLACE THE FOOD TOUCHES!
FRIDAY / 2:15-3:30PM / UL

WORKSHOP | RITUALS FOR A HAPPY GUT: MORNING & EVENING PRACTICES TO SUPPORT DAILY DIGESTIVE WELLNESS ** EXTRA FEE

SAT / 9:00AM-10:30AM / UL

PRVIATE SESSION | GUT HEALTH & LONGEVITY: FUNCTIONAL MEDICINE & LIFESTYLE CONSULTATION

BANDANA CHAWLA, MD

Dr. Bandana Chawla, a graduate of the University of Texas Southwestern Medical School, is a board-certified physician in internal medicine and lifestyle medicine. She has been a practicing internist in the Houston area for over twenty years. In 2019, she became the co-founder of Lifestyle Docs, a unique medical clinic that uses the tenets of internal and lifestyle medicine to manage, treat, and at times, reverse chronic diseases including diabetes, obesity and heart disease. Dr. Chawla focuses on helping her patients choose the right types of food, improve their fitness routines, reduce stress, and add connection to achieve holistic wellness. She is also the co-founder of the Peaceful Planet Foundation, a 501c3 nonprofit that fosters peace, health and wellness in Houston and the surrounding communities.

EXPLORING BLUE ZONES: CREATING ENVIRONMENTS THAT SUPPORT HEALTH

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

WORKSHOP | MOVING BEYOND MEDICATION: HOW TO MANAGE, TREAT AND, AT TIMES, REVERSE DIABETES WITH LIFESTYLE MEDICINE **EXTRA FEE

SAT / 10:30AM-12:00PM / SK

MUNISH CHAWLA, MD

Dr. Munish Chawla is a board-certified physician in diagnostic radiology and lifestyle medicine. He is the co-founder of Lifestyle Docs, a holistic medical clinic focused on educating and empowering patients to make healthier diet and lifestyle choices. He currently serves as a volunteer clinical faculty at University of Houston College of Medicine where he educates medical students about the power of Lifestyle Medicine in managing, treating and reversing chronic diseases including diabetes, heart disease, and obesity. A long-time practitioner of meditation and yoga, Dr. Chawla adopted a plant-based lifestyle in 2013. He is also the co-founder of the Peaceful Planet Foundation, a 501c3 nonprofit dedicated to improving the lives of adults and children through plant-based nutrition and mindfulness.

INTRODUCTION TO MINDFUL MEDITATION

MON / 7:00AM-7:45AM / T

THE 4Cs: A PRACTICAL PATH TO LASTING POSITIVE BEHAVIOR CHANGE

MON / 10:45AM-12:00PM / UL

MEDITATION: MINDFULNESS AND NEUROPLASTICITY

TUES / 7:00AM-7:45AM / T

MEDITATION: SCIENCE OF PRANAYAMA

WED / 7:00AM-7:45AM / T

MEDITATION: MAKING THE UNCONSCIOUS, CONSCIOUS

THURS / 7:00AM-7:45AM / T

MEDITATION: FOCUS ON COMPASSION

FRI / 7:00AM-7:45AM / T

UNLOCKING SLEEP: EVIDENCED-BASED STRATEGIES FOR BETTER REST

FRI / 4:15PM-5:15PM / CR

MEDITATION: INTEGRATING YOUR PRACTICE

SAT / 7:00AM-7:45AM / T

WORKSHOP |MOVING BEYOND MEDICATION: HOW TO MANAGE, TREAT AND AT TIMES REVERSE DIABETES WITH LIFESTYLE MEDICINE **EXTRA FEE

SAT / 10:30AM-12:00PM / SK

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*. 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 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-nine years. He lives in Colorado with his wife and two rescued Chihuahuas.

TOTAL BODY WORKOUT

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

BUILD YOUR BODY ON A PLANT-BASED DIET

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

HOW TO BE AN IMPACTFUL VEGAN

TUES / 2:00PM-3:00PM / AE

PANEL Q&A: POWERED BY PLANTS

HOSTED BY ROBERT CHEEKE WITH VEGAN ATHLETES HUNTER ALLEN, ANGELICA KUSHI, GIACOMO MARCHESE, DR. SCOTT STOLL, AND DANI TAYLOR

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

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!

FRI / 2:15PM-3:30PM / UL

DON'T MISS MSC'S JUICE & SMOOTHIE BAR:
Daily hours are 8:00am-4:00pm
located at the Champagne Bar on Deck 7.



BRUCE DA SILVA

Bruce Da Silva is a philosopher, personal development coach, entrepreneur, and athlete based in Santa Monica, California. Born and raised in New Jersey, with roots in Brazil, he has lived in NJ, Tampa, Morocco, Israel, Washington, DC, and now Los Angeles, giving him a broad, practical view of how culture, mindset, and behavior shape well-being. He trained under Robbins-Madanes Training (Tony Robbins & Cloe Madanes) and holds an M.A. in Conflict Resolution & Mediation from Tel Aviv University, believing that healthy lives require healthy conflict skills. Bruce went vegan in December 2020 and never looked back. An Ironman finisher, he learned that most of what we want to achieve is possible as long as we have the strategy to get there and the mindset to persevere. He leads the Vegan Men Society, a community for support, accountability, and high standards among 30+ vegan men. His motto: reject ignorance, embrace wisdom, and liberate others from mental slavery to true freedom—which, in practice, means cultivating a firm grasp on health and wellness as foundations for a good life.

CHATGPT AS YOUR IRONMAN COACH: HOW I TRAINED IN THREE MONTHS—AND HOW YOU CAN USE TECHNOLOGY FOR YOUR HEALTH
MON / 2:00PM-3:00PM / AE

BRENDA DAVIS, RD

Brenda Davis, RD, is a plant-based trailblazer and internationally acclaimed speaker. She has presented at nutrition, medical, and dietetic conferences in 28 countries on six continents. A prolific writer, Brenda has authored or co-authored 13 books with over a million copies in print. Her 14th book, *Plant-Powered Seniors*, will be released in fall 2026. She was inducted into the Vegetarian Hall of Fame and received the Plantrician Project's Luminary Award in 2022. Brenda lives in Calgary, Alberta, Canada, and continues to inspire health professionals and the public alike through her evidence-based, compassionate approach to nutrition.

KEYNOTE | UNLEASHING THE POWER OF PLANT-BASED DIETS

MON / 8:45AM-9:45AM / T

PLANT-POWERED SENIORS: NUTRITION ESSENTIALS FOR OLDER ADULTS

TUES / 8:45PM-9:45PM / T

TACKLING TYPE 2 DIABETES: LESSONS FROM THE MARSHALL ISLANDS

SAT / 10:00AM-11:00AM / T

GETTING IT RIGHT: FINE-TUNING YOUR PLANT-BASED DIET

SAT / 2:00PM-3:30PM / T

CORY DAVIS

Cory Davis is a licensed professional agrologist with over a decade of experience in natural resource and environmental management, spanning forestry, land-use planning, agriculture, disaster management, mining, and teaching mapping and remote sensing as a college instructor. A lifelong advocate for nature, Cory has been active in environmental, social, and animal rights causes since childhood, serving onboards and volunteering for numerous non-profits. Cory is the co-author of the book, *Plant-Powered Protein* as well as the peer-reviewed article, *Health Disparities and Climate Change in the Marshall Islands*. Cory's unique view of nature and our planet have led him to achieve degrees and diplomas in environmental science, land-use planning, social sciences, business, and intercultural management.

HOOFPRIENTS ON HISTORY: THE ECOLOGICAL STORY WE FORGOT

MON / 11:00AM-12:00PM / AE

GRAZING THE ISSUE: DIET, AGRICULTURE AND CLIMATE RESILIENCE

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

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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. He also offers meridian balancing consultations and qi balancing techniques for his clients, which promote the free flow of energy in the body by employing 3000-year-old medical Qigong techniques to purge toxic energy from the organ energy systems to assist in maintaining health and managing stress. Marcus is joined by his team, Maria Johnson and Jamila Makini, both with decades of experience as yoga, Qigong, meditation, and spiritual instructors. Marcus has a Bachelor's Degree in Architecture and 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
MON, TUES, WED, THURS, FRI, SAT / 7:00AM-8:00AM
/ JP-P-16

WORKSHOP | THE BAZI BLUEPRINT: MAPPING YOUR LIFE PATH TO BALANCE & WELL-BEING **EXTRA FEE
FRI / 2:45PM-4:00PM / CR

PRIVATE SESSION: DIGITAL MERIDIAN IMAGING (DMI): KNOW THE HEALTH OF EACH OF YOUR TWELVE MAJOR ORGAN SYSTEMS

JACQUELINE GLASS

Jacqueline Glass is the founder of At The Well Conferences, Inc., empowering youth through leadership development and self-confidence. A passionate wellness advocate, she created Sistah Soul Nutrition, a 12-week program helping women of color achieve holistic health, and leads The Girlfriend Getaway, a rejuvenating retreat for mind, body, and spirit. Jacqueline has been featured on ABC, CBS, Fox 5, and NBC, with her health journey highlighted in Black Enterprise Magazine. She holds a B.A. in Sociology from Lehman College and a Master of Divinity from Princeton Theological Seminary.

MOVIE: SISTAHS GETTING WELL - FOLLOWED BY Q&A
THURS / 2:30AM-3:45PM / T

DAREN GRAINGER

Daren Grainger is a globally recognized transformational coach and neuro-emotional expert. Specializing in neuro-emotional coaching, yoga and sound healing, he empowers men, children and couples to cultivate holistic well-being, inner harmony and deeper connection. As co-facilitator of Deeper Intimacy with his wife, Koya Webb, Daren leads transformational wellness programs for resorts, retreats, corporations and individuals worldwide. His work has inspired lasting change and empowered audiences across the globe to embrace self-awareness, resilience and conscious living.

RESET & RESTORE: MORNING IMMERSION YOGA

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

DEEPER INTIMACY: COUPLES AND SINGLES
MON / 1:30PM-3:00PM / SK

THE LONGEVITY LIFESTYLE: DESIGN A LIFE YOUR NERVOUS SYSTEM CAN ACTUALLY HOLD
TUES / 1:30PM-3:00PM / SK

PRIVATE SESSION: DEEPER INTIMACY - STRENGTHENING LOVE & CONNECTION

PRIVATE SESSION: RESET & RESTORE IMMERSION YOGA

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 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.

PANEL Q&A: CRUISIN' FOR KNOWLEDGE - DOCTOR'S PANEL HOSTED BY SANDY PUKEL WITH DRS. NEAL BARNARD, MICHAEL GREGER, & SCOTT STOLL
MON / 3:45PM-5:15PM / T

KEYNOTE | WHAT IS THE ROLE OF ULTRA-PROCESSED, PLANT-BASED PRODUCTS IN THE DIET?
TUES / 3:45PM - 5:15PM / T

HOW NOT TO AGE
SAT / 3:45PM - 5:15PM / 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.

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DEEP DIVE INTO GUT HEALING

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

DISCUSSION GROUP: RECOVERY PANEL FOLLOW UP

TUES / 11:00AM-12:00PM / AE

MACROBIOTICS DECODED

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

PRIVATE MACROBIOTIC CONSULTATION WITH A GUT FOCUS

PRIVATE HEALTH ANALYSIS SCAN

BRANDI HARVEY

Brandi Harvey is the dynamic host and creator of Vault Empowers Talks, a media platform built on transformative conversations that challenge, inspire, and ignite change. Through her powerful storytelling and interviews with influential figures including Rickey Smiley and Fawn Weaver, Brandi is redefining what it means to speak with purpose, using media as a catalyst for healing, legacy, and evolution.

As the founder of Beyond Her and author of *Breakthrough Sold Separately*, Brandi champions holistic wellness for women, encouraging them to nourish their bodies, reset their lives, and embrace daily movement as an act of power. She also serves as executive producer of the award-winning documentary *Sistahs Getting Well*, which spotlights chronic disease in black women and drives vital conversations on health equity.

Brandi's impact has been recognized with honors including the State of Georgia's Outstanding Citizen and Goodwill Ambassador, 2024 Hallmark Mahogany Honoree, Modern Luxury's 2023 Social Spotlight Award, and Color Vision's 2023 Do Good Award. She has been celebrated as an iOne Digital and AT&T Dream in Black Creative Class member, a Blossom Award recipient, and one of Atlanta's Top 100 Women in Business. Brandi has also received the White House Drum Major of Service Award under President Obama and the Lifetime Achievement Award under President Biden. Holding two honorary doctorates, she stands as a visionary leader whose work sits at the intersection of media, wellness, and movement.

MOVIE: SISTAHS GETTING WELL - FOLLOWED BY Q&A

THURS / 2:30AM-3:45PM / T

KEYNOTE | BUILT TO LAST: THE RETURN TO YOURSELF

SAT / 11:15AM-12:15PM / T

DEBRA KIMLESS, MD

Dr. Debra Kimless graduated magna cum laude and Phi Beta Kappa from Muhlenberg College with a double major in natural sciences and biology. She earned her medical degree from Rutgers University, completed her residency at Temple University Hospital, and is a board-certified anesthesiologist with a subspecialty certification in pain medicine. She is also certified by the American and International Boards of Lifestyle Medicine and is a certified principal investigator.

Dr. Kimless has been active in the medical cannabis field since 2013, working across a wide range of areas including cultivation, processing, formulation, testing, patient care, and research. She consults within the industry as an advisor for companies who are interested in novel formulations targeted for specific medical conditions. She also develops protocols, obtains institutional review board (IRB) approvals, conducts clinical trials, and helps publish study results. Through her work with over 500 patients, Dr. Kimless has helped individuals achieve health goals using nutrition and medical cannabis. She is recognized as one of the few expert physicians who deeply understand the therapeutic potential of cannabis and the endocannabinoid system, promoting knowledge with tangible data to de-stigmatize medical cannabis and explain how it can be an effective medical choice.

CANNABIS: MYTH OR MEDICINE?

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

HEMP AND MEDICAL CANNABIS: MEDICINE, MATERIALS, AND THE FUTURE OF A TRANSFORMATIONAL PLANT

TUES / 1:30PM-3:00PM / CR

WORKSHOP | WHAT YOUR NOSE KNOWS **EXTRA FEE

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

HOLISTIC HEALTH CONSULTATION: UTILIZING A WHOLE FOODS PLANT-BASED DIET, CANNABINODS, HERBS & MEDICINAL MUSHROOMS FOR OPTIMAL WELL-BEING

ANGELICA KUSHI

Angelica Kushi loves flying the skies as a professional aerialist and stuntwoman. On the ground, she's a yoga teacher, dancer, and mother of two little ones. Raised in a macrobiotic home, her education comes from a lifetime of holistic living. She specializes in creating relaxed, easeful approaches to health. Her formal training includes the Kushi Institute, the Institute for Integrative Nutrition, and extensive studies in yoga and Tibetan Buddhism with the Asian Classic Institute, Yoga Studies Institute, and Katonah Yoga. Her passion lies in offering accessible, nourishing lifestyle practices that help people live their wildest dreams.

YOGA: ALIGNMENT FLOW

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

YOGA: ACTIVE FLOW

TUES, THURS, SAT / 7:00 AM-8:00 AM / MS-P-19

PANEL Q&A: POWERED BY PLANTS HOSTED BY ROBERT CHEEKE WITH VEGAN ATHLETES HUNTER ALLEN, ANGELICA KUSHI, GIACOMO MARCHESE, DR. SCOTT STOLL, AND DANI TAYLOR
SAT / 10:30AM-12:00PM / CR

PRIVATE SESSION: PERSONALIZED MEDITATION

PRIVATE AYURVEDIC ASTROLOGY COACHING: DISCOVER YOUR COSMIC BLUEPRINT

KERRY LOEB

Kerry Loeb is a seasoned wellness practitioner with over four decades of experience in holistic health. After spending 40 years in the vibrant San Francisco Bay Area, he embraced the digital nomad lifestyle and relocated to the picturesque central highlands of Mexico, where he has lived for the past nine years. In the late 1980s, Kerry founded the *Macrobiotic Shiatsu*

Resource Center in the Bay Area while undertaking two intensive seven-year apprenticeships—one with renowned teacher Shizuko Yamamoto and the other with Patrick McCarty. For 20 years, he served as a dedicated nutritional and lifestyle counselor before exploring other pursuits, all while remaining deeply rooted in the principles of wellness and personal development. Kerry was introduced to a powerful self-massage technique four decades ago, and it has been a cornerstone of his daily wellness routine ever since. He credits this simple, yet profound, practice as a key contributor to his enduring vitality and well-being. With 35 years of teaching experience, Kerry began sharing this self-massage method at his health center, later expanding to wellness retreats and, more recently, to select venues in Mexico. His passion for empowering others with accessible tools for self-care continues to inspire and transform lives.

SELF-MASSAGE: AN ANCIENT PRACTICE FOR MODERN WELLNESS

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

WORKSHOP | HEAD, NECK & SHOULDER MASSAGE: RELEASING TENSION WHERE IT LIVES MOST
WED / 3:30PM-4:30PM / CR

GIACOMO MARCHESE

Giacomo Marchese has been vegan for over fifteen years and involved with fitness for more than twenty years in many different areas, specializing 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

TUES & THURS / 7:00AM-8:00AM / MP-S-18

MOBILITY MASTERY

WED / 7:00AM-8:00AM / MS-S-19
SAT / 7:00AM-8:00AM / MP-S-18

PANEL Q&A: POWERED BY PLANTS HOSTED BY ROBERT CHEEKE WITH VEGAN ATHLETES HUNTER ALLEN, ANGELICA KUSHI, GIACOMO MARCHESE, DR. SCOTT STOLL, AND DANI TAYLOR
SAT / 10:30AM-12:00PM / CR

PRIVATE SPORTS NUTRITION CONSULTATION



TOM MONTE

Tom has been guiding people to better physical, emotional, and mental health for more than 35 years. In his personal counseling, Tom has helped thousands of men and women heal physical, emotional, and relationship challenges using his unique methods for healing the heart, mind, and body to achieve lasting personal transformation. Tom is among the most prolific authors and teachers of natural healing and personal transformation in the world today. He has written 35 books, several of which became bestsellers, and many hundreds of articles on health and healing. Many of remarkable personal recovery stories are documented in Tom's book, *Unexpected Recoveries*, which National Cancer Institute scientist Ralph Moss, PhD, said proves that Tom Monte is "not just a medical writer, but a medical philosopher of the first order." His book, *Taking Woodstock*, was made into a major feature film by famed director Ang Lee. Tom has provided healing workshops on diet, health, and personal transformation at health centers, corporations, colleges and universities throughout the US, Europe, Asia, and South Africa.

HEALING YOUR RELATIONSHIP: HOW TO RESTORE AND SUSTAIN LOVE

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

FORGIVENESS: IT'S NOT AN ELECTIVE

TUES / 10:45AM-12:00PM / UL

KEYNOTE: MENTAL HEALTH, THE MICROBIOME, AND DIET

FRI / 4:00PM-5:15PM / T

WORKSHOP | THE HEART OF HEALING **EXTRA FEE

SAT / 10:30AM-12:00PM / AE

PRIVATE COUNSELING FOR INDIVIDUALS AND RELATIONSHIPS

KIM MURPHY

Kim Murphy is a certified plant-based health coach, the founder of Simply Plant Based Kitchen, and an Amazon best-selling author of *Plant Powered*. She was inspired to start a whole food, plant-based lifestyle to improve her own health after losing her Dad to Alzheimer's disease. A former high school teacher, Kim now helps busy people simplify whole food, plant-based eating so it's easy, delicious, and sustainable. After transforming her own health through a "progress not perfection" approach, she now helps others lose weight, improve their health, and feel great. Kim lives in Cedar Park, Texas, with her husband and two sons.

COOKING CLASS: PLANT-BASED FAMILY FAVORITES

MON / 3:30PM-5:00PM / CR

COOKING CLASS: MEDITERRANEAN-INSPIRED VEGAN COMFORT FOOD

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

COOKING BOOT CAMP: THE ULTIMATE PLANT-BASED PARTY MENU **EXTRA FEE

SAT / 2:45PM-4:15PM / UL

KIKI NELSON

Kiki Nelson—known to her followers as Plantiful Kiki—is the author of six books, including the national best-sellers *Plantifully Lean* and *Plantifully Simple*, both multiple Amazon best-sellers. A dedicated wife and mom, Kiki transformed her health by losing 70 pounds in 14 months without counting a single calorie, reversing prediabetes, high blood pressure, and high cholesterol, and has kept the weight off for over eight years. She has helped countless people achieve similar health transformations through her engaging classes, lectures, and online community, equipping them with the simple, essential tools and knowledge

they need to be successful long-term. She is celebrated for making healthy living approachable, joyful, and sustainable, inspiring thousands to discover the power of simple, delicious food and the self-love that fuels lasting change.

COOKING CLASS: WEIGHT LOSS THAT TASTES GOOD!

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

COOKING CLASS: COOKING FOR A CROWD

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

COOKING BOOT CAMP: PREP LIKE A CHAMP FOR WEIGHT LOSS **EXTRA FEE

SAT / 11:00AM-12:30PM / UL

PRIVATE SESSION: WEIGHT LOSS CONSULTATION

ROSANE OLIVEIRA, PHD

Dr. Rosane Oliveira is the founder, president and CEO of the Plant-Based Life Foundation, a nonprofit organization with a mission to help individuals develop key, health-promoting habits on their journey towards health and well-being. She is a visiting clinical faculty member in Public Health Sciences at the University of California, Davis, where she teaches lifestyle medicine to first- and second-year medical students. She is also an instructor for the Stanford Continuing Studies program, where she teaches an evidence-based course on plant-based nutrition. Between 2011 and 2021, Dr. Oliveira served as the founding director of the first integrative medicine program at the UC Davis School of Medicine where she created a lifestyle medicine elective, published a #1 Amazon best-selling cookbook, and ran an annual online challenge that gave nearly 150,000 individuals across more than sixty countries the chance to try plant-based eating. As a molecular geneticist, Dr. Oliveira

has studied the epidemiology of infectious diseases, cancer initiation and progression, and diet-derived changes in gene expression that can cause disease or promote health and longevity. She completed her graduate studies in Brazil and did her postdoctoral training in immunogenetics and functional genomics at the University of Illinois at Urbana-Champaign. A native of Rio de Janeiro, Brazil, Dr. Oliveira has lived in the US since 2003.

KEYNOTE | NUTRITIONAL GENOMICS: HOW DIET SHAPES GENE EXPRESSION AND HEALTH
MON / 10:00AM-11:00AM / T

PLANT-BASED PROTEIN ACROSS THE LIFESPAN: NEEDS, MYTHS, AND PRACTICAL STRATEGIES
TUES / 11:15AM-12:15PM / T

IS IT MY GENES, MY HORMONES, OR MY DINNER?
THURS / 4:00PM-5:15PM / T

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.

RECOVERY PANEL: SURVIVORS SHARE THEIR HEALTH JOURNEYS, MODERATED BY JESSICA PORTER
MON / 10:30AM-12:00PM / CR

HYPNOSIS: EVERYTHING YOU ALWAYS WANTED TO KNOW BUT WERE AFRAID TO ASK
TUES / 9:00AM-10:30PM / UL

ONE SIMPLE TRICK THAT WILL CHANGE YOUR WHOLE LIFE (CHEWING)

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

HOW HEALTHY ARE YOU?

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

PRIVATE HYPNOTHERAPY SESSION

OCEAN ROBBINS

Ocean is co-founder & CEO of the million-member Food Revolution Network. He is author of the bestsellers, *31-Day Food Revolution*, *Real Superfoods*, and *Powered By Plants*. Ocean founded Youth for Environmental Sanity (YES!) at age sixteen, and directed it for the next twenty years. He has spoken in person to more than 250,000 people, organized online seminars and events reaching more than 3 million, and facilitated leadership development events for leaders from 65 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 | THE FOOD REVOLUTION: LIVING A LEGACY OF LOVE IN ACTION

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

THE INTERSECTION OF HEALTH AND PLANET: WHY FOOD CHOICES MATTER FOR OUR FUTURE

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

SCOTT STOLL, MD

Dr. Stoll is the co-founder of The Plantrician Project, The International Plant Based Nutrition Healthcare Conference, The International Journal of Disease Reversal and Prevention, and the Regenerative Health Institute, a unique collaborative project with the Rodale Institute that integrates a regenerative vision for human health, agriculture, and the environment. He is a member of the Google Food Lab, serves on the advisory board at Whole Foods for their healthcare clinics and served as a member of the Whole Foods Scientific and Medical Advisory Board. Dr. Stoll is the chairman of the board for The Plantrician Project. Every year, Dr. Stoll hosts the very popular one-week health immersion, Dr. Stoll's Total Health Immersion in Naples, Florida, and helps attendees restore and optimize their health, overcome addictions, and develop a sustainable, regenerative lifestyle. In addition to authoring several books, including *Your Next Bite* and numerous scientific articles, Dr. Stoll has appeared on national shows including the Dr. Oz show, hosted a 2018 PBS special *Food As Medicine*, and numerous documentaries including *Eating You Alive*, *Wait Till its Free*, and *The Game Changers*. Dr. Stoll is not only a published author and member of the 1994 Olympic Bobsled Team, he is a highly sought-after international speaker.

THE POWER OF THE PLATE: REGENERATING CELLS, SYSTEMS, AND THE WORLD

MON / 11:15AM-12:15PM / T

PANEL Q&A: CRUISIN' FOR KNOWLEDGE - DOCTOR'S PANEL HOSTED BY SANDY PUKEL WITH DRS. NEAL BARNARD, MICHAEL GREGER, & SCOTT STOLL

MON / 3:45PM-5:15PM / T



KEYNOTE | REGENERATE, RESTORE, & REVITALIZE: INTEGRATIVE SOLUTION TO OPTIMIZE HEALING
TUES / 2:30PM-3:30PM / T

DETOXIFY: UNLOCK ENERGY, VITALITY, AND CELLULAR RESILIENCE
SAT / 8:45AM-9:45AM / T

PANEL Q&A: POWERED BY PLANTS HOSTED BY ROBERT CHEEKE WITH VEGAN ATHLETES HUNTER ALLEN, ANGELICA KUSHI, GIACOMO MARCHESE, DR. SCOTT STOLL, AND DANI TAYLOR
SAT / 10:30AM-12:00PM / CR

PRIVATE CONSULTATION WITH LIFESTYLE AND MUSCULOSKELETAL ASSESSMENT

DANI TAYLOR

Dani Taylor is a twenty-three-year vegan and 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 seventeen. Discovering veganism in high school, she embarked on a journey of health and fitness. Now, 90 pounds lighter and a figure competition champion, Dani co-founded VeganProteins online coaching and Team PlantBuilt, the largest group of vegan strength athletes. Alongside her husband, Giacomo Marchese,

she's touring 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 & RECHARGE
MON, THURS & SAT / 7:00AM-8:00AM / MS-S-19

POSTURE 101
TUES & FRI / 7:00AM-8:00AM / MS-S-19

PANEL Q&A: POWERED BY PLANTS HOSTED BY ROBERT CHEEKE WITH VEGAN ATHLETES HUNTER ALLEN, ANGELICA KUSHI, GIACOMO MARCHESE, DR. SCOTT STOLL, AND DANI TAYLOR
SAT / 10:30AM-12:00PM / CR

PRIVATE SPORTS NUTRITION CONSULTATION

KOYA WEBB

Koya Webb is a globally recognized thought leader, transformational speaker, holistic well-being expert and longevity specialist. Creator of the Lifestyle Design Method, she empowers individuals and organizations to embrace sustainable lifestyle shifts that nurture self-love, vitality and long-term well-being. Founder of Get Loved Up Yoga School, Koya has inspired millions worldwide. She is the author of *Let Your Fears*



Make You Fierce and Wellbeing Rituals and has been featured in Forbes, Goop, Essence, NBC, CBS, E! and more. Koya has guided celebrity clients and global brands toward holistic transformation. With over 25 years of experience, Koya combines expertise in yoga, plant-based nutrition, breathwork, and neuro-emotional coaching to help audiences and leaders live empowered, purpose-driven lives.

RESET & RESTORE: MORNING IMMERSION YOGA
MON, TUES, WED, THURS, FRI, SAT / 7:00AM-8:00AM / JP-P-18

DEEPER INTIMACY: COUPLES AND SINGLES
MON / 1:30PM-3:00PM / SK

THE LONGEVITY LIFESTYLE: DESIGN A LIFE YOUR NERVOUS SYSTEM CAN ACTUALLY HOLD
TUES / 1:30PM-3:00PM / SK

PRIVATE SESSION: DEEPER INTIMACY - STRENGTHENING LOVE & CONNECTON

PRIVATE SESSION: RESET & RESTORE IMMERSION YOGA



YOUR HOST: SANDY PUKEL

Sandy Pukel has been deeply 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 macrobiotics leader Micho 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 the world-leading 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 and Alaska cruise featuring delicious vegan foods and an education program that includes cutting edge science-based information on the plant-based community, along with yoga, Pilates, macrobiotics, meditation, cooking classes, and much more. In 2024, he was awarded the Michio Kushi Peace Price Award.

CONSULTATIONS & WORKSHOPS

Practitioners' biographies can be found listed in alphabetical order in the Presenters' Biographies & Classes section. For complete descriptions of consultations and workshops, see pages 49. To make an appointment, please visit our Hospitality Desk on Deck 7, Atrium mid-ship, starboard side.

HUNTER ALLEN

Private Session: Expert Analysis of Your Digital Wearables and How They Affect Your Health
\$150/person, 60 minutes

MONISHA BHANOTE, MD

WORKSHOP | Decoding Supplements: A Doctor's Guide to Choosing What Your Body Really Needs
\$150/person, 90 minutes

WORKSHOP | Rituals for a Happy Gut: Morning & Evening Practices to Support Daily Digestive Wellness
\$150/person, 90 minutes

Private Session | Gut Health & Longevity: Functional Medicine & Lifestyle Consultation
\$500/person, 45 minutes
\$750/couple, 60 minutes

DRS. MUNISH & BANDANA CHAWLA

WORKSHOP | Moving Beyond Medication: How to Manage, Treat and at Times, Reverse Diabetes with Lifestyle Medicine
\$150/person, 90 minutes
Space is limited to 20 participants

MARCUS GARY & TEAM

Private Session | Digital Meridian Imaging (DMI): Know the Health of Each of Your Twelve Major Organ Systems
\$125/person, 45 minutes

WORKSHOP | The BaZi Blueprint: Mapping Your Life Path to Balance & Well-Being
\$150/person, 75 minutes

VIRGINA HARPER

Macrobiotic Consultation with a Gut Focus
\$400/person, 60 minutes
Health Analysis Scan
\$250/person, 45 minutes

DEBRA KIMLESS, MD

WORKSHOP | What Your Nose Knows
\$175/person, 75 minutes
Space is limited to 15 participants

Holistic Health Consultation: Utilizing a Whole Foods, Plant-Based Diet, Cannabinoids, Herbs & Medicinal Mushrooms for Optimal Well-Being
\$350/person, 60 minutes

ANGELICA KUSHI

Private Session: Personalized Meditation
\$150/person, 50 minutes
\$200/couple, 50 minutes

Private Ayurvedic Astrology Coaching: Discover Your Cosmic Blueprint
\$250/person, 60 minutes
\$350/couple, 60 minutes

KERRY LOEB

WORKSHOP | Head, Neck & Shoulder Massage: Releasing Tension Where It Lives Most
\$150/person, 60 minutes

GIACOMO MARCHESI

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

TOM MONTE

Private Counseling for Individuals and Relationships
\$350/person, 60 minutes
WORKSHOP: The Heart of Healing
\$150/person, 90 minutes

KIM MURPHY

COOKING BOOT CAMP: The Ultimate Plant-Based Party Menu
\$150/person, 90 minutes

KIKI NELSON

Private Session: Weight Loss Consultation
\$300/person, 60 minutes
COOKING BOOT CAMP: Prep Like a Champ for Weight Loss
\$150/person, 90 minutes

JESSICA PORTER

Hypnotherapy Session
\$300/person, 90 minutes

SCOTT STOLL, MD

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

KOYA WEBB & DAREN GRAINGER

Private Session: Deeper Intimacy - Strengthening Love & Connection
\$150/person, 90 minutes
\$300/couple, 90 minutes
Private Session: Reset & Restore Immersion Yoga
\$150/person, 60 minutes

Get Personalized
Guidance

HUNTER ALLEN

Private Session: Expert Analysis of Your Digital Wearables and How They Affect Your Health

Hunter Allen will sit down with you, log into your accounts with you, and go over the details of your wearable data to better optimize your metrics in an easy-to-understand way. He will take a deep dive into your data and provide actionable steps that you can take immediately. Bring your questions and have one of the world's experts in tech wearables find critical insights on the squiggly lines in your tech.

\$150/person, 60 minutes

MONISHA BHANOTE, MD

WORKSHOP | Decoding Supplements: A Doctor's Guide to Choosing What Your Body Really Needs

Supplements can be one of the most confusing parts of wellness—especially for plant-based individuals navigating conflicting advice and marketing claims. In this interactive workshop, quintuple board-certified physician Dr. Monisha Bhanote, MD, breaks down how to evaluate supplements with confidence and clarity. You'll learn how to read labels, identify high-quality ingredient forms, avoid common red flags, and understand which nutrients may require greater attention on a plant-based diet. Dr. Bhanote will also explain how basic testing can guide smarter, more personalized choices. Through hands-on exercises and real-world examples, participants will leave with a simple decision framework and practical tools to assess any supplement on the shelf—empowering you to build a safe, effective routine that truly supports your health.

\$150/person, 90 minutes

WORKSHOP | Rituals for a Happy Gut: Morning & Evening Practices to Support Daily Digestive Wellness

Build a gut-friendly lifestyle that begins and ends with intention. In this hands-on workshop, Dr. Monisha Bhanote, MD, quintuple board-certified physician and author of *The Anatomy of Wellbeing*, guides participants through designing personalized morning and evening rituals that support digestion, reduce inflammation, and promote daily balance. Through an Ayurvedic-inspired approach, identify your unique digestive tendencies and learn how plant-based nourishment, hydration rhythms, mindful breathing, and simple evening wind-down practices can strengthen your gut ecosystem. Participants will

leave with a customized set of morning and nighttime #CellCare™ practices—practical, sustainable rituals to immediately begin supporting a calmer gut, smoother digestion, and more ease throughout the day.

\$150/person, 90 minutes

Private Session | Gut Health & Longevity: Functional Medicine & Lifestyle Consultation

Dr. Monisha Bhanote offers tailored consultations for individuals and couples seeking a starting point for expert guidance on digestive health, stress physiology, and cellular resilience. In these personalized sessions, Dr. Bhanote will review your symptoms and health history to provide strategies to support optimal gut function, balanced nutrition, and lifestyle interventions aimed at enhancing vitality and health span. She provides recommendations for further diagnostic testing and initial #CellCare™ lifestyle considerations tailored to your needs. Designed for individuals seeking clarity before beginning a deeper wellness journey, this session helps you see the broader context of your health empowering clients to make informed choices that foster long-term well-being and resilience.

\$500/person, 45 minutes

\$750/couple, 60 minutes

Enter to win a FREE private consultation with Dr. Michael Greger on board!

This is a rare opportunity where Dr. Greger will answer any burning questions you may have to improve the health of you or your loved ones. That's what he's there for! If you have specific medical questions, please have your medical records available.

To enter, you must bring an index card with your name and cabin number to the Hospitality Desk, deck 7 atrium, on board the ship by Wednesday, March 4. A winner will be announced at dinner on Thursday evening and the private session will be given on Saturday, March 7 at 10AM. Don't miss out on this PRICELESS opportunity!



DRS. MUNISH & BANDANA CHAWLA

WORKSHOP | Moving Beyond Medication: How to Manage, Treat and at Times, Reverse Diabetes with Lifestyle Medicine

In this interactive workshop, participants will learn how diet and lifestyle can be powerful tools managing type 2 diabetes, and in some cases, placing it in remission. We will share strategies to develop and maintain healthy habits, which bring the evidence-based pillars of lifestyle medicine (whole-food nutrition, physical activity, stress management, restorative sleep, social connection while avoiding harmful substances) into your daily life. With these actionable steps, participants will feel empowered to better manage their blood glucose, reduce medication dependence and enhance long-term well-being.

\$150/person, 90 minutes
Space is limited to 20 participants

MARCUS GARY & TEAM

Private Session | Digital Meridian Imaging (DMI): Know the Health of Each of Your Twelve Major Organ Systems

From this DMI consultation, you will obtain information about the performance of each of your 12 organ meridians understood in Traditional Chinese Medical science (i.e., liver, gallbladder, lungs, large intestine, heart, stomach, etc.). By accessing specific points on the hands and feet with a DMI measuring device, a graphic report will be generated that can be used to reveal which organ systems are excessive or deficient in energy, if there is an imbalance between the right and left side of the body in energy performance for a specific organ, or if there is a total body energy deficiency. The report is used to develop your custom health program to balance meridians, including Qi Gong exercises, sound therapy, Gua sha stone and acupuncture treatments.

\$125/person, 45 minutes

WORKSHOP | The BaZi Blueprint: Mapping Your Life Path to Balance & Well-Being

Discover how BaZi, the ancient Chinese art of reading elemental energies, reveals your innate strengths, opportunities, and life cycles. In this workshop, you'll learn how the Five Elements shape your personality, relationships, wealth potential, and timing for success. Each participant receives a personalized BaZi chart—just bring your birth date, time, and place.

\$150/person, 75 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

Health Analysis Scan

The AO SCAN is noninvasive bio-resonance, which uses radionics to detect abnormalities in the various frequencies of the cells, tissues and organs systems throughout the body. Imbalances and disturbances in these frequencies is often a key indicator of distress and disease. The scan not only identifies problems, but also resets your frequencies in the interim as it scans your body. In this session, you will receive a personalized scan and frequency balance and Virginia



will review how to read the results that will be emailed to you. This form of energy medicine is useful to help detect root causes overlooked by regular ultrasounds or blood tests and can enhance any healing modality. It is safe to use for those ten years or older.

\$250/person, 45 minutes

DEBRA KIMLESS, MD

WORKSHOP | What Your Nose Knows

In this interactive, sensory-based workshop, participants will explore terpenes—the aromatic compounds that give cannabis and many plants their distinctive scent and flavor, and that play a powerful role supporting how each cultivar feels and functions in the body. Through guided smelling experiences, attendees will learn to recognize key terpene profiles and discover how their own nose can help identify which types of cultivars may be most compatible with their personal wellness goals.

\$175/person, 75 minutes
Space is limited to 15 participants

Holistic Health Consultation: Utilizing a Whole Foods, Plant-Based Diet, Cannabinoids, Herbs & Medicinal Mushrooms for Optimal Well-Being

This personalized, one-on-one consultation is designed to explore how specific cannabinoids may support your unique health needs. During this session, we will review your wellness goals, current symptoms, and health history to discuss which cannabinoids may be most helpful for concerns including pain, inflammation, immune challenges, sleep issues, and other chronic conditions. You'll receive clear, evidence-informed guidance tailored to your body, helping you make confident, safe, and informed decisions about cannabinoid-based wellness options.

\$350/person, 60 minutes



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ANGELICA KUSHI

Private Session: Personalized Meditation

Is your mind running wild? Have you tried meditating but found it hard to stick with? Let's talk real talk—meditation is powerful and challenging. In this private session, you'll receive personalized guidance tailored to your mind, your lifestyle, and what you're struggling with most right now. Whether you're brand new at meditating or looking to deepen your practice, this is a safe space to slow down, reset, and experience the peace meditation can offer. Give yourself the gift of focused support and personal time. No experience necessary.

\$150/person, 50 minutes
\$200/couple, 50 minutes

Private Ayurvedic Astrology Coaching: Discover Your Cosmic Blueprint

Curious about your unique path? This private session uses the ancient wisdom of Ayurvedic astrology to help you feel empowered, aligned, and energized. Explore your personalized chart to uncover your core sign, archetype, ideal foods, stress-relief tools, career alignment, and life purpose. Whether you're new to astrology or a seasoned explorer, you'll leave with practical, life-affirming guidance to live in harmony with your true self. Step into clarity, confidence, and inspiration—no prior experience required.

\$250/person, 60 minutes
\$350/couple, 60 minutes

KERRY LOEB

WORKSHOP | Head, Neck & Shoulder Massage: Releasing Tension Where It Lives Most

This deeply calming massage targets the three key areas where stress builds—your head, neck, and shoulders. Using gentle kneading, acupressure, and rhythmic strokes, it softens tight muscles, relieves pressure, and soothes the nervous system. Ideal for easing headaches, neck stiffness, and shoulder tension, it also supports better posture, clarity, and relaxation. You'll be paired with a partner for this practice, but no need to come as a couple—just bring yourself. Perfect for anyone needing quick, yet powerful relief. It leaves you feeling lighter, clearer, and deeply at ease.

\$150/person, 60 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

TOM MONTE

Private Counseling for Individuals and Relationships

Tom Monte provides healing guidance for physical disorders, emotional distress, and challenges in relationships. For thirty-five years, he has been teaching and counseling individuals and couples from all over the world to move into the next phase of their healing — in short, to become the healthier, more effective, more compassionate, more empowered, and more loving version of themselves. Tom has written 35 books on diet, the energetics of healing, and personal transformation. He has a distinct set of abilities and methods that differentiate him from other counselors and teachers. As many have said, "Tom is unlike any healer or therapist you have ever seen."

\$350/person, 60 minutes

WORKSHOP: The Heart of Healing

Science has shown that the most powerful source of healing energy in the human body is the open heart. When the heart channel is open, it flows with coherent waves that take the form of holograms, or bundles of energy and information, that instruct every cell, organ, and system how to function optimally to restore health. In this group workshop, Tom Monte will show how to utilize the heart's tremendous power to heal. He will also take questions from the group to apply these principles to specific challenges.

\$150/person, 90 minutes

KIM MURPHY

COOKING BOOT CAMP: The Ultimate Plant-Based Party Menu

The ultimate plant-based party menu is your go-to for crowd pleasing, flavor-packed dishes that are 100% whole food, plant-based and irresistibly delicious. Learn how to make flavorful Vegan Buffalo Chickpea Burgers, a rich and creamy Spinach Artichoke Dip, Crispy Oil-Free Tortilla Chips, and No-Bake Peanut Butter Chocolate Energy Balls. Perfect for game day, gatherings, or easy entertaining, this exclusive demo proves that healthy food can still be fun, satisfying, and a total hit with everyone at the table.

\$150/person, 90 minutes

KIKI NELSON

Private Session: Weight Loss Consultation


In this consultation, Kiki will discuss any weight loss concerns or hurdles you have. She will explore your current diet and incorporate changes to build an appropriate weight loss plan that won't leave you feeling deprived or restricted. This unique diet will reflect your goals and leave you with a clear understanding of what to avoid and how to move forward with positive choices, allowing you to achieve better health, weight loss and overall well-being.

\$300/person, 60 minutes

COOKING BOOT CAMP: Prep Like a Champ for Weight Loss

Weekly food prep doesn't have to take all day—it can take just 30 minutes. "If you fail to plan then you plan to fail" is the old saying that still rings true. Come learn the basics of weekly food prep to master to be successful long term! I'll show you what to prep and how to prep, plus all the simple meals you can make.


\$150/person, 90 minutes



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- ✓ **Fast & Easy to Prepare**
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JESSICA PORTER

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

SCOTT STOLL, MD

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 preventing, suspending, and reversing chronic disease. Additionally, as a specialized sports medicine team physician for universities and Olympian athletes, he utilizes regenerative medicine procedures, body work, and functional exercise to assist the body to heal damaged tissue and resolve painful conditions. During your consultation, you will receive a comprehensive, wholistic plan for your lifestyle and musculoskeletal system including body alignment, muscular balance, tissue healing/restoration, exercise, stress, sleep, and supplement guidance. Following, a discussion of potential regenerative therapies and general wellness, on and off the field of life, will be shared. Dr. Stoll's intention is to help you meet your goals and discover renewed health and vitality.

\$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 experience 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

KOYA WEBB & DAREN GRAINGER

Private Session: Deeper Intimacy – Strengthening Love & Connection

In this exclusive 90-minute private session, Koya Webb and Daren Grainger guide couples through a transformative journey of deeper intimacy, trust and connection. Rooted in holistic well-being, this experience is designed to help couples explore six areas of health to build a thriving, harmonious partnership. Through a combination of guided exercises, partner movement, breathwork and reflective dialogue, couples will enhance communication by understanding each other's unique love languages and energetic rhythms while building emotional resilience by learning mindfulness techniques that cultivate trust, vulnerability and emotional safety. Physical intimacy will be deepened through movement practices and breathwork. Nutritional and lifestyle habits to support overall health will be aligned. Financial and life goals will be developed and rituals for connection and a stronger spiritual bond will be strengthened. The session will leave each couple with a customized intimacy blueprint filled with personalized tools to sustain their love, passion and connection in everyday life.

\$150/person, 90 minutes

\$300/couple, 90 minutes

Private Session: Reset & Restore Immersion Yoga

Reset & Restore is a one-hour, private yoga experience designed to gently regulate the nervous system, restore energy and cultivate a calm presence as you begin your day. Each session weaves together conscious breathwork, gentle yoga and movement, guided meditation and soothing sound healing to support physical ease, emotional balance and mental clarity. This is a guided experience that invites deep restoration without effort.

\$150/person, 60 minutes

Five

CONTEMPLATIONS

Before Eating

This food is a GIFT of the whole universe, the Earth, the sky, numerous beings, and much hard, loving work.

May we eat with MINDFULNESS AND GRATITUDE so as to be worthy to receive this food.

May we RECOGNIZE AND TRANSFORM unwholesome mental formations, especially our greed, and learn to eat with moderation.

May we keep our COMPASSION alive by eating in such a way that reduces suffering of living beings, preserves our planet, and stop contributing to Climate Change.

We accept this food so that we may nurture our brotherhood and sisterhood, build our community and NOURISH our ideal of serving all living beings.





MUNISH CHAWLA, MD

INTRODUCTION TO MINDFUL MEDITATION

In these and other sessions, you will learn what mindfulness is and how to practice it. We will explore some reasons to practice mindfulness meditation, including stress reduction, better emotional regulation and general well-being. In this beginner-friendly session, step by step guidance will be provided to express and cultivate this powerful practice.

MON / 7:00AM-7:45AM / T

MEDITATION: MINDFULNESS AND NEUROPLASTICITY

This session will review some of the neuroscientific underpinnings of mindfulness meditation. This will be followed by a guided practice appropriate for all skill levels.

TUES / 7:00AM - 7:45AM / T

MEDITATION: SCIENCE OF PRANAYAMA

We will explore a bit of science behind pranayama (breath regulation) and how this can support our mindfulness meditation practice and also serves as a standalone tool for stress reduction. This will be followed by a guided practice appropriate for all skill levels.

WED / 7:00AM-7:45AM / T

MEDITATION: MAKING THE UNCONSCIOUS, CONSCIOUS

One of the primary goals of mindfulness is to make what is currently unconscious, and make it conscious. This allows us to experience many of the benefits ascribed to this form of meditation. This will be followed by a guided practice appropriate for all skill levels.

THURS / 7:00AM - 7:45AM / T



MEDITATION: FOCUS ON COMPASSION

Discussion on mindfulness is never complete unless we explore the all-important aspect of compassion. Through awareness and compassion, we are not only able to reduce our stress but become whole. This will be followed by a guided practice appropriate for all skill levels.

FRI / 7:00AM – 7:45AM / T

MEDITATION: INTEGRATING YOUR PRACTICE

In this final session, we will review salient aspects of mindfulness meditation and offer practical tips to integrate this powerful practice into your daily routine. This will be followed by a guided practice appropriate for all skill levels.

SAT / 7:00AM – 7:45AM / T

ROBERT CHEEKE

TOTAL BODY WORKOUT

Exercises you can do anywhere, anytime to maintain high levels of health and fitness. Think push-ups, squats, lunges, jumping jacks, crunches, partner exercises, and more, done at your own pace, in a follow-the-leader style as Robert takes you through a fun and invigorating workout to start your day. In addition to the common exercises described, Robert will show you some innovative and unique exercises to build muscle, strength, and endurance, with no special equipment required. Proper exercise shoes and clothing required. All fitness levels and abilities are welcome, allowing you to exercise at your own pace in a supportive environment.

MON, WED, FRI, / 7:00AM – 8:00AM / MP-S-18



MARCUS GARY

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.

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

WORKSHOP | THE BAZI BLUEPRINT: MAPPING YOUR LIFE PATH TO BALANCE & WELL-BEING **EXTRA FEE

Discover how BaZi, the ancient Chinese art of reading elemental energies, reveals your innate strengths, opportunities, and life cycles. In this workshop, you'll learn how the Five Elements shape your personality, relationships, wealth potential, and timing for success. Each participant receives a personalized BaZi chart—just bring your birthdate, time, and place.

FRI / 2:45PM-4:00PM / CR

ANGELICA KUSHI

YOGA: ALIGNMENT FLOW

Feel awesome in this slow and steady paced class exploring alignment and foundational poses. Open to new students and lifelong yogis alike, this class emphasizes clear instruction, mindful movement, and supportive pacing. Sweat, laugh, and live life fully.

MON, WED, FRI / 7:00 AM –8:00 AM / MS-P-19

YOGA: ACTIVE FLOW

Get in the flow with this active paced class connecting breath and movement to build strength, energy, and currency. Expect a rhythmic practice that leaves you invigorated, grounded, and ready to show up in the world as your full self. Sweat in the name of love!

TUES, THURS, SAT / 7:00 AM –8:00 AM / MS-P-19

KERRY LOEB

SELF-MASSAGE: AN ANCIENT PRACTICE FOR MODERN WELLNESS

Join Kerry and unlock the power of self-massage. Discover a time-tested wellness practice that helps you feel energized, centered, and pain-free – no experience required. Rooted in ancient Chinese medicine, Kerry's self-massage method blends mindful breathing, gentle stretches, rhythmic movement, and acupressure to release tension, enhance circulation, and support your body's natural healing. This is a deeply revitalizing technique designed to boost vitality, calm the nervous system, and restore balance from the inside out. Whether you're looking to ease chronic pain, reduce stress, or simply reconnect with your body, this practice is easy to learn, adaptable for all fitness levels, and incredibly effective. Join Kerry and experience how just a few minutes a day can transform your well-being.

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

WORKSHOP | HEAD, NECK & SHOULDER MASSAGE: RELEASING TENSION WHERE IT LIVES MOST **EXTRA FEE

This deeply calming massage targets the three key areas where stress builds—your head, neck, and shoulders. Using gentle kneading, acupressure, and rhythmic strokes, this massage softens tight muscles, relieves pressure, and soothes the nervous system. Ideal for easing headaches, neck stiffness, and shoulder tension, this technique also supports better posture, clarity, and relaxation. You'll be paired with a partner for this practice, but no need to come as a couple—just bring yourself. Perfect for anyone needing quick, yet powerful, relief, this movement will leave you feeling lighter, clearer, and deeply at ease.

WED / 3:30PM-4:30PM / CR

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 feeling stronger, more resilient, and exhilarated. While jumping in this class is included, low impact modifications can be made that do not require you to jump.

TUES & THURS / 7:00AM-8:00AM / MP-S-18

MOBILITY MASTERY

Welcome to Giacomo Marchese's rejuvenating mobility class, where flexibility and joint health are prioritized through the art of deep, restorative stretches. Giacomo's expertise in mobility training will increase range of motion, reduce stiffness, and enhance overall mobility. Learn to 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

SAT / 7:00AM-8:00AM / MP-S-18



Start Healthy Habits



DANI TAYLOR

STRENGTH TRAINING: RESHAPE & RECHARGE

This exhilarating strength training class incorporates the dynamic power of resistance bands. Prepare to unleash your inner strength as Dani 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.

MON, THURS & SAT / 7:00AM – 8:00AM / MS-S-19

POSTURE 101

Elevate your posture and transform your well-being! 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 to help you stand taller, move with confidence, and alleviate those nagging aches and pains.

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

KOYA WEBB & DARIEN GRAINGER

RESET & RESTORE: MORNING IMMERSION YOGA

Reset & Restore is a one-hour, experiential morning immersion designed to gently regulate the nervous system, restore energy and cultivate a calm presence as you begin your day. Each session weaves together conscious breathwork, gentle yoga, movement, guided meditation and soothing sound healing to support physical ease, emotional balance and mental clarity. This is not just a fitness class or a lecture; it's a guided experience that invites deep restoration without effort. Guests are welcome to attend one session, or return across all six mornings to build a sustainable rhythm of grounding, resilience and embodied well-being throughout the voyage.

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

That's it.

Only 2 Ingredients
100% Real Fruit

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WEIGHT LOSS



**Kiki Nelson,
Plant-Based Health Coach**

COOKING BOOT CAMP: PREP LIKE A CHAMP FOR WEIGHT LOSS

SAT / 11:00AM - 12:30PM / UL

Weekly food prep doesn't have to take all day - it can take just 30 minutes. "If you fail to plan then you plan to fail" is the old saying that still rings true. Come learn the basics of weekly food prep you need to master in order to be successful long term! I'll show you what to prep and how to prep, plus all the simple meals you can make.

****Extra Fee***

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

PARTY MENU



**Kim Murphy,
Food Blogger & Author**

COOKING BOOT CAMP: THE ULTIMATE PLANT-BASED PARTY MENU

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

The ultimate plant-based party menu is your go-to for crowd pleasing. Flavor-packed dishes that are 100% whole food, plant-based are irresistibly delicious.

You will learn how to make flavorful Vegan Buffalo Chickpea Burgers, a rich and creamy Spinach Artichoke Dip, Crispy Oil-Free Tortilla Chips, and No-Bake Peanut Butter Chocolate Energy Balls. Perfect for game day, gatherings, or easy entertaining, this hands-on demo proves that healthy food can still be fun, satisfying, and a total hit with everyone at the table.

****Extra Fee***

MONDAY

COOKING CLASS: WEIGHT LOSS THAT TASTES GOOD!**Kiki Nelson, Food Blogger & Author**

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

Learn just how much you can eat to weigh less! Get ready to make plant-based versions of familiar favorites that will fill you up and leave you satisfied. Learn how the foods that are lowest in calorie density and the highest in nutrition are the key to effortless weight loss. On the menu: Baked Jalapeno Mac and Cheese, Tortilla Soup, and Sweet Potato Street Tacos.

COOKING CLASS: PLANT-BASED FAMILY FAVORITES**Kim Murphy, Plant-Based Health Coach**

MON / 3:30PM-5:00PM / CR

Plant-Based Family Favorites is a fun and flavorful cooking demo packed with comforting meals everyone will love. You'll learn how to make Tropical Piña Colada Chia Seed Pudding, creamy Vegan Mexican Mac N Cheese, and rich, Fudgy Vegan Sweet Potato Brownies - all which sneak in fruits and veggies that you won't even know are there! These simple, wholesome recipes are perfect for busy families and even picky eaters, proving that plant-based food can be delicious, healthy, satisfying, and even kid-approved.

TUESDAY

COOKING CLASS: MEDITERRANEAN-INSPIRED VEGAN COMFORT FOOD**Kim Murphy, Plant-Based Health Coach**

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

Mediterranean-Inspired Vegan Comfort Food is a cozy, flavor-packed cooking demo that offers a taste of the Mediterranean, but plant-ified and oil free! You'll learn how to make Creamy Vegan Italian "Chicken" Gnocchi Soup featuring soy curls, Mediterranean Kalamata Olive Hummus, and Za'atar Spiced Crispy Baked Pita Chips. These delicious recipes are perfect for easy dinners or entertaining, showing how plant-based food can be both nourishing and deeply comforting. And if you've never heard of soy curls, you're about to discover a game-changing meat replacement that's whole food, plant-based and minimally processed.

COOKING CLASS: COOKING FOR A CROWD**Kiki Nelson, Food Blogger & Author**

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

Get togethers can be stressful when you are plant based. Learn how to conquer the crowd and bring a delicious meal no one will ever know is completely animal free! Holidays, BBQs, or family gatherings will be a breeze with these tried-and-true classics. On the Menu: BBQ Lentil Loaf, Garden Lasagna, and Enchilada Bake.

FRIDAY

COOKWARE: IT'S THE LAST PLACE THE FOOD TOUCHES!**Sandy Clubb, Cookware Specialist**

FRI / 2:15PM-3:30PM / UL

You scrutinize the foods you eat - how they are grown and where they come from. You read 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.

Food is Medicine

COOKING CLASS RECIPES

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

KIM MURPHY

TROPICAL PINA COLADA CHIA SEED PUDDING

Makes 4 jars

Ingredients

- 1 $\frac{2}{3}$ cups unsweetened organic soy milk (or plant milk of choice)
- $\frac{1}{3}$ cup lite canned coconut milk
- 2 Tbsp date syrup (or pure maple syrup)
- $\frac{1}{2}$ cup whole chia seeds, not ground
- 20 oz pineapple chunks or rings (in juice)
- 4 tsp unsweetened shredded coconut

Instructions

1. In a large mason jar (32 oz), mix together the plant milk and date syrup. Add the whole chia seeds and mix well until chia seeds are distributed evenly (you can put a lid on the jar and shake it).
2. Drain the pineapple really well, and add to a food processor or blender. Blend until pureed.
3. Divide the pineapple puree between 4 regular mason jars (16 oz jars).
4. Pour the chia seed mixture (divided evenly) over the pineapple puree. Don't stir so that it creates a natural swirl.
5. Sprinkle with shredded coconut.
6. Put on the lids and refrigerate for at least 4 hours or overnight so that the chia seeds gel up and create a pudding consistency.

Notes

- You can also use about 2 cups of fresh pineapple instead of canned.
- Recommend wide-mouth mason jars with a funnel so you don't make a mess pouring!

VEGAN MEXICAN MAC N CHEESE

Makes 8 servings

Ingredients for Mac N Cheese

- 16 oz whole wheat elbow noodles or shells (or gluten-free option)
- 4 cups cauliflower florets (fresh or frozen)
- $\frac{1}{2}$ cup carrots, sliced (fresh or frozen)
- $\frac{1}{2}$ cup cashews, unsalted (see notes for tips)
- 1 cup vegetable broth, low sodium or water

- 1 large lemon, juiced
- $\frac{1}{4}$ cup nutritional yeast
- 1 tsp garlic powder
- 1 tsp onion powder
- $\frac{1}{2}$ tsp smoked paprika
- $\frac{3}{4}$ tsp salt (optional)

Ingredients for Taco Lentils

- 3 cups cooked lentils (green or brown)
- 14.5 oz petite diced tomatoes
- 1 packet taco seasoning, low sodium
- $\frac{1}{4}$ cup water

Instructions

1. Bring large pot of water to boiling and add the elbow macaroni. Cook until tender, about 12-15 minutes.
2. While the pasta is cooking, place the cauliflower & carrots in a microwavable dish and add 2 Tbsp of water (no water needed if using frozen veggies). Cover and microwave for 5-7 minutes or until tender. Or, steam in a steamer basket over the stove. You can also boil the vegetables until tender instead of steaming. Drain the excess water.
3. In a high-powered blender, add the cooked cauliflower, carrots, and all the rest of the cheese sauce ingredients. Blend until smooth and creamy. Set sauce aside.
4. Add the drained cooked lentils, diced tomatoes, taco seasoning, and a $\frac{1}{4}$ cup water to a medium, non-stick pan and mix well. Bring to a simmer, then lower heat to medium and cook uncovered, stirring often, until sauce is thickened.
5. Drain the pasta in a colander and then return to the pot. Add the cheese sauce, lentil mixture, and mix until well combined. Serve immediately!

Notes

- If you don't have a high-powered blender you will want to soak your cashews in hot water for at least 20 minutes or boil them for 5 minutes to soften before blending.
- For a nut-free version, you can use $\frac{1}{2}$ cup chopped peeled potato, steam or boil it along with the cauliflower and carrots. Or try cooked white beans or tofu. The sauce will be thinner if you don't use cashews.

FUDGY VEGAN SWEET POTATO BROWNIES

Makes 12 brownies

Ingredients

- 1 cup cooked sweet potato (about 1 large sweet potato)
- ½ cup whole wheat flour (oat flour or chickpea flour for gluten-free)
- ½ cup date syrup or maple syrup
- ½ cup peanut butter or almond butter (for nut-free use sun butter)
- ½ cup unsweetened cocoa powder
- 1 tsp pure vanilla extract
- 2 Tbsp unsweetened plant milk
- ½ tsp salt (optional)
- ¼ cup vegan dark chocolate chips

Instructions

1. Preheat oven to 350°F and line an 8"x8" baking dish with parchment paper.
2. Add all ingredients (EXCEPT vegan dark chocolate chips) to a food processor and mix until batter is well mixed. Scrape down sides as necessary.

3. Pour brownie batter into the lined baking dish and spread evenly with a spatula. Sprinkle with vegan chocolate chips.
4. Bake for 25 minutes. Let cool for at least 20-30 minutes and then refrigerate – brownies will firm up more as they cool. Cut into 12 brownies after they have fully cooled.

Notes

- To make your cooked sweet potato, wrap a large sweet potato in foil and bake at 475°F for about an hour or until it's soft. Let cool and scoop out 1 cup of sweet potato.
- You can also use reconstituted PB2 powder to make these lower in fat.
- There are many vegan brands of chocolate chips on the market these days. Look for the darkest chocolate (around 70% or higher) and the least added sugar. Enjoy Life Dark Chocolate Morsels are good and can be found in most grocery stores.

CREAMY VEGAN ITALIAN "CHICKEN" GNOCCHI SOUP

Makes 6 servings

Ingredients

- 4 oz Butler soy curls (see notes)
- 2 cups vegetable broth (low-sodium)
- 5 cups vegetable broth (low-sodium)
- 1 medium yellow onion
- 2 tsp minced garlic
- 2 medium carrots
- 2 celery stalks
- ¼ cup whole wheat flour (or chickpea flour for gluten-free)
- ⅓ cup water
- 2 tsp Italian Seasoning (or mix of Italian spices)
- ¼ tsp black pepper
- 1 lb gnocchi
- 14 oz lite unsweetened coconut milk (or unsweetened plant milk of choice)
- 4 cups fresh baby spinach

Instructions

1. In medium bowl, combine the soy curls and 2 cups vegetable broth to soak for 10 minutes.
2. Peel the carrot and chop. Chop the celery and onions.
3. In large non-stick pot, sauté the onions, garlic, carrots & celery over medium-high heat for about 5 minutes until onions are softened and begin to brown. If they start to stick, add a splash of water or vegetable broth (about 1 Tbsp at a time).

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4. Sprinkle flour over vegetables and $\frac{1}{3}$ cup of water and cook for 1 minute, stirring often. Add the 5 cups vegetable broth and stir until flour is dissolved completely. Add Italian Seasoning and pepper and bring to a boil – cooking for 8-10 minutes until carrots are fork tender.
5. While soup is boiling, drain the soy curls and chop roughly into chunks that look like small bites of chicken.
6. Add in gnocchi and soy curls, gently stirring. Cook until gnocchi are tender, about 3-5 minutes. Stir in milk and spinach and cook until spinach is wilted, about 2 minutes. Enjoy immediately!

Notes

- For the gnocchi, DeLallo brand is preferred, but it's not gluten-free. For gluten-free gnocchi, look for a brand that specifically says it's gluten-free or contains only potato.
- You can find Butler soy curls on Amazon.

MEDITERRANEAN KALAMATA OLIVE HUMMUS

Makes 8 servings

Ingredients

- 15 oz canned chickpeas, low sodium (drain and reserve aquafaba)
- $\frac{1}{2}$ cup Kalamata olives, pitted
- 1 tsp minced garlic
- $\frac{1}{4}$ cup tahini
- 3 Tbsp lemon juice
- 1 tsp ground cumin
- $\frac{1}{4}$ tsp ground black pepper

For Topping

- 2 Tbsp Kalamata olives, pitted (finely chopped)

Instructions

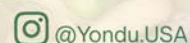
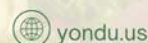
1. Add all ingredients (chopped olive topping) to food processor fitted with an S-blade and blend until smooth and creamy, scraping down the sides and blending again as necessary. Be patient – time will depend on your food processor power. For thinner consistency, add 1-2 Tbsp of the aquafaba and blend again.



Umami Magic In Every Drop

Used across the on board menu, including

Red Lentil Soup, Jamaican Jerk Jackfruit, Mexican Black Bean Soup, Tri-color salad with Lentils and Chickpea and Vegetable Tagine



*Free sample available on board

- Place in a serving dish and top with the finely chopped Kalamata olives in the center. Serve with fresh veggies or pita!

Notes

- Kalamata olives are not the same as black olives. They can be found in jars, not cans, in the olive section.

ZA'ATAR SPICED CRISPY BAKED PITA CHIPS

Makes 8 servings

Ingredients

- 4 medium whole wheat pitas (or gluten-free pita)
- ¼ cup aquafaba (liquid from canned chickpeas)
- 2-3 Tbsp Za'atar spice
- ½ tsp salt (optional)

Instructions

- Preheat oven to 400°F. Line 2 baking sheets with silicone baking mats (or work in batches if you just have one).
- Using kitchen shears, cut around the edges of the pita bread to separate in to 2 rounds each – you'll have 8 rounds total. This will make crispier chips.
- In a small bowl mix together the Za'atar spice and salt (if using).
- Lay out the 8 pita rounds and brush lightly with aquafaba (you don't want it too wet). Sprinkle generously with spice mixture. Flip the pita rounds over and repeat for the other side.
- Using a pizza cutter (or the same kitchen shears), cut the rounds into 8 triangles.
- Lay triangles on the baking sheets, without overlapping. Bake for 10-15 minutes, flipping halfway, until browned and crispy. It will depend on thickness of pita and your oven so you need to watch them the last few minutes so they don't burn.

Notes

- You can use any dry spices you like! Oregano, basil, parsley, rosemary, and thyme are all great.

KIKI NELSON

JALAPENO MAC N CHEESE

Makes 6-8 servings

Ingredients for cheese sauce (Makes about 36 oz)

- 3 cups peeled, diced potato (If Yukon gold, don't have to peel)
- ½ cup carrots, diced
- ½ cup raw cashews
- 4 Tbsp nutritional yeast
- 1 tsp onion powder
- 2 tsp garlic powder
- 1 tsp salt
- 1 ¼ tsp lemon juice
- 2-3 cups hot water

Instructions for Cheese Sauce

- Boil potatoes and carrots together in a pot until soft, drain off water. Save the water to add back into the cheese sauce.
- Add all ingredients to a high-speed blender, then add 2 cups of the reserved water and blend.
- Add more of the reserved hot water to thin liquid to desired consistency.

Ingredients for pasta

- 1 (16 oz) pasta of your choice
- 3-4 cups of cheese sauce
- ¼ cup pickled jalapenos, chopped
- 2 cups panko bread crumbs (or gluten-free bread crumbs)
- Garlic salt to taste
- Pepper to taste
- Spray oil

Instructions for Mac n Cheese

- Preheat the oven to 425°F.
- Boil pasta according to package directions. While the pasta cooks, deseed and chop jalapenos and set aside.
- When the pasta is done cooking, drain and rinse and add it to a 9" x 13" baking dish. Add the jalapenos to the pasta and the cheese sauce. Season with pepper and stir to mix.
- Sprinkle bread crumbs over the top and season with garlic and salt and spray with oil.
- Place the dish in the oven and bake for 20-30 minutes or until bread crumbs are brown and mac n cheese is heated through.

TORTILLA SOUP

Makes about 4 cups

Ingredients

- 1 large onion, diced
- 1 jalapeno, diced and deseeded
- 1 (14 oz) can diced tomatoes
- 1 (24 oz) jar garlic, marinara
- 1 (15 oz) can white beans, drained
- 1 (15 oz) can black beans, drained
- 1 (14 oz) can corn, drained
- 3 cups water
- ½ cup chopped cilantro
- Juice of 1 lime
- ½ tsp salt or to taste

Toppings

- ¼ Avocado
- 2 Tbsp vegan sour cream
- Tortilla Chips

Instructions

1. In a medium/large pot, add the diced onions and jalapeno and cook down for 3 minutes until soft.
2. Add the diced tomatoes, marinara, beans, corn, water, and salt. Bring to a boil.
3. Once boiling, turn off heat and add the lime and cilantro.

SWEET POTATO TACOS

Makes 3 servings

Ingredients for Black Bean Salsa

- 1 can black beans, drained and rinsed
- 1 can corn, drained
- ¼ cup red onion, diced
- ⅓ cup cilantro, chopped
- 1 jalapeno, deseeded and diced
- Juice of 1 lime
- Salt to taste

Instructions for Black Bean Salsa

Combine all ingredients and enjoy with baked corn tortillas chips or sliced cucumbers.

Ingredients for Raspberry Sauce

- 2 Tbsp raspberry jelly
- 1 Tbsp lime juice
- Pinch of chili flakes

Instructions for Raspberry Sauce

Combine all ingredients and stir.

Ingredients for tacos

- 3 corn tortillas
- 1 large sweet potato (300g, cooked)
- ⅛ tsp chili powder
- ⅛ tsp onion powder
- ¼ tsp smoked paprika
- ¼ tsp garlic salt or to taste
- Juice of ¼ lime
- ½ cup black bean salsa
- 2 Tbsp raspberry sauce (in sauce section)
- ¼ avocado (optional)
- Spray oil

Instructions for tacos

1. Preheat the oven to 425°F.
2. Dice sweet potato and place on a parchment lined baking sheet.
3. Squeeze a little lime juice over the potatoes and season with chili powder, onion powder, smoked paprika, and garlic salt, spray with oil. Toss to coat and roast for 30-40 minutes or until tender and beginning to brown.
4. Once tacos are done, serve with black bean salsa, avocado, pineapple, raspberry sauce, and warm corn tortillas. Remember to fill half your plate with veggies and always eat your veggies first.

WHAT MAKES US FABULOUS

- PLANT-BASED**
100% Allergen-based alternatives that don't compromise on taste.
- ORGANIC**
USDA certified organic ingredients for superior health.
- GLUTEN FREE**
Completely Free from gluten for those with dietary needs.
- DAIRY FREE**
Made without any dairy ingredients for allergies.
- SOY FREE**
Completely free from soy for those with allergies.
- TOP-9 ALLERGEN FREE**
Free from top 9 allergens. Inclusive for all diets.
- UPCYCLED**
From chicken waste into creamy sauces, reducing waste.
- NO ARTIFICIAL PRESERVATIVES**
Made with natural ingredients for clean products.

BBQ LENTIL LOAF

Makes 9-12 servings

Ingredients

- 2 cans brown lentils (drained and rinsed)
- 2 cans black lentils (drained and rinsed, or use all brown lentils)
- 2 cups bread crumbs (regular or gluten-free)
- 1 cup corn
- 1 cup onion, diced
- 1 cup cilantro, chopped
- ½ cup chopped jalapeno without the seeds (unless you like it spicy)
- 2 Tbsp egg replacer powder
- 2 cups sweet BBQ sauce, plus more to top

Instructions

1. Preheat oven to 350°F.
2. Mix all ingredients together in a bowl and place into a 9" x 13" baking dish.
3. Bake for 40-minutes.
4. You can top with extra BBQ sauce and bake for the remaining 5 minutes.

GARDEN LASAGNA

Makes 12 servings

Ingredients

- 1 (14 oz) package extra firm tofu, drained
- 1 cup raw cashews
- ½ cup nutritional yeast
- 2 Tbsp lemon juice
- 1 tsp onion powder
- 2 tsp garlic powder
- 2 tsp dried oregano
- 1 tsp salt
- Pepper to taste
- 2 handfuls of spinach
- 1 lb sauteed mushrooms
- 1 can artichoke hearts, drained and chopped
- 10-12 oz box of no boil lasagna noodles
- 2 jars garlic marinara

Instructions

1. Preheat the oven to 375°F.
2. In a food processor mix the tofu, cashews, nutritional yeast, lemon and seasoning. Process until smooth.
3. Transfer to a bowl and mix in sauteed mushrooms, spinach and artichoke.



4. In a 9" x 13" baking dish, cover the bottom with some sauce. Put down 1 layer of noodles, spoon filling onto noodles and spoon some sauce on top. Add a second layer of noodles and repeat. Once the dish is full to the top, pour the rest of marinara over the entire dish making sure to coat well.
5. Cover and bake for 1 hour to 1 hour and 20 minutes. Allow to cool for 10 minutes before cutting.

ENCHILADA BAKE

Makes 1 serving

Ingredients

- 3 corn tortillas
- ½ cup fat free refried beans, canned or homemade
- 1 medium potato, cooked
- ¾ cup enchilada sauce, fat free
- ¼ cup corn
- ¼ cup cilantro
- 1 Tbsp lime juice
- ¼ cup jarred or homemade salsa
- ½ cup chopped lettuce

Instructions

1. Preheat the oven to 400°F.
2. Spread a spoon full of enchilada sauce onto the bottom of an oven safe baking dish and then lay 1 corn tortilla down on the enchilada sauce.
3. Spread half the filling onto the tortilla then spoon 2 Tbsp enchilada sauce onto the mixture then repeat the layer, ending with the 3rd corn tortilla on top.
4. Pour half of the remaining enchilada mixture onto the enchilada. Cover and bake for 20 minutes.
5. Once done, top with remaining enchilada sauce and cheese.

Photo courtesy of
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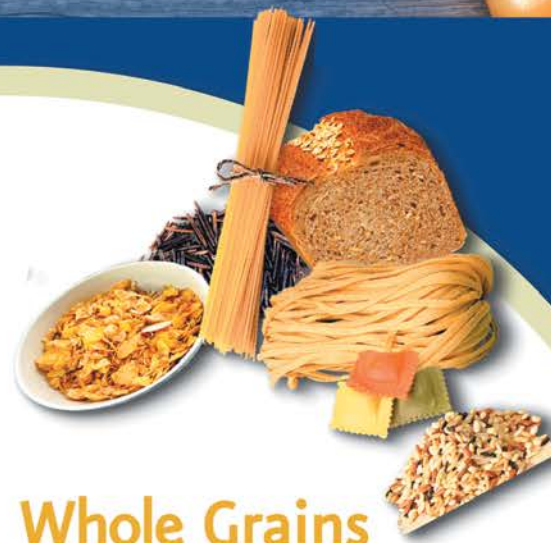
THE POWER PLATE

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.

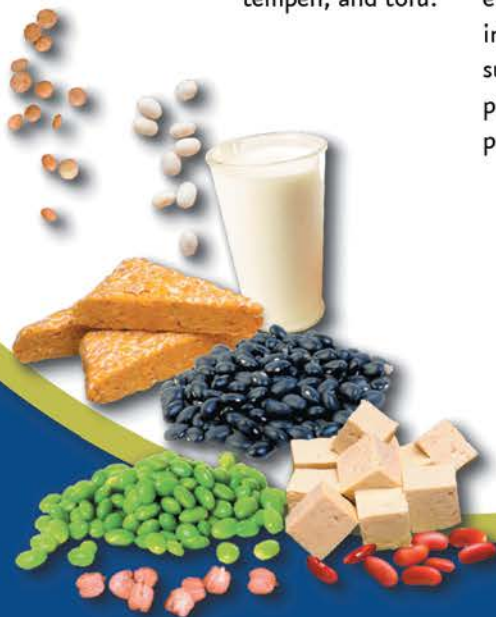


Whole Grains

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.

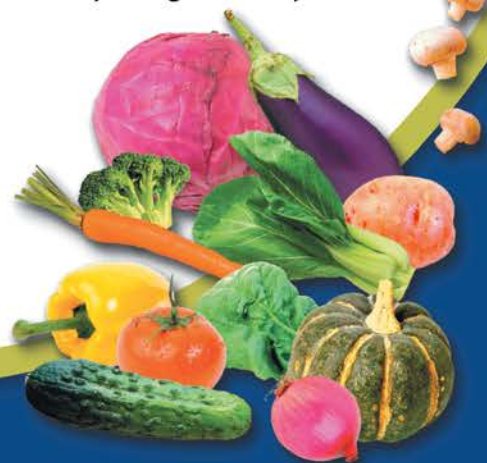
Legumes

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.



Keep Going!

You're on a great start to meeting your health goals! Continue exploring wellness and adventure while sharing the wonders of the world with people of like minds and hearts.

Join us on our upcoming voyages!

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SIGNIFICANT
SAVINGS!**

A reservation form will be delivered to your cabin on Wednesday evening.

ALASKA

August 2027

CARIBBEAN

March 2027

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