

20th Anniversary Celebration!

Voyage to Wellness

MARCH 8-15, 2025



Holistic
HOLIDAY
AT SEA

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



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WELCOME ABOARD!

Welcome to the 20th Holistic Holiday at Sea, your *Voyage to Wellness – Anniversary cruise!* 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 35 teachers and 80 classes, this is a voyage that can change your life!

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

Important Identification

Information: Upon boarding, you should check in on the MSC app. You will receive a room key with a special Holistic Holiday at Sea 2025 logo and a name badge outside your cabin door. If you did not receive either of these, please be sure to inform the HHAS 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 Saturday, from 12:00 PM to 2:45 PM, in The Green Wave Restaurant on Deck 5, mid-back of ship.

Introduction of Presenters &

Opening Ceremony: Join us in the Chora Theatre from 2:30 PM to 5:15 PM on Saturday 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 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 Sunday and Monday at dinner, we have “singles only” tables on Deck 6 in the Cala Jondal Restaurant on the port (left) side as you enter the dining room. The maitre d' will be happy to direct you.

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

Juice & 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 52 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 and 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 Sunday, 10:30 AM-12:00 PM, in Le Cabaret Rouge, Deck 7, back of ship.

Bookstore: A wide variety of books, snacks, and other health related products are available in our bookstore. **Please also ask about purchasing the onboard recordings for lectures.** Presenters who have authored books will hold book signings throughout the week. The bookstore and book signing hours

are in this program booklet on Page 5. The store is located in the MSC Business Center on Deck 8, forward, port (left) side.

Recordings of Classes to Purchase:

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

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

Cabin Deliveries: Please leave your cabin as serviceable on Wednesday evening. 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 is 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 TWO CRUISES!

Sign up for two cruises: *Alaskan Discovery to Wellness* in 2025 and *Caribbean Voyage to Wellness* in 2026 while you are on board and get the lowest, exclusive rate offered only to those sailing on this cruise. Fill out the Early Registration Form and turn it in to our travel agents who will be seated adjacent to the Hospitality Desk on Deck 7 beginning Wednesday evening. The forms will be delivered to your cabins on Wednesday evening. **Please leave your cabin as serviceable. You will not receive deliveries to your room if you have a "Do Not Disturb" sign posted.**



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 64-65.

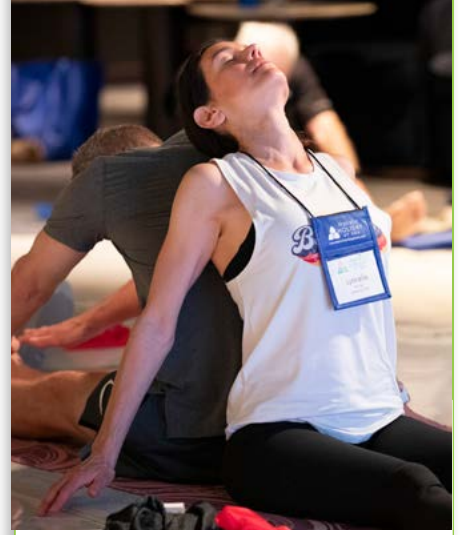
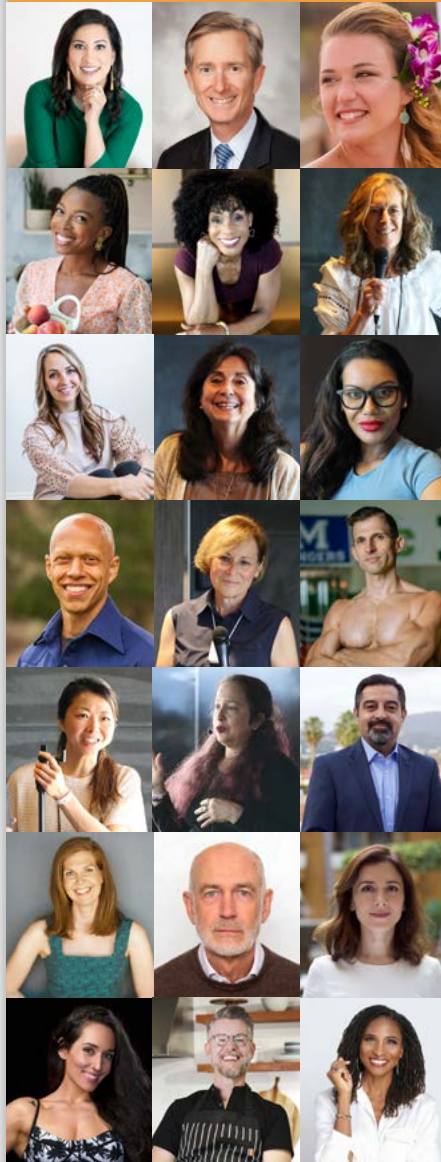


PRIVATE CONSULTATIONS & WORKSHOPS

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

Learn more on Pages 52-59. Sign up at the Hospitality Desk.

Reserve early — appointments are limited.



FITNESS & MEDITATION CLASSES

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

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

See all Fitness and Meditation Classes on Pages 60-63.

HOSPITALITY & BOOKSTORE HOURS

	SAT MARCH 8 MIAMI PORT	SUN MARCH 9 AT SEA	MON MARCH 10 FALMOUTH, JAMAICA	TUES MARCH 11 GEORGE TOWN, CAYMAN ISL	WED MARCH 12 COZUMEL, MEXICO	THURS MARCH 13 AT SEA	FRI MARCH 14 OCEAN CAY
HOSPITALITY HOURS DECK 7, MIDSHIP STARBOARD SIDE	————	8:30 ^{AM} - 5:30 ^{PM}	8:30 ^{AM} - 9:30 ^{AM} 4:00 ^{PM} - 5:30 ^{PM}	8:30 ^{AM} - 9:30 ^{AM} 3:30 ^{PM} - 5:30 ^{PM}	8:30 ^{AM} - 10:00 ^{AM} 4:30 ^{PM} - 5:30 ^{PM}	8:30 ^{AM} - 5:30 ^{PM} 7:00 ^{PM} - 8:30 ^{PM}	8:30 ^{AM} - 10:00 ^{AM} 4:30 ^{PM} - 5:30 ^{PM} 7:00 ^{PM} - 9:30 ^{PM}
	11:00 ^{AM} - 5:30 ^{PM}	7:00 ^{PM} - 8:30 ^{PM}	7:00 ^{PM} - 8:30 ^{PM}	7:00 ^{PM} - 8:30 ^{PM}	7:00 ^{PM} - 8:30 ^{PM}	7:00 ^{PM} - 8:30 ^{PM}	7:00 ^{PM} - 8:30 ^{PM}
	7:00 ^{PM} - 8:30 ^{PM}	7:00 ^{PM} - 8:30 ^{PM}	7:00 ^{PM} - 8:30 ^{PM}	7:00 ^{PM} - 8:30 ^{PM}	7:00 ^{PM} - 8:30 ^{PM}	7:00 ^{PM} - 8:30 ^{PM}	7:00 ^{PM} - 8:30 ^{PM}
BOOKSTORE HOURS MSC BUSINESS CENTRE, DECK 8, FOREWARD PORT SIDE	————	8:30 ^{AM} - 5:30 ^{PM}	———— 4:30 ^{PM} - 5:30 ^{PM}	———— 3:30 ^{PM} - 5:30 ^{PM}	8:30 ^{AM} - 10:00 ^{AM} ————	8:30 ^{AM} - 5:30 ^{PM} 6:30 ^{PM} - 9:30 ^{PM}	8:30 ^{AM} - 10:30 ^{AM} 3:30 ^{PM} - 5:30 ^{PM} 6:30 ^{PM} - 9:00 ^{PM}
	4:00 ^{PM} - 5:30 ^{PM}	6:30 ^{PM} - 9:00 ^{PM}	6:30 ^{PM} - 9:00 ^{PM}	6:30 ^{PM} - 9:00 ^{PM}	6:30 ^{PM} - 9:00 ^{PM}	6:30 ^{PM} - 9:00 ^{PM}	6:30 ^{PM} - 9:00 ^{PM}
	6:30 ^{PM} - 9:00 ^{PM}	6:30 ^{PM} - 9:00 ^{PM}	6:30 ^{PM} - 9:00 ^{PM}	6:30 ^{PM} - 9:00 ^{PM}	6:30 ^{PM} - 9:00 ^{PM}	6:30 ^{PM} - 9:00 ^{PM}	6:30 ^{PM} - 9:00 ^{PM}

BOOK SIGNINGS

Have your book signed by our prestigious presenters on board! Authors will be available 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.

	SUN	MON	TUES	WED	THURS	FRI
BOOKSTORE MSC BUSINESS CENTRE, DECK 8, FOREWARD PORT SIDE	7:30 ^{PM} Dr. Michael Greger	7:15 ^{PM} Jenné Claiborne	7:15 ^{PM} Gene Baur	7:30 ^{PM} Ocean Robbins	7:15 ^{PM} Dr. Michael Greger	7:15 ^{PM} Koya Webb
	————	8:00 ^{PM} Virginia Harper Sheri-Lynn DeMaris	8:00 ^{PM} Dr. Monisha Bhanote	————	8:15 ^{PM} Dr. Debra Kimless	8:00 ^{PM} Dr. Rosane Oliveira
ATRIUM DECK 8, MIDSHIP, STARBOARD SIDE	7:30 ^{PM} Dr. Neal Barnard	7:15 ^{PM} Cyrus Khambatta, PhD			7:15 ^{PM} Dr. Ayesha Sherzai Dr. Dean Sherzai	7:15 ^{PM} Chef Babette Davis
	————	8:00 ^{PM} Robert Cheeke			8:15 ^{PM} Dr. Ilana Newman	8:00 ^{PM} Karen Avino Jan Booth



MENU OPTIONS

Served in all dining areas

MAIN VEGAN MENU

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

GLUTEN-FREE OPTIONS

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

OIL-FREE MENU

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

MSC MENU

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



INGREDIENT LISTS

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

BUFFET ETIQUETTE

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

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

Note on the Buffet Lines: 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.

Scan the daily menu here →



MEAL SEATING

	SAT	SUN	MON	TUES	WED	THURS	FRI	SAT
BREAKFAST								
GW DECK 5*	-	8:00 ^{AM} - 10:00 ^{AM}	7:30 ^{AM} - 9:00 ^{AM}	7:30 ^{AM} - 9:00 ^{AM}	7:30 ^{AM} - 9:00 ^{AM}	8:00 ^{AM} - 10:00 ^{AM}	7:30 ^{AM} - 9:00 ^{AM}	6:30 ^{AM} - 7:30 ^{AM}
BUFFET DECK 16**	-	7:30 ^{AM} - 9:00 ^{AM}	7:30 ^{AM} - 9:00 ^{AM}	7:30 ^{AM} - 9:00 ^{AM}	7:30 ^{AM} - 9:00 ^{AM}	7:30 ^{AM} - 9:00 ^{AM}	7:30 ^{AM} - 9:00 ^{AM}	6:30 ^{AM} - 7:30 ^{AM}
LUNCH								
GW DECK 5*	12:00 ^{PM} - 2:45 ^{PM}	11:30 ^{AM} - 1:30 ^{PM}	-	-	-	11:30 ^{AM} - 1:30 ^{PM}	-	-
BUFFET DECK 16**	-	12:00 ^{PM} - 2:00 ^{PM}	12:00 ^{PM} - 3:00 ^{PM}	12:00 ^{PM} - 3:00 ^{PM}	12:00 ^{PM} - 3:00 ^{PM}	12:00 ^{PM} - 2:00 ^{PM}	12:00 ^{PM} - 2:00 ^{PM}	-
DINNER								
GW DECK 5*	5:30 ^{PM}	5:30 ^{PM}	5:30 ^{PM}	5:30 ^{PM}	5:30 ^{PM}	5:30 ^{PM}	5:30 ^{PM}	5:30 ^{PM}
CJ DECK 6*	5:30 ^{PM}	5:30 ^{PM}	5:30 ^{PM}	5:30 ^{PM}	5:30 ^{PM}	5:30 ^{PM}	5:30 ^{PM}	5:30 ^{PM}

*Doors close at 8:45 AM for breakfast on non-sea days. On sea days, the dining room will be open from 8:00 AM to 1:30 PM for breakfast, followed by lunch. Doors will close at 5:45 PM 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 Sunday, March 9 and Monday, March 10 for dinner. Look for designated singles tables as you enter the Cala Jondal dining room for dinners on Deck 6 or ask the maître d’ for directions.



DIRECTIONS TO VENUES

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

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

SERVICES

HD - Hospitality Desk

Deck 7

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

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

AD - Atrium Book Signing Midship

Deck 8

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

DINING

GW - Green Wave Restaurant

Decks 5

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

CJ - Cala Jondal

Deck 6

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

JOY OF CHEESE, PLANT BASED OLIVE OIL CHEESE



DIRECTIONS TO VENUES

ENTERTAINMENT/VENUES

T - Chora Theatre

Deck 7

The Chora Theatre is located in the front of the ship and can be accessed from either side, Deck 7. The handicap accessible access is only 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 - Jungle Pool

Decks 16 & 18

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

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

MP - Marina Pool

Deck 18

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

MS-P - 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 taking either staircase up one level.

Rip Esselstyn
Founder
#1 NYT author

PLANTSTRONG

Your solution for delicious, convenient, whole food, plant-based products made without oils, refined sugars, or excessive salt.

Save 20% on your first order with code **20ATSEA** at **PLANTSTRONG.COM**

The advertisement features a photograph of Rip Esselstyn, founder of PlantStrong, wearing a green t-shirt with the word 'KALE' on it. He is holding a plate of waffles topped with blueberries and banana. To his right, the PlantStrong logo is prominently displayed. Below the logo, a list of products is shown: Pancake & Waffle Mix, Date & Raisin, Oat & Walnut, and Black Bean. The background is a solid blue color with a subtle pattern of white dots.

DINING ROOMS

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

CJ Cala Jondal Restaurant
Deck 6, mid-back ship

VENUES

T Chora Theatre
Deck 7 entrance, front of ship

CR Le Cabaret Rouge
Deck 7, back of ship

AE Aegean Restaurant Classroom
Deck 7, back of ship

SK Skyline Restaurant Classroom
Deck 7, back of ship

UL Uptown Lounge
Deck 8, back of ship

OUTDOOR CLASSES

JP Jungle Pool
Decks 16 & 18, midship port side

MP Marina Pool Stage
Deck 18, back of ship

MS-P Midship, Port Side
Deck 19

MS-S Midship, Starboard Side
Deck 19

Note: In the unlikely event of rain, alternate locations for the 7:00 am outdoor classes are as noted in the program schedule. Classes scheduled outside later in the morning or during the day will be cancelled.

OTHER SPACES

H Hospitality Desk
Deck 7, midship starboard side

J Juice & Smoothie Bar
Deck 7, midship port side

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

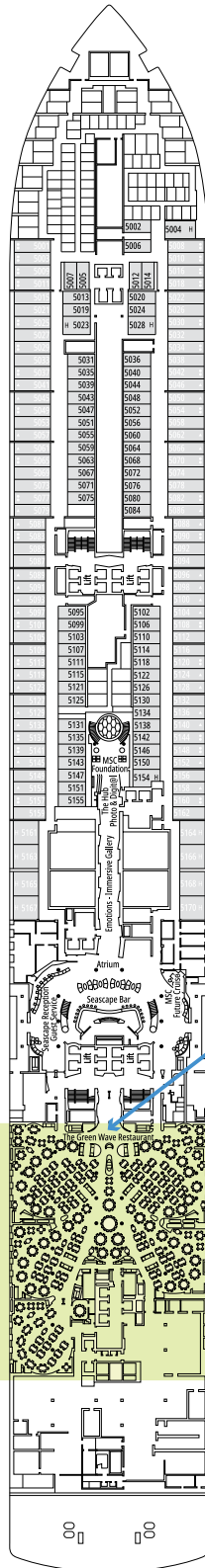
AD Atrium Book Signing Desk
Deck 8, midship

Port Side = Left Side

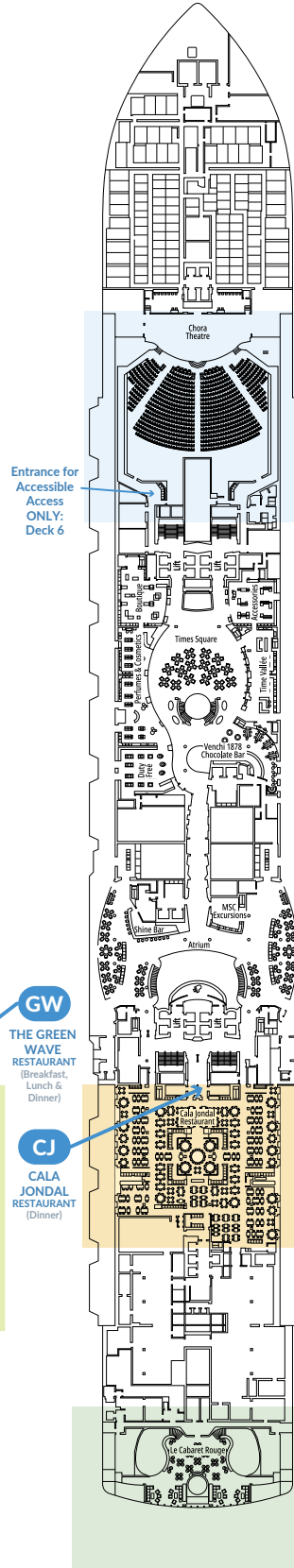
Starboard Side = Right Side

AFT = Back of Ship

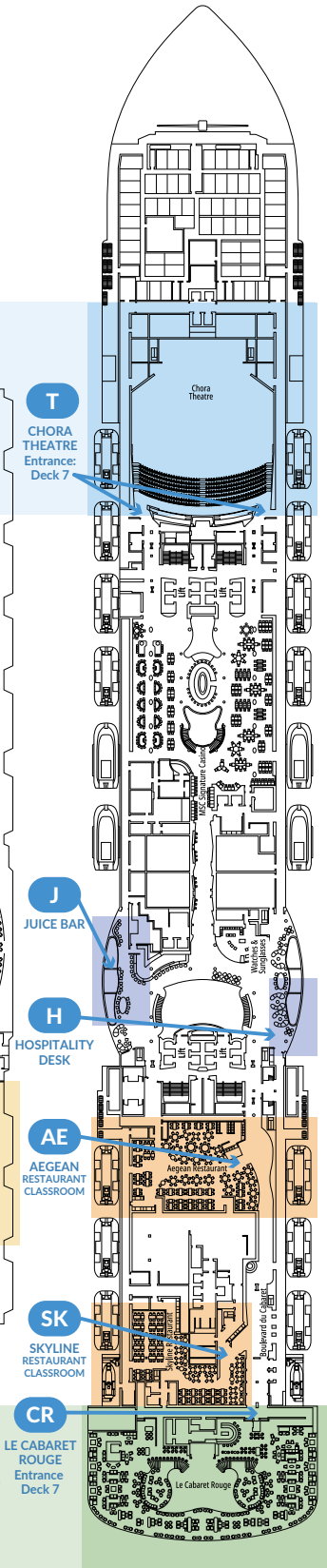
DECK 5



DECK 6



DECK 7



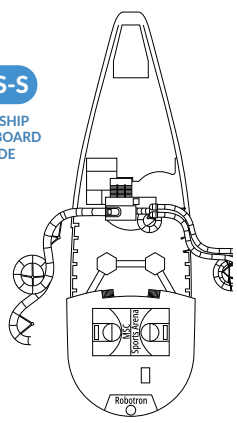
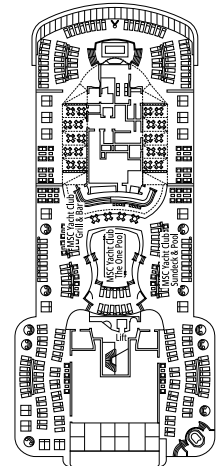
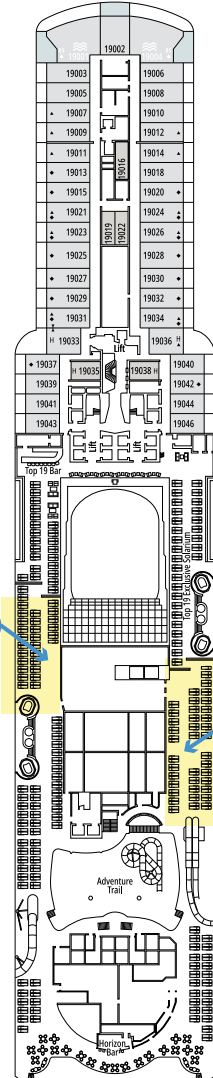
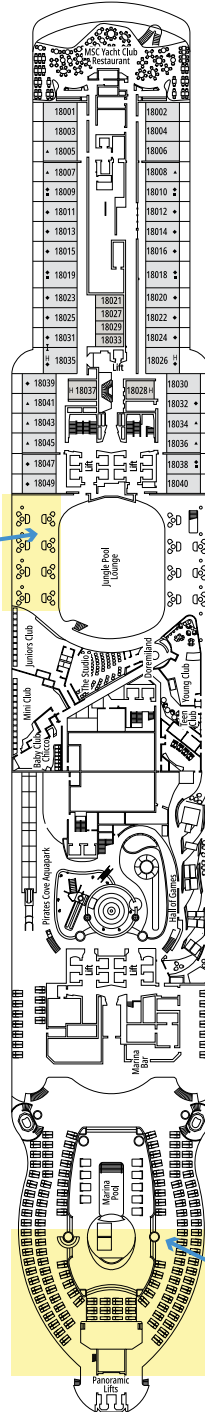
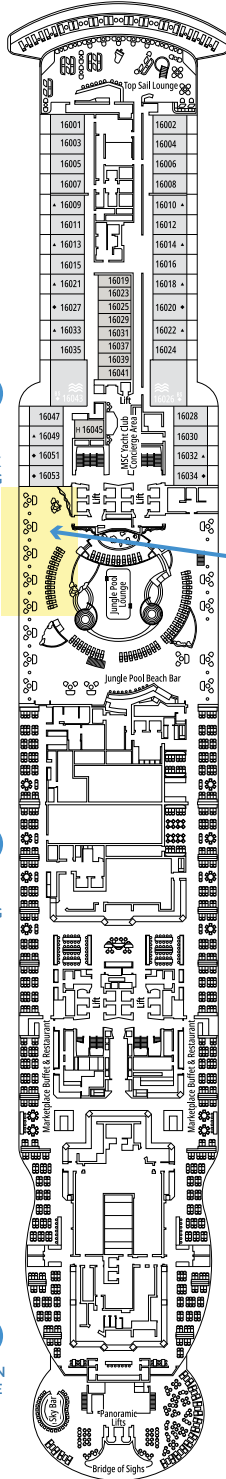
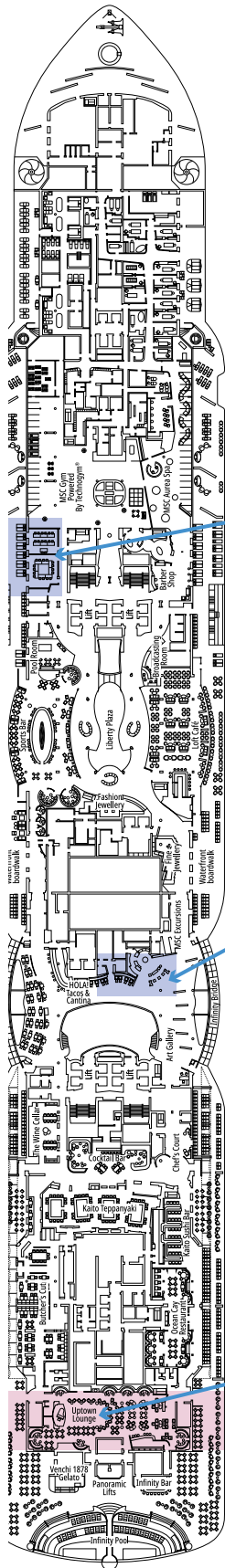
DECK 8

DECK 16

DECK 18

DECK 19

DECK 20



BS
BOOK STORE & BOOK SIGNING DESK

JP
JUNGLE POOL
DECK 16 & DECK 18

AD
ATRIUM BOOK SIGNING DESK

MS-P
MIDSHIP PORT SIDE

MS-S
MIDSHIP STARBOARD SIDE

UL
UPTOWN LOUNGE

MP
MARINA POOL STAGE





Enjoy a Spa Day, Everyday

Salon-quality haircare made with natural, vegan, and cruelty-free ingredients.

PlaineProducts.com

Use code CRUISE20 to for 20% off



WELCOME COCKTAIL PARTY & LIVE MUSIC

8:30 PM Deck 18

COME MINGLE & CELEBRATE WITH OUR PRESENTERS!



BRING THIS CRUISE TO YOUR KITCHEN!

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

AVAILABLE IN THE BOOKSTORE OR ONLINE AT [AMAZON.COM](https://Amazon.com) AND OTHER RETAILERS

SATURDAY LECTURE DESCRIPTIONS

3:15 PM – 4:15 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.

4:15 PM – 5:15 PM

KEYNOTE: Farm Sanctuary – Changing Hearts and Minds About Animals and Food

Gene Baur

For nearly forty years, Farm Sanctuary has combated the harms of factory farming and encouraged people to see farm animals as friends, not food. Learn about the issues and how a small all-volunteer organization funded by selling vegan hotdogs outside of Grateful Dead concerts grew and inspired an international movement.



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

- Sandy Pukel
Founder of Holistic
Holiday at Sea

12:00 PM - 2:45 PM Welcome Sit-Down Lite Lunch | Dining Room GW 5

AT YOUR LEISURE MSC Mandatory Boat Drill (ON YOUR CABIN TV)

2:30 PM - 3:15 PM Introduction of Presenters & Opening Ceremony with Jessica Porter T

3:15 PM - 4:15 PM Cruising into Health with Neal Barnard, MD T

4:15 PM - 5:15 PM **KEYNOTE: Farm Sanctuary: Changing Hearts and Minds about Animals and Food with Gene Baur** T

5:30 PM Dinner • Dining Rooms (doors close at 5:45 pm) GW 5 & CJ 6

8:30 PM Welcome Cocktail Party & Live Music DECK 18

ALL CLASSES SUBJECT TO CHANGE

SATURDAY

MARCH 8 • MIAMI





SOCIAL NIGHT: CONNECTION KICK-OFF HOUR & ICE BREAKER GAMES

WITH ERIN MCINTOSH

8:00 PM - 9:00 PM

Deck 16 - Jungle Pool



Get ready for an exciting adventure as we set out for the bright lights of Hollywood! Featuring your favorite music from the hit movies you love such as *The Wizard of Oz*, *Rocky*, *Pretty Woman*, *The Greatest Showman*, *Cinema Paradiso* and more. This show is sure to tug at your heartstrings and have you dancing in your seat! Relive the magic that can only happen at the movies as we roll out the red carpet for Premiere!

CHORA THEATRE

MOVIES COME TO LIFE

Big Screen hits brought to life on our very own big stage! Every one a classic, every one you'll know!

SUNDAY LECTURE DESCRIPTIONS

9:00 AM - 10:30 AM

The Seven Stages of Sickness

Kenneth Prange

Every physical, mental, emotional, and spiritual illness belongs to one of the seven levels explained in this talk. Today, illness has become so commonplace that people practically take for granted that having some of these symptoms is "normal." Is it really so?

10:00 AM - 11:00 AM

KEYNOTE: The Power Foods Diet - A New Nutritional Approach to Weight Control

Neal Barnard, MD

Easier and more effective ways to lose weight are the focus of many research trials. Large cohort studies conducted by Harvard Researchers revealed the consumption of certain foods was associated with weight loss in ensuing years. Many of these foods, that trigger weight loss automatically, include berries, cruciferous vegetables, melons, citrus fruits, and beans, as well as certain spices. The Power Foods approach encourages the addition of these specific foods that cause weight loss, unlike the usual approach to dieting, which focuses on going hungry and avoiding your favorite foods. The Power Foods are effective in trapping calories in the digestive tract and then, carrying them out with waste. They also ramp up metabolism, allowing calories to burn faster and longer. This presentation will describe the scientific studies illustrating relationships between food and body weight and how to seamlessly add these foods into your daily routine.



7:00 AM - 7:45 AM	Meditation: Awakening the Self – A Journey Through Consciousness & Chakra Healing with Chelsea McGee, RN	T
7:00 AM - 8:00 AM	Get Loved Up with Vinyasa Flow Yoga with Koya Webb & Daren Grainger	MS-P-19
	Flow & Control: KINSTRETCH + Gentle Yoga Fusion with Dr. Shabnam Islam assisted by Babette Davis	JP-P-18
	Resistance Training on the Go with Dani Taylor	MS-S-19
	Functional Fitness with Robert Cheeke	MP-S-18
	Achieving Longevity with Five Organ Qigong with Marcus Gary & Team	JP-P-16
	Pilates Mat Class with Alisia Essig	UL

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

7:30 AM - 9:00 AM	Breakfast Marketplace Buffet (AFT)	DECK 16
8:00 AM - 10:00 AM	Seated Breakfast Dining Room	GW 5
8:45 AM - 10:15 AM	Cooking Class: Brain Fuel Basics – Simple Prep for Cognitive Wellness with Ayesha Sherzai, MD	CR
9:00 AM - 10:30 AM	The Seven Stages of Sickness with Kenneth Prange	UL
10:00 AM - 11:00 AM	KEYNOTE: The Power Foods Diet – A New Nutritional Approach to Weight Control with Neal Barnard, MD	T
10:30 AM - 12:00 PM	Recovery Panel: Survivors Share Their Health Journey, moderated by Jessica Porter	CR
10:45 AM - 12:00 PM	Build Your Body on a Plant-Based Diet with Robert Cheeke	UL
11:00 AM - 12:00 PM	Vagus Nerve Stimulation – The Back Door to the Brain with Ilana Newman, MD	SK
11:15 AM - 12:15 PM	How Not to Die: Preventing and Treating Disease with Diet with Michael Greger, MD	T

11:30 AM - 1:30 PM	Seated Brunch Dining Room	GW 5
12:00 PM - 2:00 PM	Lunch Marketplace Buffet (AFT)	DECK 16
1:15 PM - 2:15 PM	Your Body in Balance: How Foods Affect Hormones with Neal Barnard, MD	T
1:30 PM - 2:30 PM	You Are Here: Creating a Roadmap for the Rest of Your Life with Jan Booth, RN	UL
1:30 PM - 3:00 PM	Debunking Seven Misleading & Dangerous Sugar Myths with Kylie Buckner, RN & Cyrus Khambatta, PhD	CR
1:45 PM - 3:00 PM	Deep Dive into Gut Healing with Virginia Harper	SK
2:00 PM - 3:00 PM	Integrative Nurse Coaching: Emerging Opportunities with Karen Avino, EdD, RN	AE
2:30 PM - 3:30 PM	KEYNOTE: The Intersection of Health and Planet – Why Food Choices Matter for our Future with Ocean Robbins	T
2:45 PM - 3:45 PM	Hypnosis: Everything You Always Wanted to Know but Were Afraid to Ask with Jessica Porter	UL
3:30 PM - 5:00 PM	Cooking Class: Long Live Lentils with Jenné Claiborne	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, & Michael Klaper	T
4:00 PM - 5:00 PM	Fueling Performance: The Power of a Vegan Diet with Dr. Shabnam Islam, Chef Babette Davis, & Chris Tucker	UL
5:30 PM	Dinner Gala Night • Dining Rooms (doors close at 5:45 pm)	GW 5 & CJ 6
7:30 PM & 9:30 PM	MSC Performance Premiere: Movies Come to Life	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)	DECK 16

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SUNDAY LECTURES CONTINUED

10:30 AM – 12:00 PM

RECOVERY PANEL:

Survivors Share Their Health Journey

moderated by Jessica Porter

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

10:45 AM – 12:00 PM

Build Your Body on a Plant-Based Diet

Robert Cheeke

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

11:00 AM – 12:00 PM

Vagus Nerve Stimulation – The Back Door to the Brain

Ilana Newman, MD

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

11:15 AM – 12:15 PM

How Not to Die:

Preventing and Treating Disease with Diet

Michael Greger, MD

Dr. Greger has scoured the world's scholarly literature on clinical nutrition and developed this new presentation based on the latest in cutting-edge

research exploring the role diet may play in preventing, arresting, and even reversing our leading causes of death and disability.

1:15 PM – 2:15 PM

Your Body in Balance:

How Foods Affect Hormones

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.

1:30 PM – 2:30 PM

You Are Here:

Creating a Roadmap for the Rest of Your Life

Jan Booth, RN

Whether it's Google maps or an old-fashioned paper map...maps help us know where we're going and show us options for how to get there. We have found that our health care system is often limited in terms of the options for living with serious illness and through the end of life. Many people don't know they have choices – or that they can co-create the map with a health care team. As we age, many people haven't considered how we are guided to make decisions about the last part of our life. Maps based on your values can be helpful when approaching unknown, unfamiliar territory. This presentation will help to better define the kind of map you want to guide you from now until the end of your life.



1:30 PM – 3:00 PM

Debunking Seven Misleading and Dangerous Blood Sugar Myths

Kylie Buckner, RN & Cyrus Khambatta, PhD

In this presentation, we'll explore seven misleading and dangerous myths about how to control blood sugar (blood glucose). We'll deep dive into the science of blood glucose control and insulin resistance, and debunk many popular (and incorrect)

pop-science myths surrounding methods to lower your blood glucose. Dr. Khambatta will discuss methods to maintain glucose levels and keep them down permanently, to reverse prediabetes and type 2 diabetes, to control type 1 diabetes with precision, and how to lower your risk for many chronic diseases.



1:45 PM – 3:00 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.

2:00 PM – 3:00 PM

Integrative Nurse Coaching: Emerging Opportunities

Karen Avino, EdD, RN

The current healthcare environment, including the recent pandemic, has created new awareness and opportunities for nurses interested in a holistic health and wellness focus. As the core of nursing practice, health promotion is widely recognized as the missing piece of the puzzle in our current, traditional medical

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-  **5 REDUCED DEPRESSION & FATIGUE**

Don't miss the book signing with
Ocean Robbins on Wednesday
See all book signings on Page 5.

system. Most chronic disease can be prevented by placing an emphasis on diet, exercise, and stress management. Integrative health modalities, that embrace the integration of body, mind and spirit, are being incorporated in nursing care to help people live a full and vibrant life that ultimately improves patient outcomes, as well as nurse and patient satisfaction. Learn how Integrative Nurse Coaching can reenergize your practice and provide growth opportunities.



2:30 PM – 3:30 PM

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

Ocean Robbins

Ocean Robbins, cofounder of Food Revolution Network, will explore the profound impact of food choices on both human health and the environment. Using compelling data and research, he will discuss the economic burden of chronic disease management and how lifestyle medicine, particularly plant rich diets, can mitigate these costs. The session will also delve into the environmental consequences of current agricultural practices, including land use, water consumption, and carbon emissions, and examine how a global shift toward plant-based diets can contribute to a healthier world.

3:45 PM – 5:15 PM

Panel Q&A: Cruisin' for Knowledge – Doctor's Panel
Hosted by Sandy Pukel with Drs. Neal Barnard, Michael Greger, & Michael Klaper

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

2:45 PM – 3:45 PM

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...



4:00 PM – 5:00 PM

Fueling Performance: The Power of a Vegan Diet
Dr. Shabnam Islam, Chef Babette Davis, & Chris Tucker

This lecture will explore the powerful intersection of a vegan diet and human performance, focusing on ways plant-based nutrition can enhance physical fitness, recovery, and overall health. By leveraging data-driven evidence from recent studies, we will examine the benefits of a vegan diet for athletic performance, endurance, strength, and recovery times. Attendees will gain insights into the nutritional components of a vegan diet, debunk common myths, and learn practical tips for optimizing performance through plant-based eating.



VEGAN ICE CREAM SOCIAL & DANCE PARTY SPONSORED BY V-GELATO

8:30 PM
Deck 18



MONDAY LECTURE DESCRIPTIONS

8:00 AM – 9:00 AM

An Intensive Plant-Based Diet for Type 2 Diabetes

Neal Barnard, MD

Type 2 diabetes can lead to serious complications and major costs. Although medications remain a mainstay of treatment, nutritional interventions, and increasingly, plant-based diets, have shown surprising power in both the prevention and management of this disease. The benefits of the diet appear to be mediated by a reduction in the intracellular fat that leads to insulin resistance. This presentation will describe the results of these trials and how individuals can put their findings to use.

2:30 PM – 3:30 PM

A Conversation on Maintaining Your Spiritual Well-Being

Rabbi Loring J. Frank

Rabbi Frank, Spiritual Leader and Physician of the Soul, will co-officiate with you in conversations and answer your questions encouraging you to adopt specific lifestyle practices that would improve and maintaining your physical and spiritual well-being.

2:30 PM – 3:45 PM

Plant-Based Health & Nutrition: Top 10 Things You Want to Know

Robert Breakey, MD

Calling on his forty-seven years of experience in the field of plant-based health and nutrition, Dr. Breakey will share his wisdom on exactly what you want to know. With subtitles like: "All Protein is Not Created Equal", "How Plant-Based Do I Need to Be?", "What's at Steak?" and "Anatomic Loss or Physiologic Strain?" – you can be certain that you'll learn things you never knew you never knew.

3:00 PM – 4:30 PM

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

Ilana Newman, MD

This two-part workshop teaches Correspondence Therapy, the most basic form of Korean Hand Therapy, which utilizes the map of the body on the hands. With this easy-to-learn system, needles are

not used. Applying pressure to precise points on the hand can reduce pain anywhere in the body. Headaches, as well as back, neck, and joint pain will be examined.

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

3:45 PM – 5:00 PM

Breaking Free from Addiction Through Daily Food Choices Sheri-Lynn DeMaris

A chronic addiction can be overwhelming, whether it be overeating, drinking, drugs, smoking, or chronic behaviors including gambling and sex. By understanding the energetics of food and how it affects blood sugar, we can make wise choices in our daily meals that will strengthen our body's immune system and help us become more balanced physically, emotionally, mentally, and spiritually to help to support our efforts for recovery.

4:00 PM – 5:15 PM

Lifestyle Strategies to Boost Cognition & Prevent Decline Dean Sherzai, MD

Explore the transformative power of lifestyle choices shaping your brain health and resilience against neurodegenerative diseases including Alzheimer's. Dr. Sherzai will present cutting-edge research on how habits influence memory, focus, and mental clarity across all stages of life. Learn actionable strategies that include optimizing exercise routines, managing stress, improving sleep quality, and stimulating cognitive activity. This session is designed to equip attendees with a holistic toolkit for enhancing brain performance and preventing cognitive decline through evidence-based lifestyle practices.



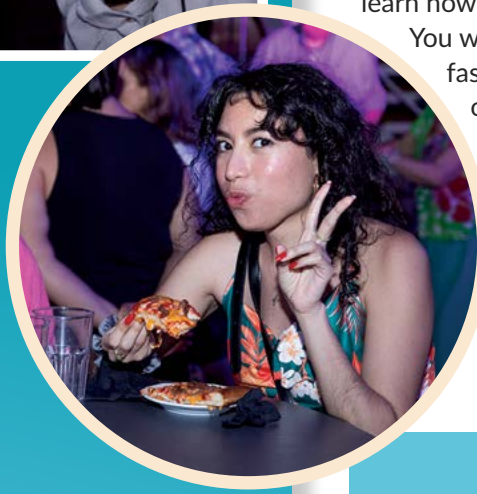
7:00 AM - 7:45 AM	Meditation: Awakening the Self – A Journey Through Consciousness & Chakra Healing with Chelsea McGee, RN	T
	Get Loved Up with Vinyasa Flow Yoga with Koya Webb & Daren Grainger	MS-P-19
	Flow & Control: KINSTRETCH + Gentle Yoga Fusion with Dr. Shabnam Islam, assisted by Babette Davis	JP-P-18
7:00 AM - 8:00 AM	Lean & Toned: Partner-Powered Full Body Burn with Maxime Sigouin & Ivy Teves	MS-S-19
	Vegan Strong Boot Camp with Giacomo Marchese	MP-S-18
	Achieving Longevity with Five Organ Qigong with Marcus Gary & Team	JP-P-16
	Barre Fusion with Alisia Essig	UL

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

7:30 AM - 9:00 AM	Breakfast Marketplace Buffet (AFT)	DECK 16
	Seated Breakfast Dining Room	GW 5
8:00 AM - 9:00 AM	An Intensive Plant-Based Diet for Type 2 Diabetes with Neal Barnard, MD	T
9:00 AM - 2:30 PM	LEISURE TIME!	
12:00 PM - 3:00 PM	Lunch • Marketplace Buffet (AFT)	DECK 16
2:30 PM - 3:30 PM	A Conversation on Maintaining Your Spiritual Well-Being with Rabbi Loring J. Frank	UL
2:30 PM - 3:45 PM	Plant-Based Health & Nutrition: Top 10 Things You Want to Know with Robert Breakey, MD	T
3:00 PM - 4:30 PM	KEYNOTE: Take Pain Control into Your Own Hands: Rapid & Dramatic Pain Relief with Korean Hand Therapy Self-Treatment, Part I with Ilana Newman, MD	CR
3:45 PM - 5:00 PM	Breaking Free from Addiction Through Daily Food Choices with Sheri-Lynn DeMaris	UL
4:00 PM - 5:15 PM	Lifestyle Strategies to Boost Cognition & Prevent Decline with Dean Sherzai, MD	T
5:30 PM	Seated Dinner • Dining Rooms (doors close at 5:45 pm)	GW 5 & CJ 6
8:30 PM	Vegan Ice Cream Social & Dance Party Sponsored by V-Gelato	DECK 18

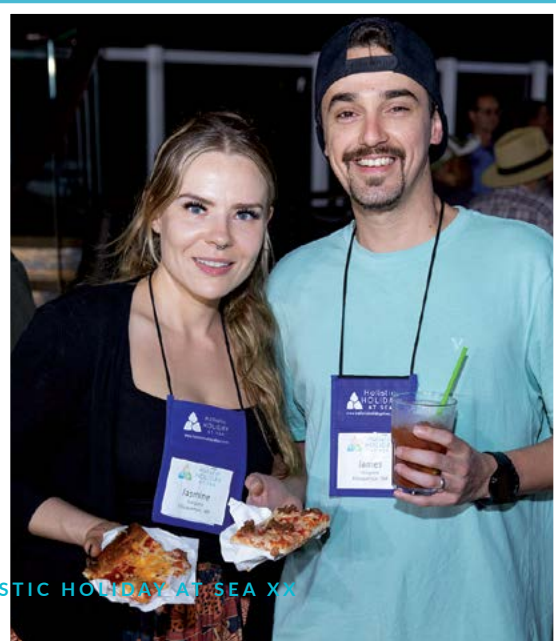


VEGAN PIZZA & DANCE PARTY



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GOOD PLANET

8:30 PM • Deck 18



TUESDAY LECTURE DESCRIPTIONS

1:30 PM – 2:30 PM

Living Light: Fascia, Nervous System, & the Power of Gravity

Mayuko (Coko) Nakashima

Join Coko, an experienced practitioner of twenty years with expertise in structural integration, somatic movement, and holistic healing to explore how your body thrives in harmony with gravity. This session offers a unique perspective on wellness, revealing how fascia – the body’s connective tissue – and the nervous system form a dynamic partnership that influences posture, vitality, and emotional balance. In this lecture, you will learn how to align your body with gravity to feel lighter.

You will also understand the connection between fascia and the nervous system that supports overall well-being. Learn powerful techniques to release tension, improve balance and cultivate resilience. Whether you’re deepening a yoga practice, pursuing fitness goals, or simply exploring ways to optimize your everyday life, by the end of this session, you’ll leave with fresh insights, practical tools, and a renewed connection to your body’s innate intelligence.

2:15 PM – 3:30 PM

KEYNOTE: Dr. Bob’s Eight Keys for Health and Success

Robert Breakey, MD

Since launching his Lifestyle Family Medicine practice in 1985, Dr. Breakey has cared for thousands of people seeking better health and success in all areas of life. In this presentation, he will walk through his “Eight Keys for Health & Success” that he imparts to his patients as he distills the essence of what constitutes a healthy lifestyle, along with supportive resources to help you reach and surpass your health and vitality goals.

2:45 PM – 3:45 PM

Seven Foods to Make New Mitochondria (and Double Your Energy)

Cyrus Khambatta, PhD

You may be familiar with mitochondria – the “powerhouses of the cell.” In this presentation, we’ll explore the intricate relationship between food and mitochondrial function, and how it impacts insulin resistance and cardiovascular metabolism. You’ll discover seven specific foods that make new mitochondria (with scientific proof), which can help reduce chronic disease

risk and reverse type 2 diabetes and heart disease. Get ready to make an intensive exploration into the fun and exciting science of mitochondrial metabolism and take your well-being to the next level.

Fibromyalgia Syndrome, Cup Overflowing!

Kenneth Prange

While the causes and diagnosis of fibromyalgia are often misunderstood, the pain is acutely real. The condition is often confused with inflammatory arthritis, or more specifically, rheumatoid arthritis – but unlike arthritis, inflammation is not present. So, what is the cause of the symptoms? Rheumatoid arthritis gets worse over time, causing swelling and damage to the joints. The pain of fibromyalgia is more widespread throughout the body and, while the joints and organs are not damaged, fibromyalgia is often associated with persistent pain, particularly in localized points identified as trigger points. Fibromyalgia can be difficult to diagnose because there is no single test to confirm the condition. The practitioner assesses the patient's physical condition, medical history, and description of symptoms while ruling out other illnesses through testing to make a diagnosis. Join Kenneth to unlock the mysteries of this elusive malady.



7:00 AM - 7:45 AM	Meditation: Awakening the Self – A Journey Through Consciousness & Chakra Healing with Chelsea McGee, RN	T
	Get Loved Up with Vinyasa Flow Yoga with Koya Webb & Daren Grainger	MS-P-19
	Flow & Control: KINSTRETCH + Gentle Yoga Fusion with Dr. Shabnam Islam, assisted by Babette Davis	JP-P-18
7:00 AM - 8:00 AM	Posture 101 with Dani Taylor	MS-S-19
	Functional Fitness with Robert Cheeke	MP-S-18
	Achieving Longevity with Five Organ Qigong with Marcus Gary & Team	JP-P-16
	Glute Power Pilates with Alisia Essig	UL

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7:30 AM - 9:00 AM	Breakfast Marketplace Buffet (AFT)	DECK 16
8:00 AM - 1:30 PM	LEISURE TIME!	
12:00 PM - 3:00 PM	Lunch Marketplace Buffet (AFT)	DECK 16
1:30 PM - 2:30 PM	Living Light: Fascia, Nervous System, & the Power of Gravity with Mayuko (Coko) Nakashima	CR
	Chair Yoga with Alese Jones	UL
2:15 PM - 3:30 PM	KEYNOTE: Dr. Bob's Eight Keys for Health & Success with Robert Breakey, MD	T
2:45 PM - 3:45 PM	Seven Foods to Make New Mitochondria (and Double Your Energy) with Cyrus Khambatta, PhD	CR
	Fibromyalgia Syndrome, Cup Overflowing! with Kenneth Prange	UL
3:45 PM - 5:00 PM	KEYNOTE: What I Wish I Learned in Medical School about Nutrition with Michael Klaper, MD	T
4:00 PM - 5:00 PM	Clean & Green: Detoxifying Your Lifestyle to Combat Aging & Chronic Disease with Monisha Bhanote, MD	CR
	Exploring Minor Cannabinoids: Understanding CBD, CBDA, DELTA-8 THC, & Beyond with Debra Kimless, MD	UL
5:30 PM	Seated Dinner Dining Rooms (doors close at 5:45 pm)	GW 5 & CJ 6
8:30 PM	Vegan Pizza & Dance Party Sponsored by Good Planet	DECK 18
10:30 PM	MSC White Party – Dress Code: White Outfit	DECK 18

ALL CLASSES SUBJECT TO CHANGE

TUESDAY

MARCH 11 • GEORGE TOWN, CAYMAN ISLANDS (8:00AM – 4:00PM)



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TUESDAY LECTURE DESCRIPTIONS CONT.

3:45 PM – 5:00 PM

KEYNOTE: What I Wish I Learned in Medical School about Nutrition

Michael Klaper, MD

In recent years, it has become clear that most of the chronic diseases that kill so many people - high blood pressure, diabetes, obesity, clogged arteries and autoimmune diseases, are largely caused by the Standard American Diet (SAD) and can be arrested or reversed with a whole food, plant-predominant diet - yet this is generally not mentioned to medical students during their education. This lecture will explore the mechanisms of this reversal and, hopefully, motivate the viewer to incorporate healthier food choices in their own diet.

4:00 PM – 5:00 PM

Clean and Green: Detoxifying Your Lifestyle to Combat Aging & Chronic Disease

Monisha Bhanote, MD

In this insightful talk, Dr. Monisha Bhanote reveals groundbreaking research from her book, *The Anatomy of Wellbeing*, with a focus on the subtle, yet impactful, role of hidden toxins in aging and chronic disease. Dr. Bhanote explores how everyday exposures - from common household items to environmental pollutants - can undermine our cellular health, accelerating the aging process and increasing our risk of chronic illnesses. By drawing from the latest science on detoxification pathways and functional medicine, she explains how these invisible toxins affect our DNA, cellular function, and hormonal balance, ultimately shortening our health span. With actionable insights grounded in integrative medicine, Dr. Bhanote provides participants with a holistic framework for identifying and eliminating these hidden toxins through plant-based choices, mindful lifestyle adjustments, and simple, yet powerful, detox rituals. From toxin-clearing foods and herbs,



to clean-living practices, this session empowers attendees to harness their body's natural defenses, enhancing vitality and promoting lasting wellness. Whether you're new to a clean lifestyle or looking to deepen your understanding, this talk will equip you with the tools to sustain a vibrant, toxin-free life.

Exploring Minor Cannabinoids: Understanding CBD, CBDA, DELTA-8 THC, and Beyond

Debra Kimless, MD

In this informative lecture, Dr. Kimless will delve into the hemp derived cannabinoids. She will explain the definition of hemp, why it matters, what the minor cannabinoids are, how they used and what are the possible benefits, precautions and risks.



SEE ALL FITNESS & MEDITATION CLASSES PAGE 60



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SUSHI & DANCE PARTY WITH DJ

8:30 PM

Deck 18



WEDNESDAY LECTURE DESCRIPTIONS

8:15 AM – 9:15 AM

From Inside the System

Gene Baur

Beginning in 1986, Gene has investigated factory farms and the oppressive structures that enable our unhealthy and extractive food system. Join him for a conversation about first-hand experiences and Farm Sanctuary's evolving resource-based approach to system change.

8:30 AM – 10:00 AM

KEYNOTE: Silent Triggers – The Hidden Impact of Nervous System Dysregulation on Autoimmune Health

Monisha Bhanote, MD

Dr. Monisha Bhanote will share the critical role of nervous system dysregulation in worsening autoimmune diseases. By exploring the connections between chronic stress, the HPA (hypothalamic-pituitary-adrenal) axis, and immune responses, Dr. Bhanote explains how an imbalanced nervous system can set off a chain of autoimmune reactions, increase inflammation, and disrupt immune tolerance. Drawing from research and insights in her book, *The Anatomy of Wellbeing*, Dr. Bhanote guides attendees through the science of nervous system imbalances, including chronic stress, low vagal tone, and disrupted gut-brain communication. Participants will gain practical tools to restore nervous system balance, including breathwork, meditation, and dietary strategies that support both gut health and immunity.

3:00 PM – 4:30 PM

MOVIE: *What the Health*, an award-winning documentary

What the Health is the groundbreaking follow-up film from the creators of the award-winning documentary, *Cowspiracy*. The 2017 documentary film examines the link between diet and disease, primarily advocating for a plant-based diet, while alleging that major health organizations are suppressing information about the negative impacts of animal products due to industry influence. This film will expose the collusion and corruption in government and big business that is costing us trillions of healthcare dollars, and keeping us sick.



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

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



Peeling Cooking in Water Excessive Heat Oxidation Fats and Oils Light

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

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

Don't miss the class with
Sandy Clubb, Cookware Specialist
COOKWARE: IT'S THE LAST PLACE THE FOOD TOUCHES!

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

3:30 PM – 5:00 PM

Aging Gracefully with Plants
Dr. Shabnam Islam, Chef Babette Davis, & Chris Tucker

Join Babette Davis, a seventy-four-year-old icon, in conversation with Dr. Shabnam Islam as they discuss the aging journey through a plant-based lense. From her days of substance abuse to achieving a complete 180-degree turn and becoming a beacon of health, Babette will be joined by Dr. Islam to discuss the benefits of micro and macro nutrition, nutrient timing, the benefits of fasting, and a diet that's healthier for yourself and the planet.

3:45 PM – 5:00 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!



7:00 AM - 7:45 AM	Meditation: Awakening the Self – A Journey Through Consciousness & Chakra Healing with Chelsea McGee, RN	T
	Get Loved Up with Vinyasa Flow Yoga with Koya Webb & Daren Grainger	MS-P-19
	Flow & Control: KINSTRETCH + Gentle Yoga Fusion with Dr. Shabnam Islam, assisted by Babette Davis	JP-P-18
7:00 AM - 8:00 AM	Legs of Steels: Lower Body Burnout with Maxime Sigouin and Ivy Teves	MS-S-19
	Mobile Mastery with Giacomo Marchese	MP-S-18
	Achieving Longevity with Five Organ Qigong with Marcus Gary & Team	JP-P-16
	Pilates Mat Class with Alisia Essig	UL

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

7:30 AM - 9:00 AM	Breakfast Marketplace Buffet (AFT)	DECK 16
	Seated Breakfast Dining Room	GW 5
8:15 AM - 9:15 AM	From Inside the System with Gene Baur	T
8:30 AM - 10:00 AM	KEYNOTE: Silent Triggers: The Hidden Impact of Nervous System Dysregulation on Autoimmune Health with Monisha Bhanote, MD	CR
8:45 AM - 9:45 AM	Cookware: It's the Last Place the Food Touches! with Sandy Clubb	UL
10:00 AM - 3:00 PM	LEISURE TIME!	
12:00 PM - 3:00 PM	Lunch • Marketplace Buffet (AFT)	DECK 16
2:00 PM - 3:30 PM	COOKING BOOT CAMP: Vegan Vibes with Jenné Claiborne **EXTRA FEE	UL
3:00 PM - 4:30 PM	MOVIE: What the Health , an award-winning documentary	T
3:30 PM - 5:00 PM	Aging Gracefully with Plants with Dr. Shabnam Islam, Chef Babette Davis, & Chris Tucker	CR
3:45 PM - 5:00 PM	One Simple Trick that Will Change Your Whole Life (Chewing) with Jessica Porter	UL
5:30 PM	Seated Dinner • Dining Rooms (doors close at 5:45 pm)	GW 5 & CJ 6
8:30 PM	Sushi & Dance Party with DJ	DECK 18
10:00 PM	MSC Movie Night: Dune, Part 2	DECK 18

ALL CLASSES SUBJECT TO CHANGE



SOCIAL NIGHT: THE HEART OF CONNECTION & AUTHENTIC RELATING GAMES

WITH ERIN MCINTOSH

8:00 PM - 9:00 PM

Deck 16 - Jungle Pool



THURSDAY LECTURE DESCRIPTIONS

8:45 AM – 10:00 AM

Revolutionizing Your Health: Breakthroughs in Food, Science, & Positive Change

Ocean Robbins

The stakes have never been higher for your health. Our modern food system is driving an epidemic of chronic illness, with skyrocketing rates of heart disease, diabetes, cancer, Alzheimer's disease, and more. But you have the power to change the narrative. By making the right food choices, you can radically improve your health, increase your longevity, and help protect the planet. Join the million-member Food Revolution Network, with cofounder Ocean Robbins for an eye-opening, inspiring talk that reveals the truth about what's happening in our food system and how simple steps can revolutionize your well-being. Discover the latest breakthroughs in nutrition and medical science to be a powerful force for positive change in your life—and the world around you. You can make a real difference, and shape the future, with every bite you take.

9:00 AM – 10:15 AM

Physician's Eye – Healer's Heart

Michael Klaper, MD

What is it like to see through the eyes of the doctor? What does the healer see and do when presented with chaos and suffering? How do we contact and nurture the Healer we each have inside of us? This presentation explores the motivation for one physician to become a doctor and presents the mind-set that allows such healers to stay focused on relieving suffering, despite working in scenes of pain and distress. Dr. Klaper will share his personal journey into physician-hood and share insights into how doctors think, solve problems, and make decisions that can dramatically affect people's lives.

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 build sustainable health. You will be enriched by Virginia's four-decade experience living and teaching a macrobiotic lifestyle.

7:00 AM - 7:45 AM	Meditation: Awakening the Self – A Journey Through Consciousness & Chakra Healing with Chelsea McGee, RN	T
7:00 AM - 8:00 AM	Get Loved Up with Vinyasa Flow Yoga with Koya Webb & Daren Grainger	MS-P-19
	Flow & Control: KINSTRETCH + Gentle Yoga Fusion with Dr. Shabnam Islam, assisted by Babette Davis	JP-P-18
	Resistance Training on the Go with Dani Taylor	MS-S-19
	Vegan Strong Boot Camp with Giacomo Marchese	MP-S-18
	Glute Power Pilates with Alisia Essig	UL
	Achieving Longevity with Five Organ Qigong with Marcus Gary & Team	JP-P-16

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

7:30 AM - 9:00 AM	Breakfast Marketplace Buffet (AFT)	DECK 16
8:00 AM - 10:00 AM	Seated Breakfast Dining Room	GW 5
8:45 AM - 10:00 AM	Revolutionizing Your Health: Breakthroughs in Food, Science, and Positive Change with Ocean Robbins	CR
9:00 AM - 10:15 AM	Physician's Eye – Healer's Heart with Michael Klaper, MD	T
	Macrobiotics Decoded with Virginia Harper	UL
10:30 AM - 12:00 PM	KEYNOTE: What is the Role of Ultra-Processed Plant-Based Products in the Diet? with Michael Greger, MD	T
	Medical Cannabis: Myth or Medicine with Debra Kimless, MD	UL
11:00 AM - 12:15 PM	How to Be an Impactful Vegan with Robert Cheeke	SK
11:00 AM - 12:30 PM	Take Pain Control into Your Own Hands: Rapid & Dramatic Pain Relief with Korean Hand Therapy Self-Treatment, Part II with Ilana Newman, MD	AE
11:30 AM - 1:30 PM	Seated Brunch Dining Room	GW 5
12:00 PM - 2:00 PM	Lunch Marketplace Buffet (AFT)	DECK 16

1:30 PM - 2:30 PM	KEYNOTE: Revolutionize Brain Health – Nutrition Strategies for a Sharper Mind with Ayesha Sherzai, MD	T
	Emotional Intelligence: What is it? Why it's Necessary, & How can it be Developed? with Robert Gaarder, PhD	UL
	Cooking Class: Sensational Snacks with Jenné Claiborne	CR
1:30 PM - 3:00 PM	WORKSHOP: How to Overcome Years of Inflammation, High-Blood Pressure, High Cholesterol, & High Blood Sugar using Specific Ancient Medicinal Plants with Cyrus Khambatta PhD and Kylie Buckner, RN ** EXTRA FEE	SK
2:00 PM - 3:00 PM	Discussion Group: Recovery Panel Follow Up, moderated by Virginia Harper	AE
2:45 PM - 3:45 PM	KEYNOTE: Unlocking Peak Cognitive Performance – The Path to Brain Resilience & Agility Description with Dean Sherzai, MD	T
	Probiotics, The Digestive System & Natural Immunity with Kenneth Prange	UL
3:30 PM - 5:00 PM	Panel Q&A: Powered by Plants hosted by Robert Cheeke with vegan athletes Alisia Essig, Cyrus Khambatta, Giacomo Marchese, Maxime Sigouin, Dani Taylor, and Ivy Teves	CR
4:00 PM - 5:00 PM	How Healthy Are You? with Jessica Porter	UL
4:00 PM - 5:15 PM	KEYNOTE: You Are What You Eat – Women's Weight, Body Fat & Life Stages with Rosane Oliveira, PhD	T
5:30 PM	Seated Dinner • Dining Rooms (doors close at 5:45 pm)	GW 5 & CJ 6
7:30 PM & 9:30 PM	MSC Performance Young at Heart	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)	DECK 16
10:30 PM	MSC's Tropical Party	DECK 18

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THURSDAY LECTURE DESCRIPTIONS CONTINUED

10:30 AM – 12:00 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. The associations promoting these altered products are often driven by the sweetened beverage and processed meat industries. When considering this, plant-based meats, often thought of as a problem, may be a solution when compared to ultra-processed food choices. 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? This exciting new

talk presented by Dr. Greger will be premiering on this cruise and you can join Dr. Greger as he details how important it is to shift from simply just minimizing animal products to also reducing the intake of processed foods.

Medical Cannabis: Myth or Medicine

Debra Kimless, MD

In this presentation, Dr. Kimless will discuss the history of medical cannabis use, the science of cannabis and the bioactive molecules found in the plant, including cannabinoids and terpenes.

The importance of understanding dosage forms and delivery methods will be explained and case reports and clinical trials will be showcased.



Don't miss the book signing
with **Dr. Michael Greger** on
Sunday & Thursday
See all book signings
on Page 5.



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11:00 AM – 12:15 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. Discover how to use your skills, talents, resources, network, generosity, volunteering, and other strengths to make a 100-times greater impact on relieving animal suffering than just by being vegan alone.

11:00 AM – 12:30 PM

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

Ilana Newman, MD

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

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

1:30 PM – 2:30 PM

KEYNOTE: Revolutionize Brain Health – Nutrition Strategies for a Sharper Mind

Ayesha Sherzai, MD

Uncover the profound connection between nutrition and brain health in this engaging keynote session. Dr. Ayesha Sherzai will present the latest research on nutrition and dietary patterns and their impact on cognition, focus, and resilience against neurodegenerative diseases including Alzheimer's. Attendees will gain practical guidance on crafting brain-boosting meals, with plant-based foods, healthy fats, antioxidants, and nutrient-rich ingredients. Empower yourself with the knowledge to make nourishing food choices that keep your mind sharp, vibrant, and thriving for life.

THURSDAY LECTURE DESCRIPTIONS CONTINUED

Emotional Intelligence: What is it? Why it's Necessary, & How can it be Developed?

Robert Gaarder, PhD

After twenty-five years of executive coaching, Dr. Robert Gaarder has come to believe the level of emotional intelligence, though not the sole predictor, is by far the biggest indicator of a leader's success. Emotional Intelligence is a set of emotional and social skills that influence the way we perceive and express ourselves, develop and maintain social relationships, cope with challenges, and use emotional information in an effective and meaningful way. Emotional intelligence can change over time and can be developed in targeted areas. This presentation will focus on the Bar-On model (EQi-2) of emotional intelligence, which includes fifteen key elements that support emotional health. Participants will become familiar with the concepts of emotional intelligence and be able to initially evaluate their strengths and weakness, finding areas that can be improved over time.

2:00 PM – 3:00 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.

2:45 PM – 3:45 PM

KEYNOTE: Unlocking Peak Cognitive Performance – The Path to Brain Resilience & Agility Description

Dean Sherzai, MD

This talk explores targeted strategies to enhance critical cognitive abilities—focus, memory, executive function, and language skills—using approaches grounded in neuroscience. Through cognitive training, language exercises, and evidence-based focus techniques, we'll uncover the science of building these mental skills and discuss the role of lifestyle as a supportive framework. Attendees will explore specific methods to strengthen neural pathways, foster adaptability in executive function, and boost language processing and memory retention. Join us to unlock practical, research-backed tools that integrate both strategic cognitive exercises and lifestyle habits, empowering you to maintain and enhance peak mental performance in any setting.

Probiotics, The Digestive System and Natural Immunity

Kenneth Prange

How important are probiotics for overall gut health? Probiotic bacteria perform a variety of important functions that include supporting a healthy immune system, promoting efficient metabolism and bolstering proper digestion. Research indicates that imbalances in the gut microbiota may be linked to numerous diseases including cancer and type 2 diabetes. Gut microbiota is also strongly influenced by food choices and incorporating more probiotic, as well as prebiotic, foods into the daily diet promotes positive change. In this impactful presentation, learn how to build the good gut bacteria that influence natural immunity.



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3:30 PM – 5:00 PM

Panel Q&A: Powered by Plants

Hosted by Robert Cheeke with vegan athletes Alisia Essig, Cyrus Khambatta, Giacomo Marchese, Maxime Sigouin, Dani Taylor, and Ivy Teves

Do you have questions about the nutrition athletes need to fuel their bodies on a plant-based diet? Concerned with getting the right types of carbohydrates to power through your weekend warrior lifestyle? Do you 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, bodybuilding, and martial arts, these vegan athletes will help you fuel your athletic endeavors for optimal performance.



Don't miss the book signing with
Dr. Ayesha Sherzai
Dr. Dean Sherzai
on Thursday
See all book signings on Page 5.

4:00 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 better 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 – 5:15 PM

KEYNOTE: You Are What You Eat – Women's Weight, Body Fat & Life Stages

Rosane Oliveira, PhD

In this lecture, we'll explore the unique ways women's bodies gain weight and store fat across different life stages – from puberty and pregnancy to menopause and beyond. We'll examine fascinating insights from twin studies that reveal how genetics and lifestyle factors interact to influence body weight and fat distribution. Discover how adapting a plant-based diet and other lifestyle changes can promote healthier weight management, with evidence showing that these choices can override genetic predispositions. Join us to learn practical strategies for optimizing health through a plant-centered approach that works for women at any stage of life.



MSC
PRESENTS
Don't miss this high energy show featuring the best in classical and contemporary favorites like "You Can't Hurry Love", "Stand By Me", and "Dancing in the Streets!"
Young at Heart
CHORA THEATRE
A JUKEBOX ROMANCE
Dust off your dancing shoes and get ready for a night out on the town!
These romantic hits are sure to warm your heart - you may even fall in love along the way!

FRIDAY LECTURE DESCRIPTIONS

8:45 AM – 10:00 AM

You Eat What You Are: Building a Plant-Based Life from the Inside Out

Rosane Oliveira, PhD

This lecture will explore the Pyramid of Logical Levels, a powerful framework for understanding and creating lasting change in lifestyle and diet. We'll examine how adopting a plant-based diet becomes easier and more sustainable when approached from a deep sense of purpose or identity rather than simply behavior modification. By connecting this concept with Maslow's Hierarchy of Needs and Wolfram Schutlz's habit loop, we'll examine how values and intrinsic motivation drive change more effectively than willpower alone. You'll gain insights on aligning your dietary choices with your core identity, creating a foundation for true transformation in health and well-being.

10:15 AM – 11:30 AM

Building Lasting Habits for a Healthy Mind & Body

Dean Sherzai, MD

Creating lasting, healthy habits can transform both physical and mental well-being, but building them often feels challenging. In this talk, we'll explore the science behind habit formation and learn how to apply simple, effective techniques to create routines that stick. Drawing on evidence from psychology and neuroscience, we'll discuss how to design small, achievable changes that can lead to big improvements in health, focus, and resilience. Whether it's optimizing nutrition, enhancing exercise routines, or managing stress, this session offers practical steps to turn good intentions into sustainable habits, empowering you to build a healthier, more fulfilling life.



FAREWELL DANCE PARTY WITH LIVE MUSIC

See you
next year!

8:30 PM
Deck 18



7:00 AM - 7:45 AM	Meditation: Awakening the Self - A Journey Through Consciousness & Chakra Healing with Chelsea McGee, RN	T
	Get Loved Up with Vinyasa Flow Yoga with Koya Webb & Daren Grainger	MS-P-19
	Flow & Control: KINSTRETCH + Gentle Yoga Fusion with Dr. Shabnam Islam, assisted by Babette Davis	JP-P-18
7:00 AM - 8:00 AM	Strong at Home: Upper Body Challenge with Maxime Sigouin and Ivy Teves	MS-S-19
	Functional Fitness with Robert Cheeke	MP-S-18
	Achieving Longevity with Five Organ Qigong with Marcus Gary & Team	JP-P-16
	Barre Fusion with Alisia Essig	UL

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

7:30 AM - 9:00 AM	Breakfast Marketplace Buffet (AFT)	DECK 16
7:30 AM - 9:00 AM	Breakfast Dining Room (doors close at 7:45 AM)	GW 5
8:45 AM - 10:00 AM	You Eat What You Are: Building a Plant-Based Life from the Inside Out with Rosane Oliveira, PhD	T
8:45 AM - 10:15 AM	Cooking Class: Ocean Bounty - Plant-Based Seafood Creations with Chris Tucker, Chef Babette Davis, & Dr. Shabnam Islam	CR
9:00 AM - 10:30 AM	WORKSHOP: Gut Health Essentials: Building Your Morning and Evening Plant-Based Ritual for Digestive Wellness with Monisha Bhanote, MD ** EXTRA FEE	UL
10:15 AM - 11:30 AM	Building Lasting Habits for a Healthy Mind and Body with Dean Sherzai, MD	T
	WORKSHOP: Breakthrough Breathwork & Sound Healing with Koya Webb and Daren Grainger ** EXTRA FEE	AE
10:30 AM - 12:00 PM	WORKSHOP: What Your Nose Knows with Debra Kimless, MD ** EXTRA FEE	SK
	Re-imagining the End of Life: Living and Dying Based on What Matters Most with Jan Booth, RN	CR
11:00 AM - 12:30 PM	COOKING BOOT CAMP: Cooking Smarts for Brain and Body with Ayesha Sherzai, MD ** EXTRA FEE	UL
11:45 AM - 12:45 PM	Harvesting Health: The Growing Pains and Gains of Plant-Based Diets with Michael Klaper, MD	T

12:00 PM - 2:00 PM	Lunch Marketplace Buffet (AFT)	DECK 16
1:00 PM - 2:15 PM	WORKSHOP: Skinny Genes: Nutrition Strategies for Muscle Gain and Fat Loss at Any Age with Rosane Oliveira, PhD ** EXTRA FEE	UL
1:15 PM - 2:15 PM	Remember the "Stress Related" Pillars... with Robert Breakey, MD	T
2:00 PM - 4:00 PM	TALENT SHOW hosted by Erin McIntosh	CR
2:30 PM - 3:30 PM	Nourish to Flourish: Unlocking the Power of Nutrition & Lifestyle for Brain Health with Drs. Ayesha & Dean Sherzai	T
2:30 PM - 4:00 PM	COOKING BOOT CAMP: Decadent Raw Desserts with Chris Tucker & Chef Babette Davis ** EXTRA FEE	UL
3:45 PM - 5:15 PM	How Not to Age with Michael Greger, MD	T
5:30 PM	Seated Dinner • Dining Rooms (doors close at 5:45 pm)	GW 5 & CJ 6
8:30 PM	Farewell Dance Party with Live Music - See you next year!	DECK 18

ALL CLASSES SUBJECT TO CHANGE



Fresh + woody pine tar scent that suggests a *fall forest* with lingering wisps of campfire in the air.



FRIDAY LECTURE DESCRIPTIONS CONTINUED

10:30 AM – 12:00 PM

Re-imagining the End of Life: Living and Dying Based on What Matters

Jan Booth, RN

Many people have seen firsthand that the process of navigating serious illness and dying within our complex health care system is often confusing, isolating, crisis-driven, and disheartening. What might be possible if instead, we re-imagined the end of life as a vital, purposeful stage of human development, allowing us to focus on well-being at all stages of living and dying? This would include the practice of healing by embracing forgiveness, gratitude and letting go. When challenging medical decision points arise, using wisdom instead of fear should be employed. Additionally, caregiving should be sustainable and meaningful for both the family and professionals involved. Join Jan in this poignant presentation to explore each of these opportunities to re-envision the last chapter of our lives, to prepare for death in order to live more fully in the time that we have – and to imagine making care and treatment decisions based on our values and what matters most to us.

11:45 AM – 12:45 PM

Harvesting Health: The Growing Pains and Gains of Plant-Based Diets

Michael Klaper, MD

Plant-based diets are increasingly gaining acceptance, but this is at the cost of some real resistance. Many are drawn to this way of eating because of the positive research for long-term health or to put an end to animal cruelty, and to support positive environmental changes for the planet – all of the above? Compelling as these reasons are, the resistance to embracing a vegetarian lifestyle is often affected by nutritional concerns, cultural practices, social pressure, and a lack of familiarity for plant-based meals, to name a few. In this dynamic presentation, Dr. Klaper shares his views regarding the recent progress and obstacles on the trail to widespread acceptance of plant-based diets.



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1:15 PM – 2:15 PM

Remember the "Stress Related" Pillars...

Robert Breakey, MD

The American College of Lifestyle Medicine defines six pillars of Health that form the basis for the prevention and optimal management of our most common chronic diseases. While the Nutrition and Exercise pillars often receive the most attention, the "Stress Management, Avoiding Risky Substances, Sleep and Social Connectedness" pillars are also critically important. We will walk through the why and the how for integrating guided meditation, optimizing sleep quality and staying connected to others will improve your long-term health and vitality.



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

2:30 PM – 3:30 PM

Nourish to Flourish: Unlocking the Power of Nutrition & Lifestyle for Brain Health

Drs. Ayesha & Dean Sherzai

Join Drs. Ayesha and Dean Sherzai, both dedicated to educating communities regarding brain health, while empowering patients to take control of their own well-being, for this poignant discussion. This presentation will explore actionable strategies to improve cognitive health through mindful eating practices, with insight into the crucial role that specific foods contribute to brain health. Lifestyle practices, that have a positive impact on cognitive processes, will also be discussed. Both the dietary and lifestyle changes presented will be tailored to every stage of life.



3:45 PM – 5:15 PM

How Not to Age

Michael Greger, MD

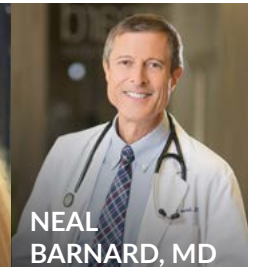
The term "anti-aging" should be reserved for interventions that target one or more of the established aging mechanisms. Nonpharmacological means to target these hallmarks of aging will be discussed and the common denominators of the diets and lifestyles of healthy, long-lived populations will be teased 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.



MEET OUR PRESENTERS



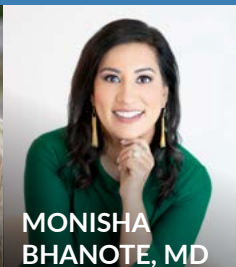
KAREN AVINO, RN



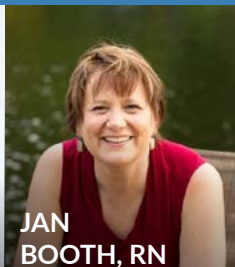
NEAL BARNARD, MD



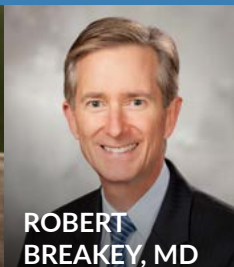
GENE BAUR



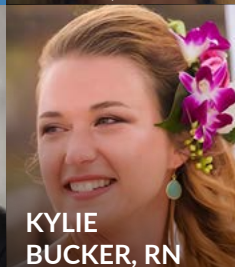
MONISHA BHANOTE, MD



JAN BOOTH, RN



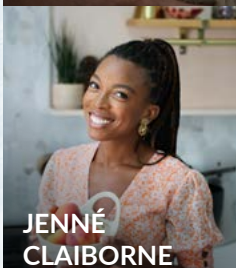
ROBERT BREAKEY, MD



KYLIE BUCKER, RN



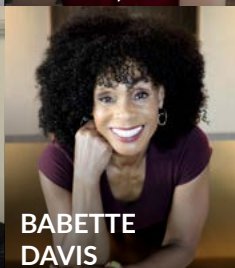
ROBERT CHEEKE



JENNÉ CLAIBORNE



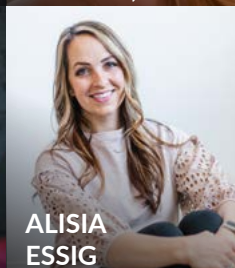
SANDY CLUBB



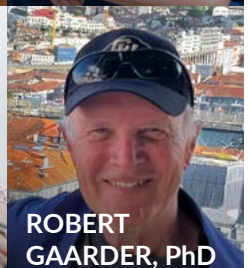
BABETTE DAVIS



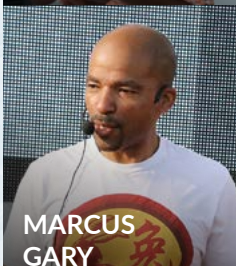
SHERI-LYNN DEMARIS



ALISIA ESSIG



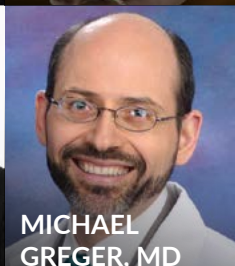
ROBERT GAARDER, PhD



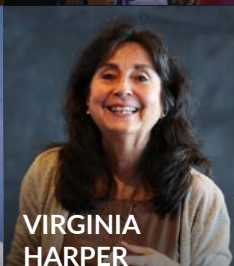
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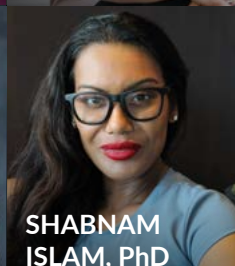
DAREN GRAINGER



MICHAEL GRÉGER, MD



VIRGINIA HARPER



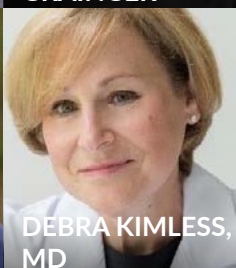
SHABNAM ISLAM, PhD



ALESE JONES



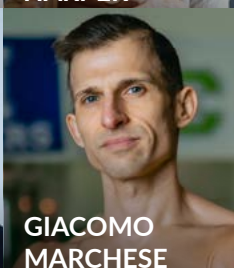
CYRUS KHAMBATTA, PhD



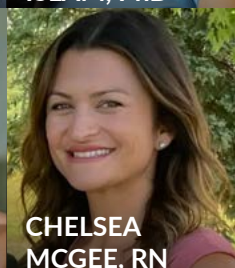
DEBRA KIMLESS, MD



MICHAEL KLAPER, MD



GIACOMO MARCHESE



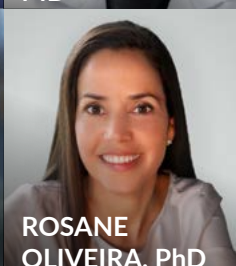
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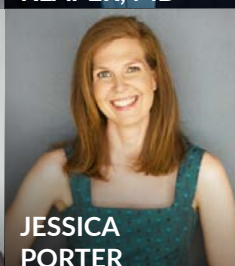
MAYUKO (COKO) NAKASHIMA



ILANA NEWMAN, MD



ROSANE OLIVEIRA, PhD



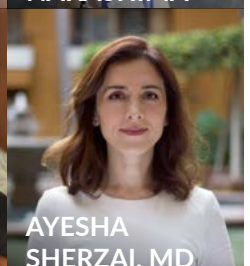
JESSICA PORTER



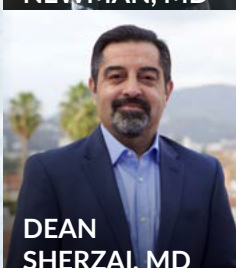
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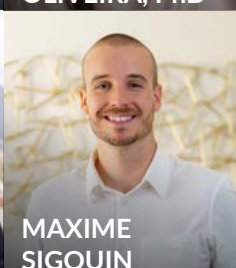
OCEAN ROBBINS



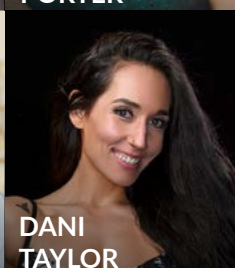
AYESHA SHERZAI, MD



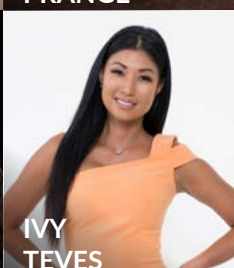
DEAN SHERZAI, MD



MAXIME SIGOUIN



DANI TAYLOR



IVY TEVES



CHRIS TUCKER



KOYA WEBB

PRESENTERS' BIOGRAPHIES & CLASSES

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

KAREN AVINO, EdD, RN

Karen Avino is the executive director of education for the Integrative Nurse Coach Academy, providing online and onsite continuing education programs for nurses. As a consultant, Karen assists healthcare organizations to create optimal healing environments and integrate holistic nursing into practice. She is a distinguished scholar of the Global Academy of Holistic Nursing (SGAHN) and board-certified as both an Advanced Holistic Nurse (AHN) and a Health & Wellness Nurse Coach (HWNC). She is co-author of *Holistic Nursing: A Handbook for Practice*. Karen is also a national and international speaker on holistic and integrative topics.

INTEGRATIVE NURSE COACHING: EMERGING OPPORTUNITIES
SUN / 2:00PM-3:00PM / AE

NEAL BARNARD, MD

Neal Barnard, MD, FACC, is an adjunct professor of medicine at the George Washington University School of Medicine in Washington, DC, and president of the Physicians Committee for Responsible Medicine. Dr. Barnard has led numerous research studies on diet and health, including a groundbreaking study of dietary interventions in type 2 diabetes, funded by the National Institutes of Health, that paved the way for viewing type 2 diabetes as

a potentially reversible condition for many patients. In 2015, he was named a fellow of the American College of Cardiology (FACC). In 2016, he founded the Barnard Medical Center in Washington, DC, as a model for making nutrition a routine part of all medical care. His latest book is *The Power Foods Diet: The Breakthrough Plan That Traps, Tames, and Burns Calories for Easy and Permanent Weight Loss*.

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

KEYNOTE: THE POWER FOODS DIET – A NEW NUTRITIONAL APPROACH TO WEIGHT CONTROL
SUN / 10:00AM-11:00AM / T

YOUR BODY IN BALANCE: HOW FOODS AFFECT HORMONES
SUN / 1:15PM-2:15PM / T

PANEL Q&A: CRUISIN' FOR KNOWLEDGE – DOCTORS' PANEL HOSTED BY SANDY PUKEL WITH DRS. NEAL BARNARD, MICHAEL GREGER, & MICHAEL KLAPER
SUN / 3:45PM-5:15PM / T

AN INTENSIVE PLANT-BASED DIET FOR TYPE 2 DIABETES
MON / 8:00AM-9:00AM / T

GENE BAUR

Gene Baur, hailed by *Time* magazine as “the conscience of the food movement” and named one of Oprah Winfrey’s SuperSoul 100 Givers, co-founded Farm Sanctuary in 1986. He initially funded the organization by selling vegan hot dogs from a VW van at Grateful Dead concerts. A pioneer in undercover investigations, he has educated millions about the plight of farm animals and the negative impacts of factory farming, inspiring an international farm sanctuary movement.

Gene played a key role in passing the first U.S. laws prohibiting inhumane animal confinement and continues working on systemic food industry reforms. His work has been covered by major media organizations outlets, including ABC, NBC, CBS, Fox, the *New York Times*, *The Los Angeles Times*, and *The Wall Street Journal*, among others. He has published two bestselling books, *Farm Sanctuary: Changing Hearts and Minds About Animals and Food* and *Living the Farm Sanctuary Life*.

KEYNOTE: FARM SANCTUARY – CHANGING HEARTS AND MINDS ABOUT ANIMALS AND FOOD
SAT / 4:15PM-5:15PM / T

FROM INSIDE THE SYSTEM
WED / 8:15AM-9:15AM / T



MONISHA BHANOTE, MD

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

CLEAN & GREEN: DETOXIFYING YOUR LIFESTYLE TO COMBAT AGING & CHRONIC DISEASE
TUES / 4:00PM-5:00PM / CR

KEYNOTE: SILENT TRIGGERS - THE HIDDEN IMPACT OF NERVOUS SYSTEM DYSREGULATION ON AUTOIMMUNE HEALTH
WED / 8:30AM-10:00AM / CR

WORKSHOP: GUT HEALTH ESSENTIALS - BUILDING YOUR MORNING & EVENING PLANT-BASED RITUAL FOR DIGESTIVE WELLNESS **
EXTRA FEE
FRI / 9:00AM-10:30AM / UL

PRIVATE SESSION: GUT HEALTH & LONGEVITY: FUNCTIONAL MEDICINE AND LIFESTYLE CONSULTATION

JAN BOOTH, RN

Jan Booth, a board-certified nurse of 38 years, has worked at the intersection of "quality of life" and "end of life." She is a hospice/palliative care nurse as well as an end-of-life coach and educator. She currently serves as a faculty member for the Conscious Dying Collective (a death doula training program), the Integrative Nurse Coach Academy, and the Art of Dying Institute's integrative certificate program for thanatology, a discipline that examines death from multiple perspectives including physical, spiritual, ethical and medical, among others. Jan presents workshops on end-of-life planning and the transformative possibilities of end-of-life care. Additionally, she is the author of *Re-Imagining the End-of-Life: Self-Development & Reflective Practices for Nurse Coaches*, and one of the co-authors of *Bold Spirit Caring for the Dying*.

YOU ARE HERE: CREATING A ROADMAP FOR THE REST OF YOUR LIFE
SUN / 1:30PM-2:30PM / UL

RE-IMAGINING THE END OF LIFE: LIVING AND DYING BASED ON WHAT MATTERS MOST
FRI / 10:30AM - 12:00PM / UL

PRIVATE SESSION: CO-CREATING A ROADMAP FOR THE REST OF YOUR LIFE

ROBERT BREakey, MD

Dr. Breakey is a fifth-generation graduate from the University of Michigan Medical School and has been a Lifestyle Medicine Family Physician in Ann Arbor since 1985. He has a special interest in plant-based health and nutrition to support people of all ages in optimizing their health and vitality. Dr. Breakey is chairman of the board for his

medical group, IHA (Integrative Healthcare Administration), serving over 500,000 patients in Southeast Michigan. He is board certified in Lifestyle Medicine and serves as the Medical Director for IHA's William J. Fileti (WJF) Center for Lifestyle Medicine." He is also chairman of the board for the "Plant-Based Nutrition Support Group" and is on the board of directors for the Plant-Based Prevention of Disease group and the Rochester Lifestyle Medicine Institute. He has presented hundreds of healthy living seminars to both lay and professional audiences over these last forty years, and continues to enjoy serving patients of all ages via his practice, Lifestyle Medicine Primary Care.

PLANT-BASED HEALTH & NUTRITION: TOP 10 THINGS YOU WANT TO KNOW
MON / 2:30PM-3:45PM / T

KEYNOTE: DR. BOB'S EIGHT KEYS FOR HEALTH & SUCCESS
TUES / 2:15PM-3:30PM / T

REMEMBER THE "STRESS RELATED" PILLARS...
FRI / 1:15PM-2:15PM / T

PRIVATE SESSION: HOW CAN I PREVENT DISEASES THAT RUN IN FAMILY/OR REVERSE THE ONES I HAVE

PRIVATE SESSION: LET'S LOOK AT YOUR LABS

KYLIE BUCKER, RN

Kylie Buckner is a registered nurse (RN) and has a Master of Science in Nursing Education (MSN). Prior to becoming a lifestyle coach, she worked in neonatal intensive care, pediatrics, and labor and delivery nursing for over sixteen years. She transitioned to work as a lifestyle coach to help people with all forms of diabetes live their best lives by educating and supporting them as they transition toward a plant-based approach using lifestyle tools to help them accomplish their

health goals. She has an in-depth understanding of the challenges of adopting a plant-based lifestyle, as well as an intimate understanding of blood glucose control. Kylie is also a certified yoga teacher and has been 100% plant-based since 2011.

KEYNOTE: DEBUNKING 7 MISLEADING AND DANGEROUS BLOOD SUGAR MYTHS

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

WORKSHOP: HOW TO OVERCOME YEARS OF INFLAMMATION, HIGH-BLOOD PRESSURE, HIGH CHOLESTEROL, AND HIGH BLOOD SUGAR USING SPECIFIC ANCIENT MEDICINAL PLANTS

THURS / 1:30PM-3:00PM / SK

PRIVATE CONSULTATION SESSION

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

FUNCTIONAL FITNESS

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

BUILD YOUR BODY ON A PLANT-BASED DIET

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

HOW TO BE AN IMPACTFUL VEGAN

THURS / 11:00AM-12:15PM / SK

PANEL Q&A: POWERED BY PLANTS WITH VEGAN ATHLETES ROBERT CHEEKE, ALISIA ESSIG, CYRUS KHAMBATTA, GIACOMO MARCHESI, MAXIME SIGOUIN, DANI TAYLOR, AND IVY TEVES

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

JENNÉ CLAIBORNE

Jenné Claiborne, vegan chef, content creator, and author of the *Sweet Potato Soul* cookbook, is known for creating colorful, unique,

and easy-to-make southern inspired vegan recipes.

She became vegan for ethical and animal welfare reasons, and was pleasantly surprised by the way it improved her health and happiness. Jenné has been featured on several shows

and in various other media outlets, including *The Today Show*, *The New York Times*, *The Washington Post*, and more. You can find her recipes on SweetPotatoSoul.com and in her cookbook, *Sweet Potato Soul*.

COOKING CLASS: LONG LIVE LENTILS

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

COOKING BOOT CAMP: VEGAN VIBES **EXTRA FEE

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

COOKING CLASS: SENSATIONAL SNACKS

THURS / 1:30PM-3:00PM / 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!

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



CHEF BABETTE DAVIS

Babette Davis is a renowned plant-based chef, fitness enthusiast, and motivational speaker from Inglewood, CA. She founded “Stuff I Eat,” her community’s first plant-based restaurant, in the early 2000s, attracting visitors globally. Originally a hairstylist, Babette became a self-taught kitchen chemist, blending healthy eating with bold flavors. At seventy-four years of age, she recently showcased her strength by performing an eight-minute plank on *The Tamron Hall Show*, where she was invited back to share her inspiring health journey. Her cookbook, *Cash In On Cashews*, features nutritious dessert recipes and garnered attention on *Home and Family*, *The Steve Harvey Show*, and *Access Hollywood*. Babette has appeared in the docuseries *Heart and Soul of a Champion* and on Issa Rae’s *Insecure*. Known for her daily motivation on social media, she is celebrated for her advocacy by Mercy for Animals, an international non-profit animal protection organization, and regularly headlines VegFest events across the globe!

FLOW & CONTROL: KINSTRETCH + GENTLE YOGA FUSION
SUN, MON, TUES, WED, THURS, FRI
/ 7:00AM-8:00AM / JP-P-18

FUELING PERFORMANCE: THE POWER OF A VEGAN DIET
SUN / 4:00PM – 5:00 PM / UL

AGING GRACEFULLY WITH PLANTS
WED / 3:30PM-5:00PM / CR

OCEAN BOUNTY: PLANT-BASED SEAFOOD CREATIONS
FRI / 8:45AM – 10:15AM / CR

COOKING BOOT CAMP: DECADENT RAW DESSERTS **EXTRA FEE
FRI / 2:30PM – 4:00PM / UL

SHERI-LYNN DEMARIS

Sheri-Lynn DeMaris is a macrobiotic teacher and cookbook author who has taught at restaurants and cooking schools throughout the United States and Europe. She

has consulted with chefs at top-rated restaurants, including the Ritz Carlton and the Williamsburg Inn. Additionally, Sheri has shared her knowledge with medical professionals at cutting-edge medical/health programs including the University of California San Diego School of Integrative Medicine and Hahnemann University. Sheri is a Level IV graduate of the Kushi Institute. She is the author of the book *Macro Magic for Kids and Parents*. Sheri is also the host, director, and producer of the alternative-health cooking show for television, *Macro Magic*, and the cooking pilot, *Macro for Mainstream*. In addition, she has created numerous cooking videos for children and produced a documentary film called *The Spirit of Rice*. More recently, she produced her second documentary entitled, *The Soybean Solution*. Sheri-Lynn is an international macrobiotic cooking teacher and counselor. She offers cooking classes and private counseling sessions online and in person through her websites, macromagic.com and macrobioticglobalinstitute.org.

BREAKING FREE FROM ADDICTION THROUGH DAILY FOOD CHOICES
MON / 3:45PM-5:00PM / UL

PRIVATE COOKING & LIFESTYLE CONSULTATION

ALISIA ESSIG

Ali Essig is a plant-based nutritionist, Pilates instructor and the founder of PlantWhys. She is the creator of plant-based courses and coaching where she empowers women to achieve a smaller waist through a plant-based diet combined with core and pelvic floor exercises. As a mother of six children, including twin baby boys, Ali found herself rushing to the emergency room with her thirty-seven-year-old husband who had just suffered a stroke. After multiple tests, doctors found no clear answers and encouraged

their family to eat a heart healthy diet by avoiding saturated fats, trans fats, cholesterol and to eat more fiber. Ali immersed herself in the research and found that eating a plant-predominant diet would not only decrease her husband’s risk of stroke, but also decrease ALL types of chronic disease. She now combines her almost two decades of experience teaching Pilates with a proven plant-based formula to help women finally have a stronger, more confident stomach. Ali regularly shares vegan recipes on her popular YouTube channel @PlantWhys and powerful plant-based insights on her Instagram account @PlantWhys.

PILATES MAT CLASS
SUN & WED / 7:00AM-8:00AM / UL

BARRE FUSION
MON & FRI / 7:00AM-8:00AM / UL

GLUTE POWER PILATES
TUES & THURS / 7:00AM-8:00AM / UL

PANEL Q&A: POWERED BY PLANTS WITH VEGAN ATHLETES ROBERT CHEEKE, ALISIA ESSIG, CYRUS KHAMBATTA, GIACOMO MARCHESE, MAXIME SIGOUIN, DANI TAYLOR, AND IVY TEVES
THURS / 3:30PM-5:00PM / CR

PRIVATE PILATES SESSION

RABBI LORING J. FRANK

A CONVERSATION ON MAINTAINING YOUR SPIRITUAL WELL-BEING
MON / 2:30PM-3:30PM / UL

PERSONAL CONSULTATION & CONVERSATION

ROBERT GAARDER, PhD

Dr. Robert Gaarder holds a PhD in Organization, Behavior and Development from George Washington University. He is a professional leadership coach, leadership trainer, and organization consultant. Since 2000, he has managed his own consulting firm, providing leadership coaching to



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small- to mid-sized professional service firms and non-profits, primarily in the Washington, DC area. He has led hundreds of training programs presenting topics including behavioral self-awareness, communication skills, emotional intelligence, negotiation skills, conflict management, organization change, group facilitation, and team development. Dr. Gaarder is an adjunct professor for Organization Behavior and Leadership in the MBA program at George Washington University and in 2018, he was selected as a Fulbright Professional, to lend his expertise to government and non-profit organizations overseas.

EMOTIONAL INTELLIGENCE: WHAT IS IT? WHY IT'S NECESSARY, AND HOW CAN IT BE DEVELOPED?
THURS / 1:30PM-2:30PM / UL

PERSONAL CONSULTATION: DEVELOPING YOUR EMOTIONAL INTELLIGENCE

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

PERSONAL CONSULTATION: DIGITAL MERIDIAN IMAGING (DMI) - KNOW THE HEALTH OF EACH OF YOUR TWELVE MAJOR ORGAN SYSTEMS

DAREN GRAINGER

Daren Grainger is an international life coach specializing in neuro-emotional coaching, yoga and sound healing. As co-founder of Lifestyle Design Men, he empowers men to cultivate holistic wellbeing and inner harmony. With his life partner, Koya Webb, Daren travels the world leading transformational wellness initiatives for couples, resorts, retreats and corporations. Their work is recognized globally for its profound impact on individuals and communities, inspiring lasting change and deeper connections.

GET LOVED UP WITH VINYASA FLOW YOGA

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

GET LOVED UP WITH VINYASA WORKSHOP: BREAKTHROUGH BREATHWORK & SOUND HEALING
**** EXTRA FEE**

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

MICHAEL GREGER, MD

A founding member and Fellow of the American College of Lifestyle Medicine, Michael Greger is a physician and internationally recognized speaker on nutrition. His science-based nonprofit, NutritionFacts.org, offers a free online portal hosting more than 2,000 videos and articles on a myriad of health topics. Dr. Greger is a sought-after lecturer and has presented at the Conference on World Affairs and the World Bank, testified before congress, and was invited as an expert witness in Oprah Winfrey's defense in the infamous "meat defamation" trial. He is a graduate of Cornell University

School of Agriculture and Tufts University School of Medicine. Dr. Greger is also an acclaimed author of the popular books *How Not to Die*, *The How Not to Die Cookbook*, *How Not to*

Diet, and *How Not to Age*, which became instant New York Times best sellers. More than a million copies of *How Not to Die* have been sold. All proceeds Dr. Greger receives from the sales of his books and speaking honoraria are donated directly to charity.



HOW NOT TO DIE: PREVENTING AND TREATING DISEASE WITH DIET

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

PANEL Q&A: CRUISIN' FOR KNOWLEDGE - DOCTORS' PANEL HOSTED BY SANDY PUKEL WITH DRs. NEAL BARNARD, MICHAEL GREGER, & MICHAEL KLAPER

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

KEYNOTE: WHAT IS THE ROLE OF ULTRA-PROCESSED PLANT-BASED PRODUCTS IN THE DIET?

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

HOW NOT TO AGE

FRI / 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.

DEEP DIVE INTO GUT HEALING

SUN / 1:45PM-3:00PM / SK

MACROBIOTICS DECODED

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

DISCUSSION GROUP: RECOVERY PANEL FOLLOW UP

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

PRIVATE MACROBIOTIC CONSULTATION WITH A GUT FOCUS

PRIVATE HEALTH ANALYSIS SCAN

SHABNAM ISLAM, PhD

Shabnam is a distinguished leader in the health and fitness industry. As a professor of kinesiology, celebrity trainer, multimedia journalist, and health spokesperson, she excels in promoting wellness nationwide. Her dedication to education and community health is evident in her acclaimed research, particularly in creating free and accessible fitness programs for at-risk communities. Proudly vegan, she serves as the academic director at Greener by Default, where she further influences and educates individuals regarding sustainable practices. Her work bridges education and advocacy, impacting both individual health and broader community well-being.

FLOW & CONTROL: KINSTRETCH + GENTLE YOGA FUSION

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

FUELING PERFORMANCE: THE POWER OF A VEGAN DIET

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

AGING GRACEFULLY WITH PLANTS

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

OCEAN BOUNTY: PLANT BASED SEAFOOD CREATIONS

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

PRIVATE CONSULTATION: SAIL TO WELLNESS - A PERSONALIZED HEALTH CONSULTATION ON THE OPEN SEA

ALESE JONES

Ms. Alese Jones received her teacher training certification in 1982 from Swami Satchidananda's Integral Yoga Programs. Following, she studied extensively with Sarah Powers, the founder of Insight Yoga, where she obtained her Yin/Mindfulness training. Alese also received her certification for Primary Ashtanga Vinyasa yoga from studying with David Swensen, an instructor and author of numerous books on Ashtanga yoga. Alese's teaching is grounded in over twenty-five years of experience in Asana practice and ten years in meditation. She holds a Bachelor's Degree in Fine Arts for dance from New York University.

Alese's skilled approach and intuitive abilities make her classes rewarding and challenging, allowing her students to deepen a practice of self-discovery and to explore their full potential. She believes that all aspects of fitness need to be addressed to create a strong, physical foundation where the mind can find rest and the spirit can be joyous. Alese is dedicated to sharing these practices that cultivate joy, wonder, expansiveness, and the boundless nature of the heart.

CHAIR YOGA

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

CYRUS KHAMBATTA, PhD

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

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

KEYNOTE:

DEBUNKING 7 MISLEADING AND DANGEROUS BLOOD SUGAR MYTHS

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

SEVEN FOODS TO MAKE NEW MITOCHONDRIA (AND DOUBLE YOUR ENERGY)

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

WORKSHOP: HOW TO OVERCOME YEARS OF INFLAMMATION, HIGH-BLOOD PRESSURE, HIGH CHOLESTEROL, AND HIGH BLOOD SUGAR USING SPECIFIC ANCIENT MEDICINAL PLANTS **EXTRA FEE

THURS / 1:30PM-3:00PM / SK

PANEL Q&A: POWERED BY PLANTS WITH VEGAN ATHLETES ROBERT CHEEKE, ALISIA ESSIG, CYRUS KHAMBATTA, GIACOMO MARCHESE, MAXIME SIGOUIN, DANI TAYLOR, AND IVY TEVES

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

PRIVATE CONSULTATION: INSULIN RESISTANCE REVERSAL

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.

EXPLORING MINOR CANNABINOIDS: UNDERSTANDING CBD, CBDA, DELTA-8 THC, AND BEYOND

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

MEDICAL CANNABIS: MYTH OR MEDICINE

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

WORKSHOP: WHAT YOUR NOSE KNOWS **EXTRA FEE

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

PRIVATE SESSION: HOLISTIC HEALTH CONSULTATION

MICHAEL KLAPER, MD

Dr. Michael A. Klaper is a graduate of the University of Illinois College of Medicine in Chicago. He has practiced acute care medicine in California, Hawaii, Canada, Florida and New Zealand. He is also a member of the American College of Lifestyle Medicine. After a career spanning fifty years as a primary care physician, Dr. Klaper, now focuses on the *Moving Medicine Forward* initiative, a non-profit where he shares with medical students and fellow health professionals the science behind health-promoting food and lifestyle choices that can arrest and reverse chronic disease. A long-time radio host and a pilot, Dr. Klaper has served as nutrition advisor to NASA's programs for space colonists on the Moon and Mars and on the Nutrition Task Force of the American Medical Students Association. On his website, *DoctorKlaper.com*, visitors can find the latest nutrition information through his numerous articles and videos are found at *Movingmedforward.org*, where you can learn about the Moving Medicine Forward initiative to promote medical schools to teach applied nutrition.

PANEL Q&A: CRUISIN' FOR KNOWLEDGE - DOCTORS' PANEL HOSTED BY SANDY PUKEL WITH DRs. NEAL BARNARD, MICHAEL GREGER, & MICHAEL KLAPER
SUN / 3:45PM - 5:15PM / T

KEYNOTE: WHAT I WISH I LEARNED IN MEDICAL SCHOOL ABOUT NUTRITION
TUES / 3:45PM-5:00PM / T



PHYSICIAN'S EYE - HEALER'S HEART

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

HARVESTING HEALTH: THE GROWING PAINS AND GAINS OF PLANT-BASED DIETS

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

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

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

MOBILITY MASTERY

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

PANEL Q&A: POWERED BY PLANTS WITH VEGAN ATHLETES ROBERT CHEEKE, ALISIA ESSIG, CYRUS KHAMBATTA, GIACOMO MARCHESE, MAXIME SIGOUIN, DANI TAYLOR, AND IVY TEVES
THURS / 3:30PM-5:00PM / CR

PRIVATE SPORTS NUTRITION CONSULTATION

CHELSEA MCGEE, RN

As a registered nurse and board-certified integrative nurse coach, Chelsea specializes in root cause healing modalities to help her clients restore balance in their lives. Her approach blends functional medicine and sound/energy healing with Eastern philosophies to harness the power of the mind and expand consciousness. Using a holistic and collaborative approach, clients discover their innate healing potential while learning how to embrace life's challenges as valuable lessons for their soul's evolution. Passionate about holistic health and spirituality, Chelsea empowers clients to access the deep inner healing and peace already within.

MEDITATION: AWAKENING THE SELF - A JOURNEY THROUGH CONSCIOUSNESS & CHAKRA HEALING

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

MAYUKO (COKO) NAKASHIMA

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

LIVING LIGHT: FASCIA, NERVOUS SYSTEM, & THE POWER OF GRAVITY

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

ILANA NEWMAN, MD

Dr. Ilana Newman attended medical school at the University of Arizona, followed by a residency in family medicine at Beth Israel Medical Center in New York and a fellowship in adolescent medicine at Mount Sinai Medical Center, also in New York. While in residency, Dr. Newman became frustrated with the limited treatment options she had for patients with back pain, which led her to complete the acupuncture program for physicians at UCLA. She also completed the National Acupuncture Detoxification Association program's (NADA) ear acupuncture training at Lincoln Hospital in the Bronx. While in New York, Dr. Newman also worked as a medical news reporter on the *Oxygen Network* and on daily video online medical news reports. After moving to South Florida, Dr. Newman took the basic and advanced acupuncture courses for physicians at the University of Miami. Several years later, she completed a fellowship in hospice and palliative medicine, also at the University of Miami. Today, she conducts inpatient palliative medicine consultations at the Memorial Hospital System in Broward County and teaches workshops on Korean Hand Therapy for the self-treatment of pain.

VAGUS NERVE STIMULATION – THE BACK DOOR TO THE BRAIN
SUN / 11:00AM-12:00PM / SK

KEYNOTE: TAKE PAIN CONTROL INTO YOUR OWN HANDS: RAPID & DRAMATIC PAIN RELIEF WITH KOREAN HAND THERAPY SELF-TREATMENT, PART I
MON / 3:00PM-4:30PM / CR



TAKE PAIN CONTROL INTO YOUR OWN HANDS: RAPID & DRAMATIC PAIN RELIEF WITH KOREAN HAND THERAPY SELF-TREATMENT, PART II
THURS / 11:00AM-12:30PM / AE

PRIVATE CORRESPONDENCE KOREAN HAND THERAPY FOR PAIN

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 to 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 2011-2021, 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: YOU ARE WHAT YOU EAT: WOMEN'S WEIGHT, BODY FAT & LIFE STAGES

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

YOU EAT WHAT YOU ARE: BUILDING A PLANT-BASED LIFE FROM THE INSIDE OUT

FRI / 8:45AM-10:00AM / T

WORKSHOP: SKINNY GENES – NUTRITION STRATEGIES FOR MUSCLE GAIN & FAT LOSS AT ANY AGE **EXTRA FEE

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

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

HYPNOSIS: EVERYTHING YOU ALWAYS WANTED TO KNOW BUT WERE AFRAID TO ASK
SUN / 2:45PM-3:45PM / UL

ONE SIMPLE TRICK THAT WILL CHANGE YOUR WHOLE LIFE (CHEWING)
WED / 3:45PM-5:00PM / UL

HOW HEALTHY ARE YOU?
THURS / 4:00PM-5:00PM / UL

PRIVATE HYPNOTHERAPY SESSION

KENNETH PRANGE

With forty-five years of experience, Ken has an extraordinary knowledge of the effect Macrobiotic principles and foods have on the body. This lifelong learning is transmitted to people with a great passion and energy, enthusing all to look at their own food and lifestyle choices and see where they can be changed for the better. Ken's passion for food, healing and oriental diagnosis started back in the 70s at the Community Health Foundation, in London's Old Street. Learning under the macrobiotic gurus of the time, Michio and Aveline Kushi, the desire for knowledge grew strongly and Ken soon moved to work and study at the Macrobiotic Institute of Berlin. It was here that Ken spent the next seven years studying, first to become a Naturopath (Heilpraktiker) and then learning the in-depth skills associated with Traditional Chinese

Medicine (TCM), acupuncture and moxibustion. Prompted by his wife Angela, Ken started to give nutritional and lifestyle consultations in Italy in 1992, which now, after thirty-two years has expanded to several European countries. His work experience also profits from the four years of intense activity at the famous Sha Wellness Clinic in Alicante, Spain. Currently Ken teaches the levels of Macrobiotic study in Valencia, Madrid and Lisbon as one of the few senior Macrobiotic teacher/consultants in Europe.

KEYNOTE: THE SEVEN STAGES OF SICKNESS

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

FIBROMYALGIA SYNDROME, CUP OVERFLOWING!

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

PROBIOTICS, THE DIGESTIVE SYSTEM AND NATURAL IMMUNITY

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

PRIVATE NUTRITIONAL & LIFESTYLE CONSULTATION: UNDERSTAND HOW TO INCREASE HEALTH AND VIALITY

GROUP NUTRITIONAL & LIFESTYLE CONSULTATION: A MACROBIOTIC DIAGNOSIS AND HOLISTIC HEALING

OCEAN ROBBINS

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

Forbes **Men's Health** **EATER** **Stanford MEDICINE**

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

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

REVOLUTIONIZING YOUR HEALTH: BREAKTHROUGHS IN FOOD, SCIENCE, & POSITIVE CHANGE

THURS / 8:45AM-10:00AM / CR

AYESHA SHERZAI, MD

Dr. Ayesha Z. Sherzai is a vascular neurologist and research scientist specializing in preventive neurology. After completing a dual residency in preventive medicine and neurology, she pursued a fellowship in vascular neurology and epidemiology at Columbia University Neurological Institute of New York. Dr. Sherzai holds a master's degree in Clinical Research from UCSD and is completing a second master's degree in Nutritional Epidemiology at Loma Linda University. She is a clinical associate professor at Charles Drew University, focusing on community research to prevent brain diseases. Recognizing the importance of empowering patients and communities, she completed an extensive culinary training program in New York and now teaches large populations how to prepare delicious, easy, and healthy meals to promote brain health. Together, with her husband, Dr. Dean Sherzai, she has written two best-selling books, *The Alzheimer's Solution* and *The 30-Day Alzheimer's Solution*. They currently lead the largest community-based brain health initiative in the United States.

COOKING CLASS: BRAIN FUEL BASICS – SIMPLE PREP FOR COGNITIVE WELLNESS

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

KEYNOTE: REVOLUTIONIZE BRAIN HEALTH – NUTRITION STRATEGIES FOR A SHARPER MIND

THURS / 1:30PM-2:30PM / T

COOKING BOOT CAMP: COOKING SMARTS FOR BRAIN AND BODY

****EXTRA FEE**

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

NOURISH TO FLOURISH: UNLOCKING THE POWER OF NUTRITION & LIFESTYLE FOR BRAIN HEALTH WITH DRs. AYESHA & DEAN SHERZAI

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

PERSONALIZED BRAIN HEALTH & LIFESTYLE CONSULTATION

DEAN SHERZAI, MD, PhD

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

LIFESTYLE STRATEGIES TO BOOST COGNITION & PREVENT DECLINE

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

KEYNOTE: UNLOCKING PEAK COGNITIVE PERFORMANCE: THE PATH TO BRAIN RESILIENCE & AGILITY DESCRIPTION

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

BUILDING LASTING HABITS FOR A HEALTHY MIND AND BODY

FRI / 10:15AM-11:30AM / T

NOURISH TO FLOURISH: UNLOCKING THE POWER OF NUTRITION & LIFESTYLE FOR BRAIN HEALTH WITH DRs. AYESHA & DEAN SHERZAI

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

PERSONALIZED BRAIN HEALTH & LIFESTYLE CONSULTATION

MAXIME SIGOUIN

Maxime is the founder and CEO of Fit Vegan Coaching, a company that is on a mission to support 10,000 people to get lean, thrive and disease-proof their bodies on plants by 2033 and one million by 2050. In the past four years alone, they've helped over 800 vegans and those veg-curious to completely transform their body's composition and health. They are one of the world's top whole food plant-based body recomposition coaching programs. Maxime is also the host of *The Fit Vegan Podcast* and is a hybrid endurance athlete demonstrating to the world what's possible when you fuel yourself with plants.

LEAN & TONED: PARTNER-POWERED FULL BODY BURN

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

LEGS OF STEEL: LOWER BODY BURNOUT

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

STRONG AT HOME: UPPER BODY CHALLENGE

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

PANEL Q&A: POWERED BY PLANTS WITH VEGAN ATHLETES ROBERT CHEEKE, ALISIA ESSIG, CYRUS KHAMBATTA, GIACOMO MARCHESE, MAXIME SIGOUIN, DANI TAYLOR, AND IVY TEVES

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

DANI TAYLOR

Dani Taylor is a twenty-two-year vegan and female bodybuilding champion as well as a 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.

RESISTANCE TRAINING ON THE GO
SUN & THURS / 7:00AM-8:00AM / MS-S-19

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

PANEL Q&A: POWERED BY PLANTS WITH VEGAN ATHLETES ROBERT CHEEKE, ALISIA ESSIG, CYRUS KHAMBATTA, GIACOMO MARCHESE, MAXIME SIGOUIN, DANI TAYLOR, AND IVY TEVES
THURS / 3:30PM-5:00PM / CR

IVY TEVES

Ivy Teves, a vital force behind Fit Vegan Coaching, empowers individuals to achieve optimal health through a whole-food, plant-based lifestyle and personalized fitness plans. A lifelong fitness enthusiast with a background in martial arts, Ivy is passionate about wellness and sustainability. As an ambassador for WWF and collaborator with PETA, she advocates for animal welfare and environmental preservation. Ivy also has experience in the clean beauty industry, having served as vice president of a skincare company focused on plant-based products. As a TV host for the *World Poker Tour*, she strives to inspire positive change and promote holistic living. Through her diverse roles, Ivy encourages others to embrace plant-powered health, mindful fitness, and sustainable practices for a better, more balanced life.

LEAN & TONED: PARTNER-POWERED FULL BODY BURN
MON / 7:00AM-8:00AM / MS-S-19

LEGS OF STEEL: LOWER BODY BURNOUT
WED / 7:00AM-8:00AM / MS-S-19

PANEL Q&A: POWERED BY PLANTS WITH VEGAN ATHLETES ROBERT CHEEKE, ALISIA ESSIG, CYRUS KHAMBATTA, GIACOMO MARCHESE, MAXIME SIGOUIN, DANI TAYLOR, AND IVY TEVES
THURS / 3:30PM-5:00PM / CR

STRONG AT HOME: UPPER BODY CHALLENGE

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

CHRIS TUCKER

As a Southern chef turned vegan, Chris discovered six short years ago that stunning baked goods and savory meals can be made without animal products. His offerings include delicate sponge cakes, perfectly balanced buttercreams, and remarkable six-course plant-based meals that even dedicated meat eaters love. Beyond his private chef work, he shares his expertise through digital content and on-camera appearances, including his role as a judge on *Peeled*, an all-vegan cooking competition. He has also appeared on *Inside Edition*, *California Live*, and ABC's *On the Red Carpet*. Chris has provided vegan desserts for high-profile events including Elton John's Oscar party and Steven Tyler's grammy party. Chris works with innovative brands as an executive chef, traveling the states to demo and promote their products. As director of culinary operations for The Hollywood Climate Summit and a partner with organizations including PETA, Chris is dedicated to promoting plant-based eating and supporting charitable causes.

FUELING PERFORMANCE: THE POWER OF A VEGAN DIET
SUN / 4:00PM - 5:00 PM / UL



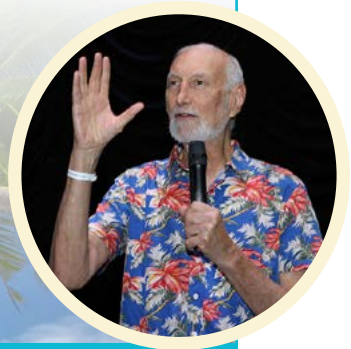
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AGING GRACEFULLY WITH PLANTS

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

OCEAN BOUNTY: PLANT BASED SEAFOOD CREATIONS

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

COOKING BOOT CAMP: DECADENT RAW DESSERTS

****EXTRA FEE**

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

KOYA WEBB

Koya Webb is a spirit-led, lifestyle entrepreneur specializing in holistic well-being. Known as a “transformational specialist,” she encourages sustainable lifestyle changes that maximize your ability to cultivate self-love, reverse life-threatening conditions and experience optimal health through her lifestyle design method. Koya’s Yoga School and Get Loved Up community of teachers inspire millions worldwide to practice more self-care, social justice and sustainable living. She is a highly regarded expert and editorial contributor with media outlets nationwide. Koya has appeared on NBC, CBS, *The Steve Harvey Show*, *E! Entertainment* and *Home & Family*. She has worked with a roster of celebrity clients. With over twenty years of experience in personal and professional development, Koya’s mission is to inspire optimal health and well-being worldwide. She can be found at koyawebb.com.

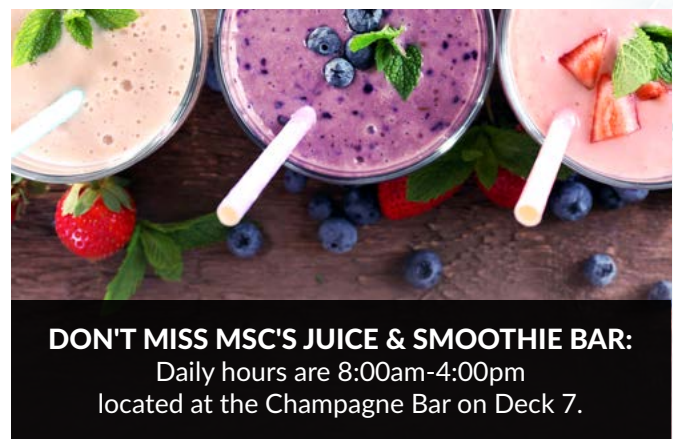
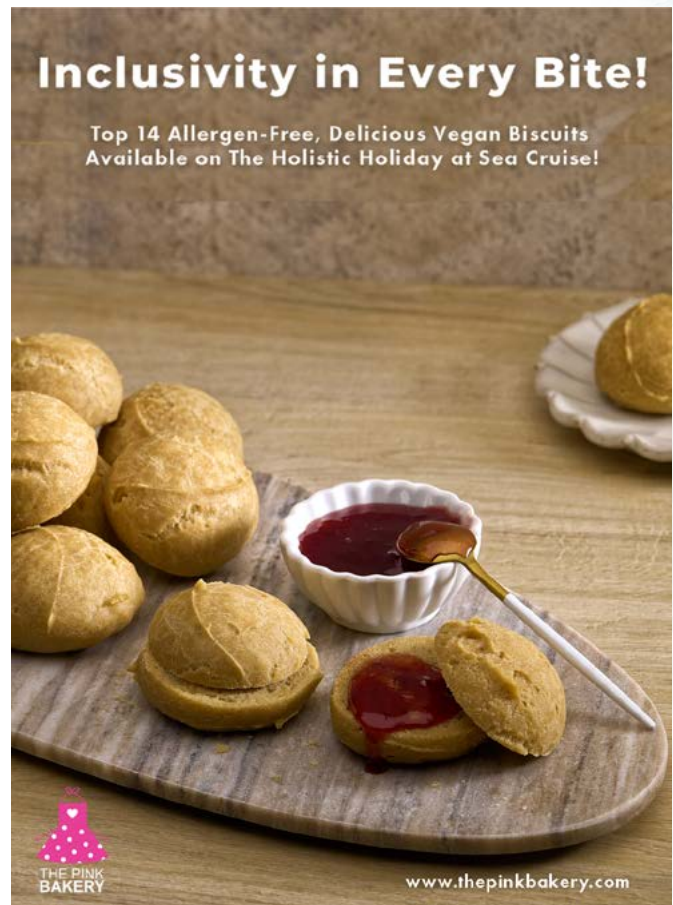
GET LOVED UP WITH VINYASA YOGA

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

WORKSHOP: BREAKTHROUGH BREATHWORK & SOUND HEALING **** EXTRA FEE**

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

PRIVATE YOGA & SOUND HEALING



YOUR HOST: SANDY PUKEL

Sandy Pukel has been intimately involved in the natural foods industry for over five decades and has established an international reputation as a leader in this field. He is a natural foods icon in South Florida, where he taught vegetarian cooking in the early 1970s and owned and operated the landmark Oak Feed natural foods store, a mecca for people interested in health and well-being. Together with world macrobiotic leader Michio

Kushi, Sandy established a network of learning centers throughout Florida to teach natural foods cooking and holistic health. In 1984, he founded a nonprofit educational foundation, A Taste of Health, which has hosted celebrities and internationally-known holistic educators at conferences and open air festivals. More than 30,000 guests and students have attended some of these events. As a board-certified nutritionist, he works with clients regarding lifestyle changes and dietary needs. Sandy has also been instrumental in the establishment of several natural foods businesses, including world-leader Miso Master. His cookbook, *Grains and Greens on the Deep Blue Sea*, is the direct outcome of Sandy’s latest venture, Holistic Holiday at Sea, a holistic Caribbean and Alaska cruise featuring delicious vegan foods and an education program that includes yoga, Pilates, macrobiotics, meditation, cooking classes, and much more.

CONSULTATIONS & WORKSHOPS

Practitioners' biographies can be found listed in alphabetical order in the Presenters' Biographies & Course Description section. For complete descriptions of consultations and workshops, see pages 53. To make an appointment, please visit our Hospitality Desk on Deck 7, Atrium mid-ship, starboard side.

MONISHA BHANOTE, MD

WORKSHOP: Gut Health Essentials – Building Your Morning & Evening Plant-Based Ritual for Digestive Wellness
\$150/person, 90 minutes
Private Consultation: Gut Health & Longevity – Functional Medicine & Lifestyle Consultation
\$500/person, 45 minutes
\$750/couple, 60 minutes

JAN BOOTH, RN

Private Session: Co-creating a Roadmap for the Rest of Your Life
\$200/person, 75 minutes

ROBERT BREAKEY, MD

Private Session: How Can I Prevent Diseases That Run in my Family or Reverse the Ones I Have
\$500/person, 60 minutes
Private Session: "Let's Look at Your Labs"
\$500/person, 60 minutes

KYLIE BUCKNER, RN

WORKSHOP: How to Overcome Years of Inflammation, High-Blood Pressure, High Cholesterol, and High Blood Sugar Using Specific Ancient Medicinal Plants
\$150/person, 90 minutes
Private Consultation
\$300/person, 30 minutes

JENNÉ CLAIBORNE

Cooking Boot Camp: Vegan Vibes
\$150/person, 90 minutes

CHEF BABETTE DAVIS

Cooking Boot Camp: Decadent Raw Desserts
\$150/person, 90 minutes

SHERI-LYNN DEMARIS

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

ALISIA ESSIG

Private Pilates Mat Work
\$150/person, 60 minutes
\$200/couple, 60 minutes

RABBI LORING J. FRANK

Personal Consultation & Conversation
\$100/person, 60 minutes
\$150/couple, 60 minutes

ROBERT GAARDER, PhD

Personal Consultation: Developing Your Emotional Intelligence
\$250/person, 60 minutes

MARCUS GARY & TEAM

Digital Meridian Imaging (DMI) - Know the Health of Each of Your Twelve Major Organ Systems
\$80/person, 45 minutes

VIRGINA HARPER

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

SHABNAM ISLAM, PhD

Private Consultation: Sail to Wellness – A Personalized Health Consultation on the Open Sea
\$300/person, 90 minutes

CYRUS KHAMBATTA, PhD

WORKSHOP: How to Overcome Years of Inflammation, High-Blood Pressure, High Cholesterol, and High Blood Sugar Using Specific Ancient Medicinal Plants
\$150/person, 90 minutes
Private Consultation: Insulin Resistance Reversal
\$300/person, 30 minutes

DEBRA KIMLESS, MD

WORKSHOP: What Your Nose Knows
\$175/person, 90 minutes
Space is limited to 15 participants
Private Session: Holistic Health Consultation – Utilizing a Whole Foods Plant-Based Diet, Cannabinoids, Herbs & Medicinal Mushrooms for Optimal Well-being
\$350/person, 60 minutes

GIACOMO MARCHESE

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

MAYUKO 'COKO' NAKASHIMA

Private Consultation: Walk Your Way to Better Posture, Balance, and a Clearer Mind
\$300/person, 60 minutes

ILANA NEWMAN, MD

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

ROSANE OLIVEIRA, PhD

WORKSHOP: Skinny Genes – Nutrition Strategies for Muscle Gain & Fat Loss at Any Age
\$150/person, 75 minutes

JESSICA PORTER

Hypnotherapy Session
\$300/person, 90 minutes

KENNETH PRANGE

Private Nutritional & Lifestyle Consultation: Understand How to Increase Health and Vitality
\$350/person, 90 minutes
Group Nutritional & Lifestyle Consultation: A Macrobiotic Diagnosis and Holistic Healing
\$150/person, 90 minutes

AYESHA SHERZAI, MD

COOKING BOOT CAMP: Cooking Smarts for Brain & Body
\$150/person, 90 minutes
Personalized Brain Health & Lifestyle Consultation with Dr. Ayesha Sherzai
\$500/person, 60 minutes
\$350/person, 30 minutes
\$750/couple, 60 minutes
\$525/couple, 30 minutes

DEAN SHERZAI, MD

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

DANI TAYLOR

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

CHRIS TUCKER

COOKING BOOT CAMP: Decadent Raw Desserts
\$150/person, 90 minutes

KOYA WEBB

WORKSHOP: Breakthrough Breathwork & Sound Healing
\$150/person, 90 minutes
Private Yoga & Sound Healing
\$150/person, 60 minutes

MONISHA BHANOTE, MD

WORKSHOP: Gut Health Essentials – Building Your Morning & Evening Plant-Based Ritual for Digestive Wellness

In this hands-on workshop, Dr. Monisha Bhanote introduces practical, plant-based rituals designed to support and restore gut health. Attendees will explore their unique digestive “type” through an Ayurvedic lens, identifying specific characteristics that influence digestion and overall health. Using this personalized approach, participants will learn how to incorporate targeted foods and daily practices that bring digestive balance, reduce inflammation, and optimize gut health. The workshop will guide attendees through creating effective morning and evening routines tailored to their digestive needs. Morning practices will focus on setting the stage for optimal digestion, including hydration strategies, mindful eating habits, and a gentle breathing technique to stimulate the body’s digestive readiness. For the evening, participants will learn how to unwind and prepare the digestive system for restful sleep, exploring options like calming herbal teas, light stretching, and mindful journaling to reflect on and support gut health. Each participant will leave with practical morning and evening wellness checklists that align with their Ayurvedic digestive “type.” This 90-minute session provides actionable, easy-to-implement strategies that attendees can start using immediately to support their unique digestive health. By aligning plant-based nutrition



with Ayurvedic principles, this workshop empowers participants to take charge of their gut health with personalized, sustainable practices that foster daily balance and wellness.

\$150/person, 90 minutes

Gut Health & Longevity: Functional Medicine & Lifestyle Consultation

Dr. Monisha Bhanote offers tailored consultations for individuals and couples seeking expert guidance on digestive health and longevity. These personalized sessions provide strategies to support optimal gut function, balanced nutrition, and lifestyle interventions aimed at enhancing vitality and health span. Dr. Bhanote also offers insights into current treatment plans for chronic conditions, providing clear explanations of diagnostic tests and actionable steps for improving overall health. Through a holistic approach grounded in functional medicine, these consultations empower clients to make informed choices that foster long-term well-being.

\$500/person, 45 minutes
\$750/couple, 60 minutes

JAN BOOTH, RN

Private Sessions: Co-creating a Roadmap for the Rest of Your Life

We have found that our health care system is often limited in terms of the options it gives for living with serious illness and through the end of life. Many people don’t know they have choices – or that they can co-create a map with a health care team to plan for end-of-life events. As we age, many people haven’t

considered how we are guided to make decisions about the last part of life. Maps based on your values can be helpful when approaching unknown, unfamiliar territory. Jump start the creation of your own life map with a private consultation with end-of-life nurse and educator, Jan Booth.

\$200/person, 75 minutes

ROBERT BREAKEY, MD

Private Session: How Can I Prevent Diseases That Run in my Family or Reverse the Ones I Have

Our most common chronic diseases in America, including diabetes, heart disease, hypertension, high cholesterol, chronic kidney disease, many autoimmune diseases and several cancers are largely preventable, and at times reversible with some straightforward lifestyle changes. I will review your current health history and provide you with customized lifestyle medicine coaching recommendations to support you in optimizing your chances of living a long and fulfilling life.

\$500/person, 60 minutes

Private Session: “Let’s Look at Your Labs”

Bring your lab results on the cruise and we will review them in a health coaching session looking for opportunities to make changes to your food choices, supplements, exercise routines and other lifestyle medicine related opportunities to help lower your risk of future health challenges while enhancing your well-being.

\$500/person, 60 minutes

KYLIE BUCKNER, RN

WORKSHOP: How to Overcome Years of Inflammation, High-Blood Pressure, High Cholesterol, and High Blood Sugar using Specific Ancient Medicinal Plants

In this interactive workshop, we'll explore ancient medicinal plants that have been used for thousands of years to lower blood pressure, lower cholesterol, lower triglycerides, and blood glucose. We'll journey into the world of medicinal plants that have documented chronic disease reversal properties, and show you how you can get your hands on them quickly and easily without breaking the bank.

\$150/person, 90 minutes

Private Consultation

In this 30-minute private session with Kylie Buckner, RN, you'll get a chance to review your personal health history, and receive guidance about how to

create a path to lower blood glucose, weight loss, and improved energy. Join Kylie for a one-on-one, personalized approach to optimizing your metabolic health from the inside out.

\$300/person, 30 minutes

JENNÉ CLAIBORNE

COOKING BOOT CAMP: Vegan Vibes

Join Jenné for a taste of Vegan Vibes! In this class, we'll explore exciting recipes from her new cookbook, *Sweet Potato Soul Vegan Vibes*, including refreshing hibiscus pineapple skin tea, savory sweet potato scallion pancakes, creamy pea pesto pasta, and indulgent miso banana pudding. Each dish showcases plant-based ingredients in bold, unexpected ways, perfect for anyone looking to elevate their vegan cooking. Bring your appetite for flavor and fun!

\$150/person, 90 minutes

CHEF BABETTE DAVIS

COOKING BOOT CAMP: Decadent Raw Desserts

Indulge your sweet tooth in our "Decadent Raw Desserts" cooking class, where you'll learn to create delicious, guilt-free treats using wholesome, natural ingredients. Discover the art of making rich, creamy desserts without the use of refined sugars or dairy! In this hands-on class, you'll be guided through the process of crafting delightful raw treats including luscious chocolate pudding, vibrant key lime pie, and Chef Babette's famous Sweet Potato Pie. You'll explore techniques for blending and layering flavors to create desserts that are as beautiful as they are nutritious. Whether you're a seasoned chef or a curious beginner, this class will inspire you to embrace the world of raw desserts and elevate your culinary skills. Join Chef Babette and Chef Chris Tucker for this interactive and

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informative experience that proves healthy can be absolutely delicious!

\$150/person, 90 minutes

SHERI-LYNN DEMARIS

Private Cooking & Lifestyle Consultation

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

\$400/person, 60 minutes

ALISIA ESSIG

Private Pilates Mat Work

In a private, one-on-one Pilates session, we'll begin with a comprehensive assessment to check for diastasis recti, a condition where the two muscles in front of the belly separate, and discuss any areas that may need extra support, including previous injuries, scoliosis, or osteoporosis. From there, you'll be guided through customized exercises focused on strengthening your pelvic floor and deep core muscles, helping you build stability, improve posture, and enhance flexibility safely. I'll provide targeted adjustments and modifications to ensure each

movement suits your unique needs, allowing you to progress confidently and comfortably toward your goals.

\$150/person, 60 minutes
\$200/couple, 60 minutes

RABBI LORING J. FRANK

Personal Consultation & Conversation

Rabbi Frank is a spiritual leader and a physician of the soul. He has been practicing both macrobiotics and a vegan lifestyle for over fifty years. His wisdom of experience through his Sage-ing and his lifestyle choices brings an uplifting informative and spiritual experience to many in the hopes to make the world a better place. This private and candid conversation is an opportunity to enlighten your personal physical, spiritual, and emotional health through the Rabbi's expert guidance.

\$100/person, 60 minutes
\$150/couple, 60 minutes

ROBERT GAARDER, PhD

Personal Consultation: Developing Your Emotional Intelligence

One of the many components of well-being is our emotional intelligence. In this consultation, Dr. Gaarder will help you develop behavioral self-awareness, which he believes is the biggest indicator of leadership success. You will become familiar with new concepts to understand where your strengths and weakness lie, and find areas that can be targeted and improved over time.

\$250/person, 60 minutes

MARCUS GARY & TEAM

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.

\$80/person, 45 minutes

VIRGINA 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 your 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, 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

SHABNAM ISLAM, PhD

Private Consultation: Sail to Wellness – A Personalized Health Consultation on the Open Sea

Embark on a unique journey to better health with a personalized, 90-minute wellness consultation,

guided by a clinical exercise physiologist. Begin with a 30-minute one-on-one session to discuss your health history, assess your personal goals, and identify the steps to reach your optimal well-being. From there, we'll explore a comprehensive health assessment, functional movement screen, and fitness testing to measure your muscular endurance, flexibility, and cardiovascular fitness. Along with personalized exercises designed to improve your performance, this experience will also leave you equipped with valuable insights into your health and a clear path forward toward your fitness goals—all while embracing the restorative energy of the open sea.

\$300/person, 90 minutes



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CYRUS KHAMBATTA, PhD

WORKSHOP: How to Overcome Years of Inflammation, High-Blood Pressure, High Cholesterol, and High Blood Sugar using Specific Ancient Medicinal Plants

In this interactive workshop, we'll explore ancient medicinal plants that have been used for thousands of years to lower blood pressure, lower cholesterol, lower triglycerides, and blood glucose. We'll journey into the world of medicinal plants that have documented chronic disease reversal properties, and show you how you can get your hands on them quickly and easily without breaking the bank.

\$150/person, 90 minutes

Private Consultation: Insulin Resistance Reversal

In this 30-minute private session with Cyrus Khambatta, PhD, you'll receive expert guidance, discuss individual concerns, and set customized goals. Ideal for people wanting to lower blood glucose, reverse prediabetes, reverse type 2 diabetes, lower blood pressure, lower cholesterol, and overcome years of metabolic inflammation. Join Dr. Khambatta for a one-on-one, personalized approach to optimizing your metabolic health.

\$300/person, 30 minutes

DEBRA KIMLESS, MD

WORKSHOP: What Your Nose Knows

We will explore the world of terpenes, the molecules that create the scent and taste to the cannabis plant. We will learn how they interact with our body. We will then use our nose to sniff out how terpenes makes each of us feel. Using your nose will help to guide

you towards the strain or cultivar that could be beneficial for you.

\$175/person, 90 minutes
Space is limited to 15 participants

Private Session: Holistic Health Consultation

Utilizing a whole foods plant-based diet, cannabinoids, herbs and medicinal mushrooms for optimal well-being, this consultation will include going over a medical history, current medical conditions and medications, defining health goals, and making health changes.

\$ 350/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

MAYUKO 'COKO' NAKASHIMA

Private Consultation: Walk Your Way to Better Posture, Balance, and a Clearer Mind

Transform walking into a tool for improved posture, physical balance, and mental clarity. In this hands-free, guided consultation, Coko will help you understand your individual walking mechanics and alignment with a walking and posture analysis that will identify areas of imbalance and tension.

Applying guided feedback, subtle adjustments and movement cues will help you incorporate mindful walking into your day, while naturally enhancing your posture, balance and mental well-being.

This interactive session is ideal for anyone seeking to enhance their posture, mobility, and mindset through natural, dynamic movement. No prior experience is needed—just bring a curious mind and take the first steps toward a more balanced and harmonious you!

\$300/person, 60 minutes



ILANA NEWMAN, MD

Private Consultation: Correspondence Korean Hand Therapy for Pain

Dr. Newman will locate the precise points on your hands to reduce your headache, neck and back pain, or joint pain. Once the points are located, you will be able to treat your own pain whenever it recurs in the same places. Prior attendance at Dr. Newman's lecture is not required.

\$100/person, 45 minutes

ROSANE OLIVEIRA, PhD

WORKSHOP: Skinny Genes – Nutrition Strategies for Muscle Gain & Fat Loss at Any Age

In this workshop, we'll explore the science of how food impacts body composition, exploring which foods to prioritize and avoid to build muscle and reduce body fat—no matter your genetic predisposition or age. You'll discover how specific nutrients and meal timing can help optimize muscle gain and fat loss while learning to fuel your body in a way that supports your individual goals. From protein-rich plant sources to metabolism-boosting food, we'll cover practical evidence-based strategies that empower you to take control of your health and reshape your body for lasting results.

\$150/person, 75 minutes

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

KENNETH PRANGE

Private Nutritional & Lifestyle Consultation: Understand How to Increase Health and Vitality

Ken is a certified naturopath, nutritionist and practitioner of Traditional Chinese Medicine (TCM). He has forty years of experience in this field. In this consultation, Ken will help you to understand your own biological limitations. He will guide you to choose the correct combination of foods by raising awareness for your own physical, mental and emotional needs. Reversing food cravings and elevating energy levels is only the beginning of your journey to take responsibility for your own health.

\$350/person, 90 minutes

Group Nutritional & Lifestyle Consultation: A Macrobiotic Diagnosis and Holistic Healing

Ken will offer the opportunity to participants to partake in the spontaneity of macrobiotic diagnosis and holistic healing.

**\$150/person, 90 minutes
Limited to 10 participants**

AYSHEA SHERZAI, MD

COOKING BOOT CAMP: Cooking Smarts for Brain & Body

Unleash the power of flavor and nutrition in this hands-on cooking bootcamp designed to fuel your brain and body! In just 90 minutes, learn to make two delicious, nutrient-packed dishes: a comforting Miso Broccoli Cheesy Soup and a hearty Lentil Bolognese topped with Walnut Parmesan. You'll discover how these recipes

use plant-based ingredients to support cognitive health, reduce inflammation, and provide lasting energy. Together, we'll explore the nutritional benefits of miso for gut health, broccoli for cognitive support, and walnuts for healthy fats, while mastering techniques to make brain-boosting meals you'll want to recreate at home.

\$150/person, 90-minutes

Personalized Brain Health & Lifestyle Consultation with Dr. Ayesha Sherzai

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

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

DEAN SHERZAI, MD

Personalized Brain Health & Lifestyle Consultation with Dr. Dean Sherzai

Join Dr. Sherzai for a tailored consultaion with expert advice on neurological conditions including cognitive health, stroke prevention, headaches and other neurodegenerative diseases. These sessions are designed to provide personalized strategies for cognitive enhancement, preventive

neurology, evidence-based lifestyle intervention and second opinions of current interventions that individuals may be enrolled in. In addition, a discussion of current treatment plans for neurological conditions, and an explanation of neuroimaging and other diagnostics can be offered.

\$500/person, 60 minutes

\$350/person, 30 minutes

\$750/couple, 60 minutes

\$525/couple, 30 minutes

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



CHRIS TUCKER

COOKING BOOT CAMP: Decadent Raw Desserts

Indulge your sweet tooth in our "Decadent Raw Desserts" cooking class, where you'll learn to create delicious, guilt-free treats using wholesome, natural ingredients. Discover the art of making rich, creamy desserts without the use of refined sugars or dairy! In this hands-on class, you'll be guided through the process of crafting delightful raw treats including luscious chocolate pudding, vibrant key lime pie, and Chef Babette's famous Sweet Potato Pie. You'll explore techniques for blending and layering flavors to create desserts that are as beautiful as they are nutritious. Whether you're a seasoned chef or a curious beginner, this class will inspire you to embrace the world of raw desserts and elevate your culinary skills. Join Chef Babette and Chef Chris Tucker for this interactive and informative experience that proves healthy can be absolutely delicious!

\$ 150/person, 90 minutes

KOYA WEBB

WORKSHOP: Breakthrough Breathwork & Sound Healing

Koya will guide you through a dynamic breathwork practice that uses intentional and rhythmic breathing patterns to help you access deeper layers of your consciousness. This powerful technique promotes the release of stuck emotions, stress, and energetic blockages, allowing for profound breakthroughs and emotional healing. By harnessing the power of your breath, you'll tap into inner wisdom, gain clarity, and experience heightened states of awareness. This workshop is for anyone looking to release stress, shift emotional patterns or connect more deeply with themselves. It is especially beneficial for those seeking personal growth, clarity, and healing on a deeper level.

\$150/person, 90 minutes

Private Yoga & Sound Healing

Step into a soulful journey of movement and stillness with Koya Webb's Get Loved Up Flow. This multi-level Vinyasa class transitions seamlessly into a restorative Hatha sequence and culminates in the healing vibrations of sound. Designed to align mind, body and spirit, this flow is your opportunity to nurture yourself holistically. This class provides a transformative blend of movement, mindfulness and sound that leaves you feeling balanced, refreshed and deeply connected. Whether you're seeking physical release, emotional grounding, or spiritual renewal, the Get Loved Up Flow offers something for everyone.

\$150/person, 60 minutes

FITNESS AND MEDITATION CLASSES

ROBERT CHEEKE

FUNCTIONAL FITNESS

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

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

ALISIA ESSIG

PILATES MAT CLASS

Join Ali Essig for a transformative Pilates mat class designed to strengthen your deep core and pelvic floor muscles while improving posture and flexibility. In this session, you'll enjoy gentle, yet challenging, exercises that target the entire body, with expert modifications for all fitness levels. Ali's focus on functional strength and deep core work helps to build a solid foundation to support an active lifestyle – perfect for anyone looking to boost core strength, enhance flexibility, and improve functional movements. Grab your mat and let's get moving!

SUN & WED / 7:00AM-8:00AM / UL

BARRE FUSION

Get ready to sculpt and tone with Ali Essig in this energizing Barre Fusion class! Combining the precision of Pilates, the grace of ballet, and the strength-building of functional movements, this class targets your core, glutes, arms, and legs with low-impact, high-repetition exercises that are paired with music. Ali's expert guidance ensures that every movement supports core stability and alignment, with modifications provided for all levels. Expect a fun, full-body workout that boosts endurance, improves balance, and leaves you feeling stronger and more confident with every step.

MON & FRI / 7:00AM-8:00AM / UL



Used on board in these dishes:

- Tempeh & Vegetable Tagine • Red Lentil Harissa Soup • Creamy Carrot-Dill Soup • Kidney Bean & Walnut Pate Seitan Stroganoff • Beet & Cabbage Borscht • No-Mato Minestrone • Jamaican Jerk Tofu • Island Lentil Soup • Mexican Black Bean Soup • Thai Tom Kha Soup • Tri-Colore Salad with Lentils •

GLUTE POWER PILATES

Boost strength and stability in this Pilates class with an emphasis on glute-focused moves! Ali Essig guides you through targeted exercises designed to tone and activate your glutes, with core-strengthening work to complement the burn. This class combines classic Pilates with dynamic glute-intensive moves, leaving you feeling balanced, strong, and energized. Get ready – by the end, you'll be ready to kick some booty!

TUES & THURS /
7:00AM-8:00AM / UL

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.

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

ALESE JONES

CHAIR YOGA

Chair Yoga is a gentle form of yoga that adapts traditional poses to be performed while seated or using a chair for support, making it accessible for people of all ages and fitness levels, especially those with mobility challenges or physical limitations. This practice focuses on improving flexibility, strength, and balance, while promoting relaxation and mindfulness. By incorporating breathwork and simple stretches, Chair Yoga helps enhance overall well-being, reduce stress, and improve posture, all while providing a safe and comfortable environment for participants.

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

DR. SHABNAM ISLAM & BABETTE DAVIS

FLOW & CONTROL: KINSTRETCH + GENTLE YOGA FUSION

Discover the powerful combination of KINSTRETCH and gentle yoga in this innovative daily practice. This class seamlessly blends controlled articular rotation techniques (CARs) with flowing yoga movements to enhance your body awareness, flexibility, and functional strength. The first part of the class will highlight KINSTRETCH's scientific approach to mobility training where you'll learn to identify and address movement limitations while developing greater body control. The second part of the class

incorporates gentle yoga elements, which provide a mindful foundation for breathing and relaxation, creating a comprehensive practice that supports both physical development and inner awareness. Perfect for all levels, this class will help you build usable range of motion, prevent injury, and improve overall movement quality. Join Dr. Islam, assisted by Chef Babette, to explore the transformative benefits of this unique movement practice.

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

GIACOMO MARCHESE

VEGAN STRONG BOOT CAMP

Get ready to unleash your inner vegan athlete in Giacomo Marchese's electrifying Vegan Strong Boot Camp! Join us for a high-octane fitness experience that combines the power of bodyweight exercises and dynamic band workouts. Whether you're a seasoned athlete, or new to fitness, you will leave you feeling stronger, more resilient, and exhilarated. While there is jumping in this class, there are also low impact modifications that do not require jumping.

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

MOBILITY MASTERY

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

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



CHELSEA MCGEE, RN

MEDITATION: AWAKENING THE SELF - A JOURNEY THROUGH CONSCIOUSNESS & CHAKRA HEALING

Join us for a transformative six-session meditation series designed to explore and heal the energy centers of the body while deepening your consciousness. Each session will guide you through a unique theme, integrating mindfulness practices and chakra work to cultivate emotional balance, self-awareness, and spiritual growth. Perfect for both beginners and seasoned meditators, this series will empower you to connect with your inner self and promote holistic well-being.

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

MAXIME SIGOUIN & IVY TEVES

LEAN & TONED: PARTNER-POWERED FULL BODY BURN

Sculpt and strengthen every muscle with this dynamic, no-equipment full-body workout using just your body weight and a partner!

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



LEGS OF STEEL: LOWER BODY BURNOUT

Transform your lower body with this partner-supported, no-equipment, leg workout that tones and builds endurance.

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

STRONG AT HOME: UPPER BODY CHALLENGE

Boost your upper body strength with this creative, weight-free workout designed for home fitness success.

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

DANI TAYLOR

RESISTANCE TRAINING ON THE GO

Get ready to build strength, sculpt your muscles, and improve your fitness—all with the power of exercise bands! This class is perfect for anyone looking to maximize their strength training without a gym.

Whether you're new to bands or looking to add variety to your routine, you'll learn how to use these versatile tools to target every major muscle group.

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

POSTURE 101

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

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

KOYA WEBB & DAREN GRAINGER

GET LOVED UP FLOW WITH VINYASA YOGA

Step into a soulful journey of movement and stillness with Koya Webb's Get Loved Up Flow. This multi-level Vinyasa class transitions seamlessly into a restorative Hatha sequence and culminates in the healing vibrations of sound. Designed to align mind, body and spirit, this flow is your opportunity to nurture yourself holistically. This class provides a transformative blend of movement, mindfulness and sound that leaves you feeling balanced, refreshed and deeply connected. Whether you're seeking physical release, emotional grounding, or spiritual renewal, the Get Loved Up Flow offers something for everyone.

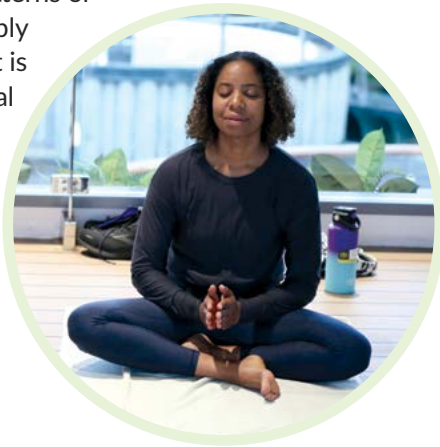
SUN, MON, TUES, WED, THURS, FRI / 7:00AM-8:00AM / MS-P-19



**WORKSHOP: BREAKTHROUGH
BREATHWORK & SOUND HEALING**
****EXTRA FEE**

Koya will guide you through a dynamic breathwork practice that uses intentional and rhythmic breathing patterns to help you access deeper layers of your consciousness. This powerful technique promotes the release of stuck emotions, stress, and energetic blockages, allowing for profound breakthroughs and emotional healing. By harnessing the power of your breath, you'll tap into inner wisdom, gain clarity, and experience heightened states of awareness.

This workshop is for anyone looking to release stress, shift emotional patterns or connect more deeply with themselves. It is especially beneficial for those seeking personal growth, clarity, and healing on a deeper level.



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

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COOKING CLASSES

SUNDAY

COOKING CLASS: BRAIN FUEL BASICS – SIMPLE PREP FOR COGNITIVE WELLNESS

Ayesha Sherzai, MD

SUN / 8:45AM – 10:15AM / CR

Discover the power of fresh, simple ingredients to nourish your brain and support cognitive health—all without cooking! In this interactive class, we'll explore easy, nutrient-dense recipes that are rich in antioxidants, healthy fats, and essential vitamins to fuel mental clarity, memory, and focus.

COOKING CLASS: LONG LIVE LENTILS

Jenné Claiborne, Food Blogger & Author

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

Transform humble lentils into show-stopping dishes! In this cooking demo we'll dive into three delicious recipes: 10-minute lentil tacos, a hearty lentil salad, and homemade lentil sausages. This class will expand your plant-based repertoire and show you just how versatile (and delicious) lentils can be.

WEDNESDAY

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

Sandy Clubb, Cookware Specialist

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

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

THURSDAY

COOKING CLASS: SENSATIONAL SNACKS

Jenné Claiborne, Food Blogger & Author

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

Learn how to create nutritious snacks at home. You will learn how to create garlic ginger edamame, crunchy harissa almonds, and irresistible tahini cookies. These bites are wholesome, simple to make, and packed with flavor.

FRIDAY

OCEAN BOUNTY: PLANT BASED SEAFOOD CREATIONS

Chris Tucker, Chef Babette Davis, & Dr. Shabnam Islam

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

Dive into the delicious world of plant-based seafood with our interactive cooking class, "Ocean's Bounty." In this presentation session, you'll learn how to craft mouthwatering dishes that capture the flavors and textures of the ocean – all from plants! Join Chef Babette Davis and Chef Chris Tucker as we guide you through the art of making refreshing plant-based ceviche, savory crab cakes, and indulgent lobster rolls that will impress even the most dedicated seafood lover. Perfect for both seasoned cooks and beginners, this class will equip you with innovative techniques and creative recipes to enjoy guilt-free seafood alternatives. Dr. Islam will also be joining us to explore the nutritional science behind these culinary creations.

COOKING BOOT CAMPS

COOKING BOOT CAMP: VEGAN VIBES **EXTRA FEE

Jenné Claiborne, Food Blogger & Author

WED / 2:00PM – 3:30PM / UL

Join Jenné for a taste of Vegan Vibes! In this class, we'll explore exciting recipes from her new cookbook, *Sweet Potato Soul Vegan Vibes*, including refreshing hibiscus pineapple skin tea, savory sweet potato scallion pancakes, creamy pea pesto pasta, and indulgent miso banana pudding. Each dish showcases plant-based ingredients in bold, unexpected ways, perfect for anyone looking to elevate their vegan cooking. Bring your appetite for flavor and fun!

COOKING BOOT CAMP: COOKING SMARTS FOR BRAIN & BODY **EXTRA FEE

Ayesha Sherzai, MD

FRI / 11:00AM – 12:30PM / UL

Unleash the power of flavor and nutrition in this hands-on cooking bootcamp designed to fuel your brain and body! In just 90 minutes, learn to make two delicious, nutrient-packed dishes: a comforting Miso Broccoli Cheesy Soup and a hearty Lentil Bolognese topped with Walnut Parmesan. You'll discover how these recipes use plant-based ingredients to support cognitive health, reduce inflammation, and provide lasting energy. Together, we'll delve into the nutritional benefits of miso for gut health, broccoli for cognitive support, and walnuts for healthy fats, while mastering techniques to make brain-boosting meals you'll want to recreate at home. Whether you're a seasoned cook or new to the kitchen, this bootcamp will equip you with practical, science-backed cooking skills to nourish both mind and body!

COOKING BOOT CAMP: DECADENT RAW DESSERTS **EXTRA FEE

Chris Tucker & Chef Babette Davis

FRI / 2:30PM – 4:00PM / UL

Indulge your sweet tooth in our "Decadent Raw Desserts" cooking class, where you'll learn to create delicious, guilt-free treats using wholesome, natural ingredients. Discover the art of making rich, creamy desserts without the use of refined sugars or dairy! In this hands-on class, we'll guide you through the process of crafting delightful raw treats including luscious chocolate pudding, vibrant key lime pie, and Chef Babette's famous Sett Potato Pie. You'll explore techniques for blending and layering flavors to create desserts that are as beautiful as they are nutritious. Whether you're a seasoned chef or a curious beginner, this class will inspire you to embrace the world of raw desserts and elevate your culinary skills. Join Chef Babette and Chef Chris Tucker for this interactive and informative experience that proves healthy can be absolutely delicious!



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

COOKING CLASS RECIPES

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

JENNÉ CLAIBORNE

Food Blogger and Author

Long Live Lentils

LENTIL TACOS

Makes 2 servings

Ingredients

- 1 tablespoon neutral oil or extra virgin olive oil
- 1 vine ripened tomato, diced or ½ can (7 ounces) diced tomatoes
- 2 cups cooked green or French lentils or 1 - 15 ounce can of unsalted lentils, drained not rinsed
- 1 cup frozen spinach or 3 handfuls of fresh spinach, or any other leafy green
- 2 teaspoons cumin powder
- 2 teaspoons chili powder
- 1 teaspoon sea salt
- 6-12 small tortillas (corn or flour) warmed in the oven or on the stovetop
- 1 avocado, sliced for topping
- 1 handful fresh cilantro, chopped for topping
- ¼ cup shredded red cabbage for topping
- 1 lime, halved for squeezing over finished tacos

Instructions

1. Heat the oil in a large skillet over medium heat.
2. Add the tomatoes and cook until they've lost their shape, about 2 minutes.
3. Stir in the lentils and spices. If you are using canned lentils, cook them enough to reduce the liquid until you have a thick and meaty filling, about 5 minutes.
4. Add the frozen or fresh spinach and cook for another 2 minutes or until tender.
5. Season to taste with more salt if necessary.
6. Fill the warm tortillas (I like

to double the tortillas) with the lentil filling, and top with cilantro, shredded cabbage, avocado, and lime juice.

Notes

- Use home cooked or canned lentils for this recipe. Canned lentils contain a lot of liquid and should not be rinsed (unlike beans). Drain them as much as you can, then reduce the excess liquid from the can of lentils as they cook in the skillet.
- French and green lentils work best for this recipe. Avoid red lentils, as they are too mushy when cooked.

LOVELY LENTIL SWEET POTATO SALAD

This recipe is from *Sweet Potato Soul Vegan Vibes* cookbook by Jenné Claiborne

Makes 4 servings

Ingredients for Salad

- 2 small sweet potatoes, cubed
- 1 tablespoon extra-virgin olive oil
- 1 ½ teaspoon sea salt
- 1 teaspoon garlic powder
- 1 teaspoon smoked paprika
- 1 cup dried French lentils, sorted and rinsed, or 2 cups cooked, salted lentils
- ¼ red onion, diced (about ¼ cup)
- ½ cup each fresh basil, dill, cilantro, and mint
- Pomegranate vinaigrette (recipe below)
- Toasted pumpkin seeds, for garnish

Ingredients for Pomegranate Vinaigrette

- 1 tablespoon pomegranate molasses
- 1 tablespoon maple syrup
- 2 tablespoons fresh lime juice (or use fresh lemon juice)
- 1 tablespoon Dijon mustard
- ½ teaspoon cumin powder
- ½ teaspoon freshly ground black pepper
- ¼ teaspoon cinnamon
- ¼ cup extra virgin olive oil

Instructions for Salad

1. Preheat the oven to 375° and line a baking sheet with parchment paper.
2. Toss the cubed sweet potato with olive oil, 1 teaspoon of the salt, garlic powder, and smoked paprika. Spread evenly onto the baking sheet and roast for 30-40 minutes, until tender.
3. If using dried lentils: Bring dried lentils, the remaining ½ teaspoon of salt, and 2 cups of water to a simmer and cook for 30 minutes on medium heat, or until tender.
4. Once the lentils are cooked and thoroughly cooled, add them to a mixing bowl with the roasted sweet potatoes, red onion, and fresh herbs.
5. Drizzle the pomegranate vinaigrette over the salad and toss to coat.
6. Serve garnished with lime wedges and toasted pumpkin seeds.

Instructions for Pomegranate Vinaigrette

1. Add all of the vinaigrette ingredients to a jar with a lid and shake thoroughly. If you don't have a jar, place the ingredients (minus the oil) in a mixing bowl. Whisk the ingredients together, then slowly pour in the olive oil. Continue whisking as you pour until emulsified and creamy.

HOMEMADE BREAKFAST SAUSAGES

This recipe is from *Sweet Potato Soul Vegan Vibes* cookbook by Jenné Claiborne

Makes 8 sausages

Ingredients

- 1 cup cooked green lentils
- ¾ cup vital wheat gluten
- ¼ cup water plus ½ tsp vegetable Better Than Bouillon paste
- 2 tablespoons pure maple syrup
- 1 ½ tablespoons soy sauce
- 2 tablespoons nutritional yeast
- 1 tablespoons potato starch
- 1 tablespoon olive oil
- 1 tablespoon mellow miso
- 2 teaspoons smoked paprika
- 1 teaspoon fennel seeds
- 1 teaspoon oregano
- ½ teaspoon black pepper
- ¼ cup yellow or white onion, minced

Instructions

1. Place the lentils in a large mixing bowl and mash with a fork until mostly creamy.
2. Add the remaining ingredients and stir until they are well combined. Use your hands to form the batter into a tight ball.
3. Place the ball of batter onto a cutting board and cut it into 8 sections. Then use your hands to form each section into a sausage shape. Make sure to pack the batter tightly as you shape it. Wrap each sausage tightly in a sheet of aluminum foil, twisting the ends to seal the sausage inside.
4. Set a steaming basket over 1 to 2 inches of boiling water. Add the sausages, tightly cover with a lid, and steam for 40 minutes. Replenish the water if needed.
5. Remove the sausages from the heat and let cool until safe to handle. Place them, still wrapped in foil, in the refrigerator to firm for at least 3 hours or up to overnight.
6. When you are ready to use them, slice the sausages and cook per recipe instructions.



Photo courtesy of sweetpotatosoul.com

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AYESHA SHERZAI, MD

Brain Health Doctor

Brain Fuel Basics

WHIPPED TOFU

Makes about 3 cups

Ingredients for Whipped Tofu

- 14-16 ounces extra firm tofu
- 2 tablespoons nutritional yeast
- Zest of 1 large lemon, about 1 heaping tablespoon
- Juice of ½ - 1 lemon
- 1 tablespoon water, as needed, depending on the firmness of the tofu
- 1 teaspoon white miso
- Pinch of sea salt

Ingredients for Toppings

- Fresh Basil leaves
- Cherry tomatoes, halved
- Balsamic glaze
- Freshly ground black pepper

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Instructions

1. Place all the whipped tofu ingredients in a food processor and blend until very smooth.
2. Serve a tablespoon over a cracker, a piece of whole wheat toast, or a round slice of cucumber.
3. Top with a cherry tomato half, basil leaf (or chiffonade a few strands), a drizzle of balsamic glaze, and some black pepper.

EDAMAME MANGO SPICY GUACAMOLE

Makes about 4 cups

Ingredients

- 1 cup organic cooked shelled edamame
- 2 tablespoons water
- 2 medium ripe avocados, peeled and pitted
- 1 large mango, peeled and chopped – to give about 1 cup of mango flesh
- ¼ cup finely chopped red or white onion
- ½ cup chopped fresh cilantro
- 1-2 large jalapeño chili, seeded, finely chopped
- 2 tablespoons fresh lime juice
- 2 clove garlic, minced
- Pinch of sea salt to taste
- Juice of 2 large limes, plus more to serve as wedges around the bowl
- 1 tablespoon ground cumin
- 1 teaspoon chili powder or dried chipotle pepper powder, plus more for garnish.

Instructions

1. Mash the avocados and the edamame in a large bowl with a strong, sturdy masher.
2. Add mango, onion, cilantro, jalapeño, and garlic to the avocado/edamame mixture and mix well. Add salt, lime juice and spices. Mix well and taste. Adjust seasoning if necessary.

3. Serve over baked chips, veggies or over a small cup of black beans. Garnish with more cilantro and lime juice, and a dust of chili powder or chipotle powder.

STICKY FINGERS EDAMAME

This recipe is from *Sweet Potato Soul Vegan Vibes* cookbook by Jenné Claiborne

Makes 2 to 4 servings

Ingredients

- 1 pound frozen edamame, unshelled - still in pod
- 1 tablespoon sesame oil
- 2 cloves garlic
- 1 tablespoon fresh, peeled and minced ginger
- 1 ½ teaspoon coconut sugar
- 2 tablespoons water
- 1 tablespoon tamari or regular soy sauce
- 1 tablespoon chili garlic paste
- 1 teaspoon sesame seeds

Instructions

1. Boil the edamame in salted water for 5 minutes. Drain and set aside.
2. Heat 2 tablespoons of sesame oil in a skillet over medium heat. Add the minced garlic and ginger to sauté for a minute or so, until the garlic is fragrant and slightly golden.
3. Mix the sugar, water, soy sauce, and chili sauce in a small bowl. Pour the mixture into the skillet and stir as it comes to a simmer. Remove the skillet from the heat.
4. Add the edamame and toss it in the sauce to coat.
5. Garnish with sesame seeds and serve immediately.

HARISSA ALMONDS

Makes 4 servings

Ingredients

- 3 tablespoons, or any spice level you prefer, harissa paste
- 3 tablespoons maple syrup
- 2 ½ cups raw almonds
- 1 teaspoon Maldon Sea salt, preferred, or coarse sea salt

Instructions

1. Preheat oven to 350° and line a baking sheet with parchment paper.
2. In a medium mixing bowl, stir together the harissa and maple syrup.
3. Add in the almonds and stir well to coat.
4. Spread the almonds over the baking sheet in an even layer.
5. Sprinkle the sea salt over the nuts.
6. Roast for 10 minutes, then remove to stir nuts.
7. Continue roasting another 10 minutes, then remove from the oven to cool and harden.

TAHINI COOKIES

Makes 8 cookies

Ingredients

- ½ cup tahini, stirred until smooth
- ¼ cup maple syrup
- 2 tablespoons peeled sweet potato, shredded with a fine grater
- 1 teaspoon pure vanilla extract
- 1 teaspoon cinnamon
- ¾ cup quick cooking oats
- ½ cup chopped pecans, walnuts or almonds
- 2 tablespoons vegan chocolate chips
- ¼ teaspoon fine sea salt
- Maldon sea salt for topping, optional

Instructions

1. Preheat the oven to 350°F and line a large cookie sheet with parchment paper or a silicone baking mat.
2. Mix the tahini, maple syrup, shredded sweet potato, vanilla, and cinnamon in a mixing bowl until well combined.
3. Add the oats, pecans, chocolate chips, and sea salt to the mixing bowl. Mix well until thoroughly combined. The batter will be sticky and tacky, and that's ok.
4. Dampen your hands with water and scoop 2 or 3 tablespoons of the dough into the palm of your hand. Form the dough into a tight ball. Place the dough ball onto the cookie sheet. Repeat with the remaining cookie dough, re-dampening your hands as needed to prevent the batter from sticking.
5. Gently press the cookies down with your hands until flattened into ½ inch thick cookies, continuing to dampen your hands as needed to prevent sticking. Sprinkle a few Maldon Sea salt flakes onto the top of each cookie.
6. Bake the cookies for 13 minutes, or until they are fragrant, don't look as shiny, and the tops turn golden brown.
7. Remove the cookie tray from the oven and place on a wire cooling rack. Cool the cookies on the tray for at least 10 minutes before moving directly to the cooling rack to cool to room temperature. The cookies will firm up as they cool; they will still be soft when they are hot.

CHRIS TUCKER, CHEF BABETTE DAVIS, & DR. SHABNAM ISLAM

Food Blogger and Author

Ocean Bounty CEVICHE

Serves 4 to 6

Ingredients

- 1 (14 oz) can hearts of palm
- ½ English cucumber, seeded and diced
- ¼ red onion, finely diced
- 4 Roma tomatoes, seeded and diced small
- ½ jalapeno, finely diced (more for additional heat)
- 1 avocado, cubed
- 1 lime
- 2 tablespoons olive oil
- 1 bunch cilantro, chopped
- 1 tablespoon crushed nori flakes
- Salt and pepper to taste

Instructions

1. Open and drain the hearts of palm. Lay them on a clean kitchen towel and blot any excess moisture. Transfer to a cutting board and slice the hearts of palm into ¼ inch rounds. Place into a large bowl.
2. Add the cucumber, red onion, tomatoes, jalapeno, and avocado to the bowl with the hearts of palm.
3. Slice a lime in half and squeeze the juice directly over ingredients, followed with olive oil.
4. Add cilantro and crushed nori to the bowl.
5. Mix everything well. Adjust seasoning to taste with salt and pepper. Serve with chips or as a tostada.

LOBSTER ROLL

Serves 2 to 4

Ingredients

- 24 ounces hearts of palm, drained
- 2 teaspoons toasted nori, crushed
- 1 ½ teaspoons Old Bay seasoning
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 3 tablespoons salted Miyoko's butter
- ¼ cup, or slightly less, Hellmann's or Best Foods plant-based mayo
- 1 large shallot, finely chopped
- 2 stalks celery, finely diced
- 1 tablespoon fresh dill, chopped, plus more for garnish
- 2 teaspoons capers, finely chopped
- Juice of half a lemon (about 1 ½ tablespoons)
- 4 hotdog or pretzel rolls

Instructions

1. Cut hearts of palm into one-inch chunks and place into a large bowl. Add crushed nori, old bay seasoning, onion and garlic powders. Toss and set aside.
2. In a large skillet, melt two tablespoons plant-based butter over medium heat. Once the butter has melted, add the seasoned hearts of palm to the hot skillet. Cook for several minutes, undisturbed before turning. Once all sides have been slightly browned, remove from the heat and chill.
3. While the hearts of palm are chilling, combine 3 heaping tablespoons of mayo, the shallot, celery, fresh dill, capers and lemon juice. Mix well to combine.
4. When the hearts of palm have cooled to room temperature, add them to the mayo mixture and mix well, coating all the pieces of hearts of palm with the mayo mixture.



5. When you are ready to build your Lobster Roll, melt 1 tablespoon of butter in a pan. Place your bun in the pan and brown it on both sides. Open the roll and fill it with the hearts of palm mixture. Top with additional fresh dill or micro greens to serve.

CRAB CAKES

Makes approximately 24 cakes

Ingredients for Crab Cakes

- 1 ½ tablespoons olive oil
- 1 small onion, finely diced
- 1 red bell pepper, finely diced
- 3 cloves garlic, minced
- 1 tablespoon Old Bay seasoning
- 1 teaspoon Cajun seasoning
- 2 teaspoons furikake
- 14 ounces hearts of palm
- 2 tablespoons Miyoko's unsalted vegan butter
- ¼ cup + 2 tablespoons all-purpose flour
- Oil for frying

Ingredients for Breading

- 2 cups all-purpose flour
- 1 tablespoon Old Bay seasoning
- 1 ½ cups almond milk, plain and unsweetened
- 2 cups seasoned panko breadcrumbs

Ingredients for the Remoulade Sauce

- 1 cup Best Foods vegan mayo
- ¼ cup creole mustard
- 2 teaspoons prepared horseradish
- 2 teaspoons garlic powder
- 1 ½ teaspoons Cajun seasoning
- 1 teaspoon paprika
- 1 tablespoon lemon juice
- 1 teaspoon agave

Instructions for Crab Cakes

1. Pulse the hearts of palm in a food processor until broken down into chunks.
2. Transfer the hearts of palm to a nut-milk bag and drain out all the moisture. Set aside.

3. Heat olive oil in a large skillet.
4. When the oil is hot, add the onion and bell pepper, and sauté for several minutes until soft.
5. Add garlic and continue cooking until fragrant, about 30 seconds.
6. Add the Old Bay, Cajun seasoning, furikake and hearts of palm chunks. Sauté for several minutes until everything has softened.
7. Add butter and deglaze the pan, scraping up all the seasoning on the bottom of the pan.
8. Remove from heat and transfer mixture to a large bowl.
9. Add flour and mix to combine. Chill for at least an hour.
10. Once chilled, line a sheet pan with cling film.
11. Use a number 40 scoop (about 1 ½ tablespoons) to portion out crab cakes.
12. Slightly press down the tops of the crab cake balls to flatten them out. Chill for at least an hour.

Instructions for Breading

1. Combine flour and old bay seasoning in a large dish.
2. Place the milk in a large shallow dish.
3. Place the seasoned panko in a large shallow dish.
4. Take each crab cake and dredge both sides in the seasoned flour, then the milk. Finish with a coating of the seasoned panko. Place back on the lined tray and repeat this process with all of them.
5. Fry off the crab cakes in 350-degree oil until golden and serve with remoulade sauce.

Instructions for Remoulade Sauce

1. Mix all ingredients together until well combined. Refrigerate for several hours before serving.

5 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.

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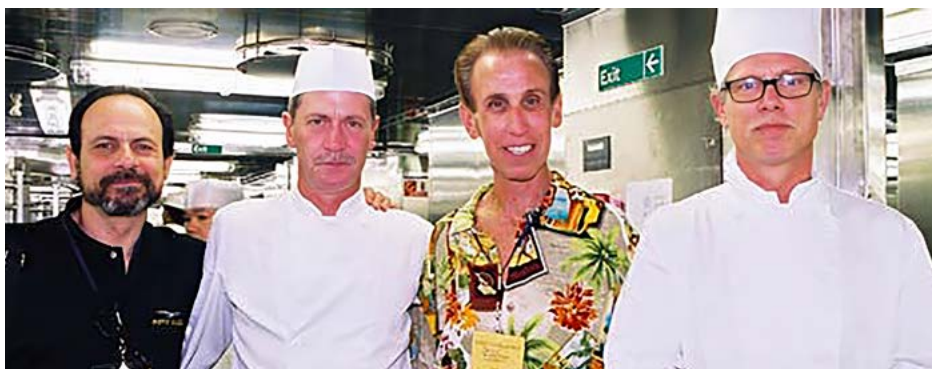
Dear Friends,
We appreciate you trusting us for the last twenty sailings to provide you with a positive life-enhancing experience on the sea.

We want to thank you for all of the friendships that were formed, the knowledge that was gained, and the fun adventures that were shared.

We look forward to many more journeys together.

Warm wishes for all of us to continue our path seeking a life of health and happiness for ourselves, our communities, and the world.

Sincerely,
Sandy
& the Holistic Holiday
at Sea Team



Keep Going!

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