

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

**VEGPRENEUR
AWARDS
WINNER**



boon.
FOR ALL

Boon Broth: A Gourmet Vegan Alternative to Bone Broth

- Supports skin, bones and joints
- Contains 72 trace minerals
- Bioavailable calcium
- 200% daily Vitamin D
- B Vitamins
- Vegan, gluten-free and pet-friendly
- Helps maintain a healthy weight
- Delicious + restorative

ORDER YOURS!

Use code,
"CRUISE" at
checkout for
10% off your
first order!



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,

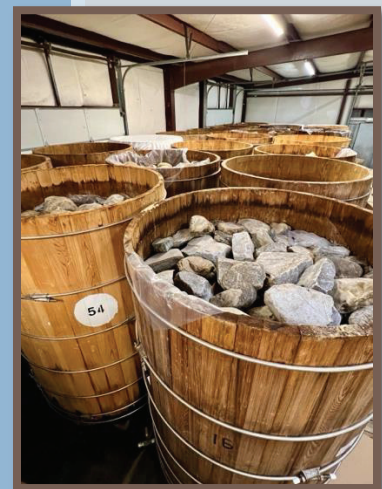
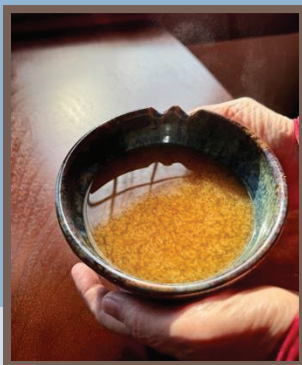
guided by a clinical exercise physiologist. Begin with a 30-minute one-on-one session to discuss your health history, assess your personal goals, and identify the steps to reach your optimal well-being. From there, we'll explore a comprehensive health assessment, functional movement screen, and fitness 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



Miso Master Miso

Traditional
handcrafted Miso
since 1979



www.great-eastern-sun.com

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