



Holistic
HOLIDAY
AT SEA

2024 COURSE LECTURES AVAILABLE TO PURCHASE

Here is your opportunity to take the Holistic Holiday at Sea Voyage to Wellness cruise home with you!

Purchase the full package of 43 classes for the pre-cruise price of \$225 or, purchase a package of 20 lectures by individually selecting your choices for the pre-cruise price of \$150. If you purchase the 43 class package, as a bonus, you will additionally receive the Talent Show with your lectures.

After March 2nd, the price will be \$295 and \$195 for the packages of 43 and 20 classes, respectively. If you are sailing with us, simply bring this completed form with your credit card information to the HHAS Hospitality Desk. Individual lecture purchases will always be available for \$15 per lecture.

You will acquire your selected lectures in digital format via a link to the email of your choice to share with friends and family within three weeks post-cruise.

I would like all 43 lectures for ~~\$295~~ \$225

Prices good until March 2nd

I would like to choose 20 lectures for ~~\$195~~ \$150

Choose your lectures on page 2.

To place your order, please email the completed form to:
HHASmedia@holisticholidayatsea.com, or bring it to the hospitality desk on deck 7, upon boarding.
To receive the pre-cruise prices, all forms must be received by **Saturday, March 2nd**.

- Payment Information Request -

Cardholder's Name: _____

Credit Card Type: Visa Mastercard American Express

Credit Card Number: _____

Expiration Date: _____ Billing Zip Code: _____ CVV # _____

Phone Number: _____

Email: _____

Cardholder Signature: I _____, authorize HOLISTIC HOLIDAY AT SEA to charge the agreed amount listed above to my credit card provided herein for the recorded lectures. I agree that I will pay for this purchase in accordance with the issuing bank cardholder agreement.

Holistic Holiday at Sea 2024 Lectures Available for Purchase

- KEYNOTE:** Your Body in Balance: The New Science of Food, Hormones, and Health with Dr. Neal Barnard
- Mastering Diabetes Using a Low-Fat, Plant-Based, Whole-Food Lifestyle with Cyrus Khambatta and Kylie Buckner
- I AM Method: The Experience of Indivisible Happiness with Chandrakant Hiester
- Reaching the NEURO zone with Dr. Dean Sherzai
- COOKING CLASS:** Fall in love with Beans! with Jenne Claiborne
- One Simple Act That Will Change Your Whole Life (Chewing) with Jessica Porter
- How Not to Die: Preventing and Treating Disease with Diet with Dr. Michael Greger
- Unveiling Century-long Fundamental Mistakes in Diabetes and the Fallacies in our “Healthy” Diet with Dr. Jibin Chi
- COOKING CLASS:** Tasty Tantamount Tofu with Jenne Claiborne
- Panel Q&A:** Cruisin’ for Knowledge – Doctor’s Panel hosted by Sandy Pukel and Drs. Michael Greger, Neal Barnard and Scott Stoll
- Build Your Body on a Plant-Based Diet with Robert Cheeke
- RECOVERY PANEL:** Survivors Share Their Health Journey, moderated by Jessica Porter
- KEYNOTE:** Your Food Revolution with Ocean Robbins
- COOKING CLASS:** Brain-Healthy Bites with Dr. Ayesha Sherzai
- KEYNOTE:** Beating Cancer with Nutrition with Chris Wark
- Macrobiotics 101 with Virginia Harper
- Panel Q&A:** Powered by Plants with Vegan Athletes Robert Cheeke, Nathan Crane, Cyrus Khambatta, Giacomo Marchese and Dani Taylor, and Dr. Scott Stoll
- Vanishing Act with Dr. Neal Barnard
- From A to Z: Vegan Nutrient Mastery for Cellular Health and Longevity with Dr. Monisha Bhanote
- Power Foods for Weight Control with Dr. Neal Barnard
- Addressing Reproductive Issues for Men and Women through Dietary and Lifestyle Changes with Sheri DeMaris
- How to Lower Your Blood Pressure and Cholesterol Permanently Using Your Food as Medicine with Cyrus Khambatta
- The Tao of CHI: Uniting Science, Healing, and Awakening in Life’s Oneness with Dr. Jibin Chi
- KEYNOTE:** Optimizing Brain Health: Evidence-Based Insights in Neurology and Nutrition with Dr. Ayesha Sherzai
- KEYNOTE:** The Real Meaning of “Be Your Own Doctor” with Verne Varona
- Healthy Food, Healthy Planet with Ocean Robbins
- Connection Cultivates Change with Dr. Scott Stoll
- Angry Gut: Modern Cause /Traditional Cure with Virginia Harper
- KEYNOTE:** How Not To Age with Dr. Michael Greger
- COOKING CLASS:** The Joy of Asian Cooking with Kim Campbell
- What the Heck is Macrobiotics? Jessica Explains It All
- Homeopathy For Vegans – 10 remedies that everyone should know and use with Dr. Ilana Newman
- KEYNOTE:** Mind Mastery: Sharpening Focus and Memory for Cognitive Excellence with Dr. Dean Sherzai
- Toxins Eliminated: Detoxing the Worst “Cancer-Causing Culprits” from Your Body with Nathan Crane
- The Real Meaning of “Be Your Own Doctor” Continued - Self Diagnosis with Verne Varona
- KEYNOTE:** Recovery and Regeneration - Optimizing Healing through lifestyle and innovative therapies with Dr. Scott Stoll
- Rituals for Longevity: Nurturing Gut Health and Maximizing the Microbiome’s Potential with Dr. Monisha Bhanote
- Habit Revolution - Mastering the Art of Positive Change with Dr. Dean Sherzai
- Cooking Class:** Meat Replacers with Kim Campbell
- The Power of the Plate: Regenerating Atoms to Earth with Dr. Scott Stoll
- Plant Powered Fitness: How to Achieve Your Highest Potential as You Age with Nathan Crane
- Mindful Eating, Mindful Living: A Panel Discussion on Nutrition and Breath Health with Drs. Ayesha and Dean Sherzai
- How Not To Diet: Evidence-Based Weight Loss with Dr. Michael Greger
- TALENT SHOW on Friday, March 8