

Raffle Ticket for FREE¹ Cruise

Name: _____

Email: _____

Telephone: _____

YOUR FEEDBACK FOR A CHANCE TO WIN A FREE CRUISE!

Holistic Holiday at Sea strives to create the best possible experience for our guests.

To help us achieve this, we are asking for you to participate in our week-long survey and share with us your direct observations and evaluations of the meals, classes, and services while on board. Please provide your honest feedback because your answers have a direct influence on the decisions we make and where we focus our efforts moving forward.

In exchange for your valuable time to completing and submitting this very thorough survey, you will be entered into our upcoming drawing for a chance to **win a free cruise in 2025!**

The winning entry is valid for one person on Holistic Holiday at Sea's 2025 cruise in an inside cabin (based on double occupancy). Single supplement or stateroom upgrades are available, if desired, for an additional charge. All of our holistic programs, meals, taxes and gratuities are all included for this winner! This is transferable but not redeemable for cash.

INSTRUCTIONS:

Print out this survey at home and bring it with you on board. We recommend having it accessible throughout the day as you go from each lecture and meal.

This survey MUST be completed in its entirety and submitted on board to the Hospitality Desk on deck 7, on Friday, March 8 to be eligible for an entry.

Please be sure to include your full name and contact information.

We greatly appreciate your detailed feedback, have fun and good luck in the drawing!

Happy cruising!!!

Holistic Holiday at Sea Evaluation Survey for DAY 1: Saturday, March 2nd, 2024

Please answer questions as they best relate to you! :)

Conference Classes Evaluation

Please ONLY Rate the Classes You Attended; 5 Being Excellent and 1 Poor	5-Excellent	4-Very Good	3-Good	2-Fair	1-Poor
2:30pm - 3:15pm: Introduction of Presenters & Opening Ceremony with Jessica Porter	☐	☐	☐	☐	☐
3:15pm - 4pm: Cruising into Health with Dr. Neal Barnard	☐	☐	☐	☐	☐
8:30pm - Welcome Cocktails & Dance Party with Live Music	☐	☐	☐	☐	☐

Daily Sit Down Meal Evaluation					
Please check off which food preparation you tasted and indicate how you liked it; 5 being excellent and 1 poor					
Welcome Lite Lunch Sit-Down - Saturday, March 2nd	5-Excellent	4-Very Good	3-Good	2-Fair	1-Poor
Salad - Roasted Beet, Artichoke & Asparagus with Shaved Fennel & Chopped Romaine	☐	☐	☐	☐	☐
Entrée - Moroccan Vegetable Stew w/ Saffron Couscous (or brown rice) (oil optional)	☐	☐	☐	☐	☐
Entrée (Alternative) - Moroccan Vegetable Stew w/ Saffron Israeli Couscous (no oil)	☐	☐	☐	☐	☐
Dessert - Mixed Berry Oat Crumble w/ Strawberry Cream	☐	☐	☐	☐	☐
Seated Dinner - Saturday, March 2nd					
Appetizer - Roasted Cauliflower Chaat with Toasted Coconut, Cashew Nuts & Tamarind Chutney	☐	☐	☐	☐	☐
Appetizer (Alternative) - Crudite w/ Dip & Rice Crackers (Walnut & Roasted Pepper Romesco)	☐	☐	☐	☐	☐
Soup - Punjabi Dal Tarka with Split Beans & Pulses Served with Crisp Lentil Poppadum	☐	☐	☐	☐	☐
Salad - Mixed Green Salad with Creamy Raita Dressing	☐	☐	☐	☐	☐
Entrée - Tofu Makhani with Tomato-Cashew Gravy, Steamed Veggies, Brown Rice & Chapati	☐	☐	☐	☐	☐
Entrée (Alternative) - Herbed Baked Tofu w/ Steamed Veggies & Basmati Rice	☐	☐	☐	☐	☐
Dessert - Chocolate-Caramel Cake	☐	☐	☐	☐	☐
Holistic Holiday at Sea Evaluation Survey for DAY 2: Sunday, March 3rd, 2024					
Please answer questions as they best relate to you! :)					
Conference Classes Evaluation					
Please ONLY Rate the Classes You Attended; 5 Being Excellent and 1 Poor	5-Excellent	4-Very Good	3-Good	2-Fair	1-Poor
7am - 7:45am - Guided CHI Meditation with Dr. Jibin Chi	☐	☐	☐	☐	☐
7am - 8am - I AM Yoga: Meditation in Motion with Chandrakant Hiester	☐	☐	☐	☐	☐
7am - 8am - Strength Training; Reshape & Recharge with Dani Taylor	☐	☐	☐	☐	☐
7am - 8am - Vinyasa Yoga with Rossella Rossi	☐	☐	☐	☐	☐
7am - 8am - Functional Fitness with Robert Cheeke	☐	☐	☐	☐	☐
7am - 8am - Pilates: Levels I & II with Bianka Steinfeldt	☐	☐	☐	☐	☐
7am - 8am - Achieving Longevity with Five Organ Qigong with Marcus Gary & Team	☐	☐	☐	☐	☐
1pm - 2pm - KEYNOTE: Your Body in Balance; The New Science of Food, Hormones & Health with Dr. Neal Barnard	☐	☐	☐	☐	☐
1pm - 2:15pm - Mastering Diabetes Using a Low-Fat, Plant Based, Whole-Food Lifestyle with Cyrus Khambatta, PhD and Kylie Buckner	☐	☐	☐	☐	☐
1:30pm - 2:30pm - I AM Method: The Experience of Indivisible Happiness with Chandrakant Hiester	☐	☐	☐	☐	☐
2:15pm - 3:15pm - Reaching the NEURO with Dr. Dean Sherzai	☐	☐	☐	☐	☐
2:30pm - 4pm - Cooking Class: Fall in Love with Beans! With Jenne Claiborne	☐	☐	☐	☐	☐
2:45 - 3:45pm - One Simple Act That Will Change Your Whole Life "Chewing" with Jessica Porter	☐	☐	☐	☐	☐
3:30pm - 5pm - How Not to Die: Preventing & Treating Disease with Diet with Dr. Michael Greger	☐	☐	☐	☐	☐
4pm - 5pm - Unveiling Century-long Fundamental Mistakes in Diabetes & the Fallacies in Our "Healthy" Diet with Dr. Jibin Chi	☐	☐	☐	☐	☐
8:30pm - Vegan Ice Cream & Dance Party	☐	☐	☐	☐	☐
Daily Sit Down Meal Evaluation					
Please check off which food preparation you tasted and indicate how you liked it; 5 being excellent and 1 poor					
Seated Breakfast - Sunday, March 3rd	5-Excellent	4-Very Good	3-Good	2-Fair	1-Poor
Miso Soup	☐	☐	☐	☐	☐
Vanilla-Almond Chia Pudding	☐	☐	☐	☐	☐

Scrambled Tofu	☐	☐	☐	☐	☐
French Toast	☐	☐	☐	☐	☐
Avocado Toast	☐	☐	☐	☐	☐
Seated Dinner - Sunday, March 3rd					
Appetizer - Hummus & Baba Ganoush with Crisp Vegetables, Extra Virgin Olive Oil & Pita Bread	☐	☐	☐	☐	☐
Soup - Vegan Avgolemeno with Rice & Spinach, enriched with Lemon & Sesame Tahini	☐	☐	☐	☐	☐
Salad - Mixed Green Salad with Balsamic Vinaigrette	☐	☐	☐	☐	☐
Entrée - Greek Eggplant Lasagna served with a Light Tomato Sauce & Steamed Vegetables	☐	☐	☐	☐	☐
Entrée (Altnerative) - Herbed Lentils w/ Mushrooms & Walnuts, Steamed Vegetables	☐	☐	☐	☐	☐
Dessert - Tiramisu	☐	☐	☐	☐	☐

Holistic Holiday at Sea Evaluation Survey for DAY 3: Monday, March 4th, 2024

Please answer questions as they best relate to you! :)

Conference Classes Evaluation

Please ONLY Rate the Classes You Attended; 5 Being Excellent and 1 Poor	5-Excellent	4-Very Good	3-Good	2-Fair	1-Poor
7am - 7:45pm - Guided CHI Meditation with Dr. Jibin Chi	☐	☐	☐	☐	☐
7am - 8am - I AM Yoga: Meditation in Motion with Chandrakant Hiester	☐	☐	☐	☐	☐
7am - 8am - Vegan Strong Boot Camp with Giacomo Marchese	☐	☐	☐	☐	☐
7am - 8am - Vinyasa Yoga with Rossella Rossi	☐	☐	☐	☐	☐
7am - 8am - Functional Fitness with Robert Cheeke	☐	☐	☐	☐	☐
7am - 8am - Pilates - Levels I & II with Bianka Steinfeldt	☐	☐	☐	☐	☐
7am - 8am - Achieving Longevity with Five Organ Qigong with Marcus Gary & Team	☐	☐	☐	☐	☐
8:45am - 10:15am - Cooking Class: Tasty Tantamount Tofu with Jenne Clairborne	☐	☐	☐	☐	☐
9am - 10:15am - Hypnosis: Demystifying a Powerful, Natural & Effective Technique with Jessica Porter	☐	☐	☐	☐	☐
9am - 10:30am - Panel Q&A: Cruisin' for Knowledge - Doctor's Panel Hosted by Sandy Pukel with Drs. Michael Greger, Neal Barnard and Scott Stoll	☐	☐	☐	☐	☐
10:30am - 12pm - Build Your Body on a Plant-Based Diet with Robert Cheeke	☐	☐	☐	☐	☐
10:45am - 12pm - Recovery Panel: Survivors Share their Health Journeys - Moderated by Jessica Porter	☐	☐	☐	☐	☐
10:45am - 12pm - KEYNOTE: Your Food Revolution with Ocean Robbins	☐	☐	☐	☐	☐
11am - 1pm - Take Pain Control into Your Own Hands: Rapid & Dramatic Pain Relief with Korean Hand Therapy Self-Treatment, Part 1 with Dr. Ilana Newman	☐	☐	☐	☐	☐
11:45am - 1pm - Meaning, Humor, Creativity & Intuition: Recreating Yourself as a Person of Passion with Verne Varona	☐	☐	☐	☐	☐
1:30pm - 2:30pm - Exploring the Myofascial & Nervous System to create harmony in your body with Mayuko 'Coko' Nakashima	☐	☐	☐	☐	☐
1:30pm - 2:45pm - Cooking Class: Brain-Healthy Bites with Ayesha Sherzai, MD MAS	☐	☐	☐	☐	☐
2:15pm - 3:30pm - KEYNOTE: Beating Cancer with Nutrition with Chris Wark	☐	☐	☐	☐	☐
2:45pm - 3:45pm - Macrobiotics 101 with Virginia Harper	☐	☐	☐	☐	☐
3pm - 4pm - Panel Q&A: Powered by Plants with Vegan Athletes Robert Cheeke, Nathan Crane, Cyrus Khambatta, Dr. Scott Stoll, Dani Taylor & Giacomo Marchese	☐	☐	☐	☐	☐
3:45pm - 5pm - Vanishing Act with Dr. Neal Barnard	☐	☐	☐	☐	☐
4pm - 5pm - From A to Z: Vegan Nutrient Mastery for Cellular Health & Longevity with Dr. Monisha Bhanote	☐	☐	☐	☐	☐
5:30pm - Gala Night	☐	☐	☐	☐	☐

Daily Sit Down Meal Evaluation					
Please check off which food preparation you tasted and indicate how you liked it; 5 being excellent and 1 poor					
Seated Breakfast - Monday, March 4th	5-Excellent	4-Very Good	3-Good	2-Fair	1-Poor

Miso Soup	☐	☐	☐	☐	☐
Vanilla-Almond Chia Pudding	☐	☐	☐	☐	☐
Scrambled Tofu	☐	☐	☐	☐	☐
French Toast	☐	☐	☐	☐	☐
Avocado Toast	☐	☐	☐	☐	☐
Seated Lunch - Monday, March 4th					
Appetizer - Crispy Vegetable Springroll, Cabbage Slaw & Hoisin Peanut Dip	☐	☐	☐	☐	☐
Appetizer (Alternative) - Crudite w/ Dip & Rice Crackers (Miso Sunflower Cheese)	☐	☐	☐	☐	☐
Soup - Carrot-Ginger-Dill	☐	☐	☐	☐	☐
Salad - Mixed Green Salad with choice of Miso Ginger or Oil-Free Tamari-Sesame Dressing	☐	☐	☐	☐	☐
Entrée - Organic Tofu & Veggie Stir-Fry over Rice Noodle Vermicelli (regular/ oil-free)	☐	☐	☐	☐	☐
Dessert - Strawberry "Brownie" Parfait	☐	☐	☐	☐	☐
Seated Dinner - Monday, March 4th					
Appetizer - We Be Yammin' with Sweet Potato & Sweet Bell Peppers, Lime, Chile & Coconut Sauce	☐	☐	☐	☐	☐
Soup - Bahamian Black Bean	☐	☐	☐	☐	☐
Salad - Mixed Green Salad with Citrus Mojo or Oil-Free Lemon-Tahini Dressing	☐	☐	☐	☐	☐
Entrée - Jamaican Jerk Chick'n & Vegetables with Jasmine Rice & Quinoa	☐	☐	☐	☐	☐
Entrée (Alternative) - Kidney Beans w/ Corn, Jasmine Rice & Quinoa, Steamed Carrots & Broccoli	☐	☐	☐	☐	☐
Dessert - Peanut Butter Pie with a Maple-Nut Crust	☐	☐	☐	☐	☐
Holistic Holiday at Sea Evaluation Survey for DAY 4: Tuesday, March 5th, 2024					
Please answer questions as they best relate to you! :)					
Conference Classes Evaluation					
Please ONLY Rate the Classes You Attended; 5 Being Excellent and 1 Poor.					
	5-Excellent	4-Very Good	3-Good	2-Fair	1-Poor
7am - 7:45pm - Guided CHI Meditation with Dr. Jibin Chi	☐	☐	☐	☐	☐
7am - 8am - I AM Yoga: Meditation in Motion with Chandrakant Hiester	☐	☐	☐	☐	☐
7am - 8am - Strength Training; Reshape & Recharge with Dani Taylor	☐	☐	☐	☐	☐
7am - 8am - Vinyasa Yoga with Rossella Rossi	☐	☐	☐	☐	☐
7am - 8am - Functional Fitness with Robert Cheeke	☐	☐	☐	☐	☐
7am - 8am - Pilates - Levels I & II with Bianka Steinfeldt	☐	☐	☐	☐	☐
7am - 8am - Achieving Longevity with Five Organ Qigong with Marcus Gary & Team	☐	☐	☐	☐	☐
8:15am - 9:15am - Power Foods for Weight Control with Dr. Neal Barnard	☐	☐	☐	☐	☐
9am - 10am - Anti-Aging Face Yoga with Bianka Steinfeldt	☐	☐	☐	☐	☐
2pm - 3:15pm - Addressing Reproductive Issues for Men/Women through Dietary & Lifestyle Changes with Sheri DeMaris	☐	☐	☐	☐	☐
3pm - 4pm - How to Lower your Blood Pressure & Cholesterol Permanently Using your Food as Medicine with Cyrus Khambatta	☐	☐	☐	☐	☐
3:30pm - 5pm - The Tao of CHI: Uniting Science, Healing, and Awakening in Life's Oneness with Dr. Jibin Chi	☐	☐	☐	☐	☐
3:45pm - 5pm - Optimizing Brain Health: Evidence-Based Insights in Neurology & Nutrition with Dr. Ayesh	☐	☐	☐	☐	☐
8:30pm - Vegan Pizza & Dance Party	☐	☐	☐	☐	☐
Daily Sit Down Meal Evaluation					
Please check off which food preparation you tasted and indicate how you liked it; 5 being excellent and 1 poor					
Seated Breakfast - Tuesday, March 5th	5-Excellent	4-Very Good	3-Good	2-Fair	1-Poor
Miso Soup	☐	☐	☐	☐	☐
Vanilla-Almond Chia Pudding	☐	☐	☐	☐	☐

Scrambled Tofu	☐	☐	☐	☐	☐
French Toast	☐	☐	☐	☐	☐
Avocado Toast	☐	☐	☐	☐	☐
Seated Dinner - Tuesday, March 5th					
Appetizer - Avocado Guacamole with Marinated Jicama & Corn Tortilla Chips	☐	☐	☐	☐	☐
Appetizer (Alternative) - Green Pea Guacamole w/ Jicama & Rice Crackers	☐	☐	☐	☐	☐
Soup - Chipotle Sweet Potato with Smoky Mexican Chili, Coriander & Lime	☐	☐	☐	☐	☐
Salad - Mixed Greens with Citrus-Mojo or Oil-Free Silken Tofu Ranch Dressing	☐	☐	☐	☐	☐
Entrée - Mexican Bean/Cheese Enchilladas with Salsa Roja, Arroz Verde, Fajita Veggies,Tofu Crema	☐	☐	☐	☐	☐
Dessert - Cherry Vanilla Cheesecake with Maple-Nut Crust	☐	☐	☐	☐	☐

Holistic Holiday at Sea Evaluation Survey for DAY 5: Wednesday, March 6th, 2024					
Please answer questions as they best relate to you! :)					
Conference Classes Evaluation					
Please ONLY Rate the Classes You Attended; 5 Being Excellent and 1 Poor.	5-Excellent	4-Very Good	3-Good	2-Fair	1-Poor
7am - 7:45pm - Guided CHI Meditation with Dr. Jibin Chi	☐	☐	☐	☐	☐
7am - 8am - I AM Yoga: Meditation in Motion with Chandrakant Hiester	☐	☐	☐	☐	☐
7am - 8am - Mobility Mastery with Giacomo Marchese	☐	☐	☐	☐	☐
7am - 8am - Vinyasa Yoga with Rossella Rossi	☐	☐	☐	☐	☐
7am - 8am - Functional Fitness with Robert Cheeke	☐	☐	☐	☐	☐
7am - 8am - Pilates - Levels I & II with Bianca Steinfeldt	☐	☐	☐	☐	☐
7am - 8am - Achieving Longevity with Five Organ Qigong with Marcus Gary & Team	☐	☐	☐	☐	☐
8:15am - 9:15am - KEYNOTE: The Real Meaning of "Be Your Own Doctor" with Verne Varona	☐	☐	☐	☐	☐
8:45am - 10am - Cookware: It's the Last Place the Food Touches! with Sandy Clubb	☐	☐	☐	☐	☐
2pm - 3:30pm - Cooking Bootcamp: Mind Kind Kitchen by Neurologist, Best-Selling Author & Scientist, Ayesha Sherzai, MD, MAS	☐	☐	☐	☐	☐
2pm - 2:45pm - Workshop: Breaking Barriers: A Guide to Mastery in Breathing, Meditation & CHI for True Healing					
3pm - 4pm -Vegas Nerve Stimulation - The Backdoor to the Brain with Alana Newman	☐	☐	☐	☐	☐
3:15pm - 5pm - Movie: <i>From Food to Freedom</i> Featured Documentary, Moderated by Nelson Campbell	☐	☐	☐	☐	☐
3:45pm - 5pm - I AM Method of Integrative Relaxation: Breaking the Momentum of Stress with Chandrakant Hiester	☐	☐	☐	☐	☐
8:30pm - Sushi & Dance Party with DJ	☐	☐	☐	☐	☐

Daily Sit Down Meal Evaluation					
Please check off which food preparation you tasted and indicate how you liked it; 5 being excellent and 1 poor					
Seated Breakfast - Wednesday, March 6th	5-Excellent	4-Very Good	3-Good	2-Fair	1-Poor
Miso Soup	☐	☐	☐	☐	☐
Vanilla-Almond Chia Pudding	☐	☐	☐	☐	☐
Scrambled Tofu	☐	☐	☐	☐	☐
French Toast	☐	☐	☐	☐	☐
Avocado Toast	☐	☐	☐	☐	☐
Seated Dinner - Wednesday, March 6th					
Appetizer - Watermelon & Tofu Feta, Black Olive, Sesame & Arugula (regular/ oil-free)	☐	☐	☐	☐	☐
Soup - Tunisian Tomato with Chickpeas, Vegetables & Harisa	☐	☐	☐	☐	☐
Salad - Mixed Greens with Balsamic Vinaigrette	☐	☐	☐	☐	☐

Entrée - Roasted Vegetable Tagine with Seitan, Quinoa & Turmeric-Coconut Cream	☐	☐	☐	☐	☐
Entrée (Alternative) - Turmeric Quinoa, Steamed Vegetables, Dilled White Bean Skordalia	☐	☐	☐	☐	☐
Dessert - Vanilla Sponge Cake with Lavender-Scented Berry Sauce & Cashew-Date Frosting	☐	☐	☐	☐	☐
Holistic Holiday at Sea Evaluation Survey for DAY 6: Thursday, March 7th, 2024					
Please answer questions as they best relate to you! :)					
Conference Classes Evaluation					
Please ONLY Rate the Classes You Attended; 5 Being Excellent and 1 Poor.	5-Excellent	4-Very Good	3-Good	2-Fair	1-Poor
7am - 7:45pm - Guided CHI Meditation with Dr. Jibin Chi	☐	☐	☐	☐	☐
7am - 8am - I AM Yoga: Meditation in Motion with Chandrakant Hiester	☐	☐	☐	☐	☐
7am - 8am - Functional Fitness with Robert Cheeke	☐	☐	☐	☐	☐
7am - 8am - Posture 101 with Dani Taylor	☐	☐	☐	☐	☐
7am - 8am - Pilates - Levels I & II with Bianka Steinfeldt	☐	☐	☐	☐	☐
7am - 8am - Achieving Longevity with Five Organ Qigong with Marcus Gary & Team	☐	☐	☐	☐	☐
8:45am - 10am - Healthy Food, Healthy Planet with Ocean Robbins	☐	☐	☐	☐	☐
9am - 10:15am - Connection Cultivates Change with Dr. Scott Stoll	☐	☐	☐	☐	☐
9am - 10:15am - Angry Gut: Modern Cause/Traditional Cure with Virginia Harper	☐	☐	☐	☐	☐
10:30am - 12pm - KEYNOTE: How Not to Age with Dr. Michael Greger	☐	☐	☐	☐	☐
10:30am - 12pm - Cooking Class: The Joy of Asian Cooking with Kim Campbell	☐	☐	☐	☐	☐
10:30am - 12pm - What the Heck is Macrobiotics? Jessica Explains it all with Jessica Porter	☐	☐	☐	☐	☐
11am - 1pm - Take Pain Control into your own Hands: Rapid & Dramatic Pain Relief with Korean Hand Therapy Self-Treatment, Part II with Dr. Ilana Newman	☐	☐	☐	☐	☐
11:45am - 1pm - A Taste of Vitamin H to Open your Clown Chakra! With Verne Varona	☐	☐	☐	☐	☐
1:30pm - 2:30pm - Homeopathy for Vegans - Ten Remedies that Everyone Should Know & Use with Dr. Ilana Newman	☐	☐	☐	☐	☐
2:15pm - 3:45pm - KEYNOTE: Mind Mastery - Sharpening, Focus & Memory for Cognitive Excellence with Dr. Dean Sherzai	☐	☐	☐	☐	☐
2:30pm - 4pm - Toxins Eliminated: Detoxing the Worst "Cancer-Causing Culprits" from your Body with Nathan Crane	☐	☐	☐	☐	☐
2:45pm - 3:45pm - The Real Meaning of "Be Your Own Doctor" Continued - Self Diagnosis with Verne Varona	☐	☐	☐	☐	☐
3:45pm - 5pm - KEYNOTE: Recovery & Regeneration: Optimizing Healing Through Lifestyle & Innovative Therapies with Dr. Scott Stoll	☐	☐	☐	☐	☐
4pm - 5pm - Rituals for Longevity: Nurturing Gut Health & Maximizing the Microbiome's Potential with Dr. Monisha Bhanote	☐	☐	☐	☐	☐
Daily Sit Down Meal Evaluation					
Please check off which food preparation you tasted and indicate how you liked it; 5 being excellent and 1 poor					
Seated Breakfast - Thursday, March 7th	5-Excellent	4-Very Good	3-Good	2-Fair	1-Poor
Miso Soup	☐	☐	☐	☐	☐
Vanilla-Almond Chia Pudding	☐	☐	☐	☐	☐
Scrambled Tofu	☐	☐	☐	☐	☐
French Toast	☐	☐	☐	☐	☐
Avocado Toast	☐	☐	☐	☐	☐
Seated Lunch - Thursday, March 7th					
Appetizer - Vegetable Samosas with Mango Chutney	☐	☐	☐	☐	☐

Appetizer (alternative) - Crudite w/ Curried Sweet Potato Dip	☐	☐	☐	☐	☐
Soup - Chana Dal	☐	☐	☐	☐	☐
Salad - Mixed Green Salad w/ Citrus Mojo or Tamari-Sesame Dressing	☐	☐	☐	☐	☐
Entree - Aloo Tikki, Mint Chutney, Jalfrezi Vegetables & Brown Basmati Rice	☐	☐	☐	☐	☐
Entree (Alternative) - Baked Sweet Potato, Broccoli, Tahini Sauce, Toasted Sunflower Seeds	☐	☐	☐	☐	☐
Dessert - Banana Pudding	☐	☐	☐	☐	☐
Seated Dinner - Thursday, March 7th					
Appetizer - Black Rice Lettuce Cups with Green Curry Vinaigrette	☐	☐	☐	☐	☐
Soup - Fragrant Tom Khaa with Red Miso, Bamboo Shoots & Coconut Milk	☐	☐	☐	☐	☐
Salad - Mixed Greens Salad with Lemon-Flaxseed or Oil Free Tahini-Lemon Dressing	☐	☐	☐	☐	☐
Entrée - Thai Tempeh & Vegetables in Sunflower Satay Sauce, Bean Sprouts, Cilantro & Wehani Rice	☐	☐	☐	☐	☐
Dessert - Tropical Carrot Cake with Pineapple Relish	☐	☐	☐	☐	☐
Holistic Holiday at Sea Evaluation Survey for DAY 7: Friday, March 8th, 2024					
Please answer questions as they best relate to you! :)					
Conference Classes Evaluation					
Please ONLY Rate the Classes You Attended; 5 Being Excellent and 1 Poor.	5-Excellent	4-Very Good	3-Good	2-Fair	1-Poor
7am - 7:45pm - Guided CHI Meditation with Dr. Jibin Chi	☐	☐	☐	☐	☐
7am - 8am - I AM Yoga: Meditation in Motion with Chandrakant Hiester	☐	☐	☐	☐	☐
7am - 8am - Vinyasa Yoga with Rossela Rossi	☐	☐	☐	☐	☐
7am - 8am - Functional Fitness with Robert Cheeke	☐	☐	☐	☐	☐
7am - 8am - Pilates - Levels I & II with Bianka Steinfeldt	☐	☐	☐	☐	☐
7am - 8am - Vegan Strong Bootcamp with Giacomo Marchese	☐	☐	☐	☐	☐
7am - 8am - Achieving Longevity with Five Organ Qigong with Marcus Gary & Team	☐	☐	☐	☐	☐
8:45am - 9:45am - Workshop: Jellyfish Movement Workshop with Mayuku "Coko" Nakashima	☐	☐	☐	☐	☐
8:45am - 10am - Habit Revolutionary: Mastering the Art of Positive Change with Dr. Dean Sherzai	☐	☐	☐	☐	☐
8:45am - 10:15am - Cooking Class: Meat Replacers with Kim Campbell	☐	☐	☐	☐	☐
10am - 11am - ELDOA - Myofacial Stretching Bianka Steinfeldt	☐	☐	☐	☐	☐
10:15am - 11:30am - The Power of the Plate: Regenerating Atoms to Earth with Dr. Scott Stoll	☐	☐	☐	☐	☐
10:30am - 12pm - Discussion Group: Recovery Panel Follow-Up Moderated by Virginia Harper	☐	☐	☐	☐	☐
11:15am - 12:30pm - Cooking Boot Camp: Mushrooms 101 with Jenne Clairborne	☐	☐	☐	☐	☐
11:45am - 12:45pm - KEYNOTE: Plant Powered Fitness: How to Achieve Your Highest Potential as You Age with Nathan Crane	☐	☐	☐	☐	☐
1pm - 2:15pm - Workshop: I AM Method: Yogic Sleep	☐	☐	☐	☐	☐
2pm - 3:15pm - Mindful Eating, Minful Living: A Panel Discussion on Nutrition & Brain Health with Drs. Ayesha & Dean Sherzai	☐	☐	☐	☐	☐
2pm - 4pm - TALENT SHOW hosted by Blair Karsch	☐	☐	☐	☐	☐
2:30pm - 4pm - Cooking Boot Camp: Stirring up Comfort Foods with PlantPure Chef Kim Campbell	☐	☐	☐	☐	☐
3:30pm - 5pm - How Not To Diet: Evidence-Based Weight Loss with Dr. Michael Greger	☐	☐	☐	☐	☐
8:30pm - Farewell Dance Party with DJ	☐	☐	☐	☐	☐
Daily Sit Down Meal Evaluation					
Please check off which food preparation you tasted and indicate how you liked it; 5 being excellent and 1 poor					
Seated Breakfast - Friday, March 8th	5-Excellent	4-Very Good	3-Good	2-Fair	1-Poor
Miso Soup	☐	☐	☐	☐	☐
Vanilla-Almond Chia Pudding	☐	☐	☐	☐	☐

[illegible]