



HOLISTIC HOLIDAY AT SEA WEEK LONG SURVEY, MARCH 8-15, 2025



Raffle Ticket for a FREE Cruise

Full Name: _____

Email: _____

Telephone: _____

YOUR FEEDBACK COULD WIN YOU A FREE CRUISE!

Holistic Holiday at Sea is committed to creating the best experience for our guests. To help us improve, we invite you to participate in our week-long survey, sharing your honest feedback on meals, classes, and services. Your insights directly shape our future offerings!

As a thank-you for completing and submitting this thorough survey, you'll be entered into a drawing to win a free cruise in 2026! The winner receives a spot on the Caribbean Voyage to Wellness 2026 in an inside cabin (double occupancy). Upgrades and single supplements are available for an additional charge. The prize includes holistic programs, meals, taxes, and gratuities. It's transferable but not redeemable for cash.

Your feedback matters—help shape the future of HHAS and get a chance to sail for free!

INSTRUCTIONS:

1. Print the survey at home and bring it on board. Keep it accessible throughout the day as you attend lectures and meals.
2. Complete the entire survey and submit it to the Hospitality Desk on Deck 7 **by Friday, March 14 (after dinner)**, to be eligible for the drawing. Make sure to include your full name and contact information.

Your feedback is greatly appreciated—have fun, and good luck in the drawing and happy cruising!

DAY 1: Saturday, March 8th, 2025						
Conference Classes Evaluation (5 Excellent) (4 Very Good) (3 Good) (2 Fair) (1 Poor)						
2:30 PM - 3:15 PM	Introduction of Presenters & Opening Ceremony with Jessica Porter	5	4	3	2	1
3:15 PM - 4:15 PM	Cruising into Health with Neal Barnard, MD	5	4	3	2	1
4:15 PM - 5:15 PM	Farm Sanctuary: Changing Hearts and Minds About Animals and Food with Gene Baur	5	4	3	2	1
8:30 PM	Welcome Cocktail Party & Live Music	5	4	3	2	1
Daily Sit Down Meal Evaluation (5 Excellent) (4 Very Good) (3 Good) (2 Fair) (1 Poor)						
12:00 PM - 2:45 PM Welcome Sit-Down Lite Lunch - Saturday, March 8th, 2025						
Entrée	- Smashed Chickpea Salad Platter - Herbed Chickpea Salad with Toasted Walnuts & Dried Cranberries served with Mixed Greens, Crisp Veggies, Fresh Fruit, Alfalfa Sprouts & Seed Crackers*	5	4	3	2	1
	* Oil Free	5	4	3	2	1
Dessert	- Peach Crisp** - Oat & Almond Crumble, Coconut Whipped Crème	5	4	3	2	1
	** Oil & gluten-free upon request	5	4	3	2	1
	** Oil & gluten-free upon request	5	4	3	2	1
5:30 PM Seated Dinner - Dining Room (doors close at 5:45pm)						
Appetizer - Watermelon & Herbed Tofu "Feta"* - Black Olive Za'atar, Arugula		5	4	3	2	1
Soup - Red Lentil Soup - Harissa, Parsley, Lemon		5	4	3	2	1
Salad - Moroccan Kale Salad* - Medjool Dates, Mandarin Orange, Muhammara, Turmeric-Ginger Dressing		5	4	3	2	1
Entrée	- Aromatic Vegetable & Tempeh Tagine* - Herbed Quinoa, Toasted Almonds, Coconut Kefir	5	4	3	2	1
	* Oil & gluten-free upon request	5	4	3	2	1
Dessert	- Spiced Pumpkin-Oatmeal Layer Cake** - Cashew Frosting, Peanut, Ginger, Cinnamon Custard Sauce	5	4	3	2	1
	** Gluten-free, contains oil. Oil & gluten-free Chocolate-Frosted Vanilla Cake available upon request	5	4	3	2	1

DAY 2: Sunday, March 9th, 2025						
Conference Classes Evaluation (5 Excellent) (4 Very Good) (3 Good) (2 Fair) (1 Poor)						
7:00 AM – 7:45 AM	Meditation: Awakening the Self -- A Journey Through Consciousness & Chakra Healing with Chelsea McGee, RN	5	4	3	2	1
7:00 AM - 8:00 AM	Get Loved Up With Vinyasa Flow Yoga with Koya Webb & Daren Grainger	5	4	3	2	1
7:00 AM – 8:00 AM	Flow & Control: KINSTRETCH + Gentle Yoga Fusion with Dr. Shabnam Islam assisted by Babette Davis	5	4	3	2	1
7:00 AM – 8:00 AM	Resistance Training on the Go with Dani Taylor	5	4	3	2	1
7:00 AM – 8:00 AM	Functional Fitness with Robert Cheeke	5	4	3	2	1
7:00 AM – 8:00 AM	Achieving Longevity with Five Organ Qigong with Marcus Gary & Team	5	4	3	2	1
7:00 AM – 8:00 AM	Pilates Mat Class with Alisia Essig	5	4	3	2	1
8:45 AM – 10:15 AM	Cooking Class: Brain Fuel Basics -- Simple Prep for Cognitive Wellness with Ayesha Sherzai, MD	5	4	3	2	1
9:00 AM – 10:30 AM	The Seven Stages of Sickness with Kenneth Prange	5	4	3	2	1
10:00 AM – 11:00 AM	KEYNOTE: The Power Foods Diet -- A New Nutritional Approach to Weight Control with Neal Barnard, MD	5	4	3	2	1
10:30 AM – 12:00 PM	Recovery Panel: Survivors Share Their Health Journey, moderated by Jessica Porter	5	4	3	2	1
10:45 AM – 12:00 PM	Build Your Body on a Plant-Based Diet with Robert Cheeke	5	4	3	2	1
11:00 AM – 12:00 PM	Vagus Nerve Stimulation – The Back Door to the Brain with Ilana Newman, MD	5	4	3	2	1
11:15 AM – 12:15 PM	How Not to Die: Preventing and Treating Disease with Diet with Michael Greger, MD	5	4	3	2	1
1:15 PM – 2:15 PM	Your Body in Balance: How Foods Affect Hormones with Neal Barnard, MD	5	4	3	2	1
1:30 PM – 2:30 PM	You Are Here: Creating a Roadmap for the Rest of Your Life with Jan Booth, RN	5	4	3	2	1
1:30 PM – 3:00 PM	Debunking Seven Misleading & Dangerous Sugar Myths with Kylie Buckner, RN & Cyrus Khambatta, PhD	5	4	3	2	1
1:45 PM – 3:00 PM	Deep Dive into Gut Healing with Virginia Harper	5	4	3	2	1
2:00 PM – 3:00 PM	Integrative Nurse Coaching: Emerging Opportunities with Karen Avino, EdD, RN, AHN, HWNC, SGAHN	5	4	3	2	1
2:30 PM – 3:30 PM	KEYNOTE: The Intersection of Health and Planet -- Why Food Choices Matter for our Future with Ocean Robbins	5	4	3	2	1
2:45 PM – 3:45 PM	Hypnosis: Everything You Always Wanted to Know but Were Afraid to Ask with Jessica Porter	5	4	3	2	1
3:30 PM – 5:00 PM	Cooking Class: Long Live Lentils with Jenne Claiborne	5	4	3	2	1
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, & Michel Klaper	5	4	3	2	1
4:00 PM – 5:00 PM	Fueling Performance: The Power of a Vegan Diet with Dr. Shabnam Islam, Chef Babette Davis, & Chris Tucker	5	4	3	2	1
7:30 PM & 9:30 PM	MSC Performance: Premiere: Movies Come to Life	5	4	3	2	1
8:00 PM & 9:00 PM	Social Night: Connection Kick-Off Hour & Ice Breaker Games with Erin McIntosh (Meet up by the Jungle Pool)	5	4	3	2	1
Daily Sit Down Meal Evaluation (5 Excellent) (4 Very Good) (3 Good) (2 Fair) (1 Poor)						
8:00 AM - 10:00 AM Seated Breakfast - Sunday, March 9th, 2025						
To Start	- Chia Seed-Coconut Pudding* (*Contains Oil)	5	4	3	2	1
	- Brown Rice Miso Soup w/ Cauliflower, Watercress & Dulse	5	4	3	2	1
	- Hot Oatmeal or Cracked Corn Grits w/ Cinnamon & Raisins	5	4	3	2	1
Entrées	- Scrambled Tofu Plate w/ Sauteed Breakfast Potatoes* and Steamed Greens (*Contains oil)	5	4	3	2	1
	- Griddled French Toast** w/ Fresh Berries & Maple-Flavored Brown Rice Syrup (**Gluten Free Upon Request)	5	4	3	2	1
	- Smashed Avocado Toast** w/ Shaved Radish, Alfalfa Sprouts, Lemon & Toasted Seeds (**Gluten Free Upon Request)	5	4	3	2	1
	- Tofu Rancheros* Corn Tostada topped w/ Refried Beans, Salsa, Guacamole, Vegan Sour Cream & Cilantro	5	4	3	2	1
	- White Bean Shakshuka* Tender White Beans in a Spicy Tomato Sauce with Peppers, Onions, Garlic & Vegan Feta	5	4	3	2	1
Dessert	- Lemon Blueberry Scone (Gluten Free)	5	4	3	2	1
11:30 AM - 1:30 PM Seated Lunch - Sunday, March 9th, 2025 - Day at Sea						
To Start	- Quinoa Tabbouleh - Balsamic Vinaigrette. Oil-Free Carrot-Ginger Dressing	5	4	3	2	1
Soup	- Zucchini-Cilantro-Cauliflower Soup (Contains Oil)	5	4	3	2	1
	Chickpeas w/ Onions & Parsley	5	4	3	2	1
Entrée	- Veggie Stir-Fry Bowl w/ Snow Peas, Broccoli, Bell Pepper, Edamame & Shiitake in Tamari-Ginger Sauce over Brown Rice	5	4	3	2	1
	- Spicy Indian Chickpea & Potato Curry* w/ Aromatic Basmati Rice	5	4	3	2	1
Dessert	- Mango Custard w/ Pineapple Relish & Coconut Whipped Crème***	5	4	3	2	1
	*** Available with oil-free Tofu Whip upon request	5	4	3	2	1
5:30 PM Seated Dinner - Gala Night - Sunday, March 9th, 2025 - Day at Sea						
Appetizer	- Kidney Bean Pâté* - Cucumber, Walnut, Pomegranate, Herbs	5	4	3	2	1
Soup	- Red Beet & Cabbage Borscht - Potato, Caraway, Dill	5	4	3	2	1
Salad	- Salad of Arugula, Fennel & Asparagus* - Shaved Radish, Tarragon, Crispy Shallots, Dijon Vinaigrette	5	4	3	2	1

* Available oil-free upon request					
Entrée - Seitan & Mushroom à la Stroganoff** - Mafalda Pasta, Mustard Greens, Smoked Paprika	⑤	④	③	②	①
** Oil & gluten-free Tofu & Mushroom Stroganoff available upon request	⑤	④	③	②	①
Dessert - Chocolate-Peanut Butter-Banana Slice*** - Toasted Seed, Oat & Date Crust, Caramelized Bananas, Chocolate Sauce	⑤	④	③	②	①
*** Contains naturally-occurring oil from peanuts. Oil & gluten-free Banana Pudding available upon request.	⑤	④	③	②	①

DAY 3: Monday, March 10th, 2025 - FALMOUTH, JAMAICA (9:00AM – 5:30PM)					
Conference Classes Evaluation (⑤ Excellent) (④ Very Good) (③ Good) (② Fair) (① Poor)					
7:00 AM – 7:45 AM Meditation: Awakening the Self -- A Journey Through Consciousness & Chakra Healing with Chelsea McGee, RN	⑤	④	③	②	①
7:00 AM - 8:00 AM Get Loved Up With Vinyasa Flow Yoga with Koya Webb & Daren Grainger	⑤	④	③	②	①
7:00 AM – 8:00 AM Flow & Control: KINSTRETCH + Gentle Yoga Fusion with Dr. Shabnam Islam assisted by Babette Davis	⑤	④	③	②	①
7:00 AM – 8:00 AM Lean & Toned: Partner-Powered Full Body Burn with Maxime Sigouin & Ivy Teves	⑤	④	③	②	①
7:00 AM – 8:00 AM Vegan Strong Boot Camp with Giacomo Marchese	⑤	④	③	②	①
7:00 AM – 8:00 AM Achieving Longevity with Five Organ Qigong with Marcus Gary & Team	⑤	④	③	②	①
7:00 AM – 8:00 AM Barre Fusion with Alisia Essig	⑤	④	③	②	①
8:00 AM – 9:00 AM An Intensive Plant-Based Diet for Type 2 Diabetes with Neal Barnard, MD	⑤	④	③	②	①
9:00 AM – 2:30 PM LIESURE TIME!	⑤	④	③	②	①
2:30 PM – 3:30 PM A Conversation on Maintaining Your Spiritual Well-Being with Rabbi Loring Frank	⑤	④	③	②	①
2:30 PM – 3:45 PM Plant-Based Health & Nutrition: Top 10 Things You Want to Know with Robert Breakey, MD	⑤	④	③	②	①
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	⑤	④	③	②	①
3:45 PM – 5:00 PM Breaking Free from Addiction Through Daily Food Choices with Sheri-Lynn DeMaris	⑤	④	③	②	①
4:00 PM – 5:15 PM Lifestyle Strategies to Boost Cognition & Prevent Decline with Dean Sherzai, MD	⑤	④	③	②	①
8:30 PM Vegan Ice Cream Social & Dance Party	⑤	④	③	②	①
Daily Sit Down Meal Evaluation (⑤ Excellent) (④ Very Good) (③ Good) (② Fair) (① Poor)					
7:30 AM - 9:00 AM Seated Breakfast - Monday, March 10th, 2025					
To Start - Hot Oatmeal, Corn Grits, or Cream of Wheat with raisins, walnuts & cinnamon by request	⑤	④	③	②	①
- Coconut Chia Pudding* with fresh fruit garnish (*Contains Oil)	⑤	④	③	②	①
- Red Miso Soup with Butternut, Kale, Lemon & Wakame	⑤	④	③	②	①
Entrées - Scrambled Tofu Plate w/ Sautéed Breakfast Potatoes* and Steamed Greens (*Contains oil)	⑤	④	③	②	①
- Griddled French Toast** w/ Fresh Berries & Maple-Flavored Brown Rice Syrup (**Oil & Gluten Free Upon Request)	⑤	④	③	②	①
- Avocado Toast*** with toasted seeds, shaved radish, alfalfa sprouts, lemon & olive oil (Contains Oil, Gluten Free Upon Request)	⑤	④	③	②	①
- Short Grain Brown Rice	⑤	④	③	②	①
- Steamed Greens	⑤	④	③	②	①
- Sautéed Breakfast Potatoes* (*Contains Oil)	⑤	④	③	②	①
- Grilled Tomato* (*Contains Oil)	⑤	④	③	②	①
- Roasted Mushrooms* (*Contains Oil)	⑤	④	③	②	①
Dessert - Chickpea Blondies	⑤	④	③	②	①
5:30 PM Seated Dinner - Monday, March 10th, 2025					
Appetizer - Sicilian Cauliflower* - Capers, Golden Raisins, Pine Nuts, Red Pepper Agrodolce	⑤	④	③	②	①
Soup - No-Mato Minestrone* - Garden Vegetables, Sweet Peas, Gluten-Free Ditalini	⑤	④	③	②	①
Salad - SeaSar Salad Romaine Hearts, Chickpea Croutons, Creamy Tahini-Nori Dressing, Walnut Parmesan	⑤	④	③	②	①
Entrée - Scarola e Fagioli* - Cannellini Beans & Braised Greens with Herbed Polenta, Grilled Vegetables, Sundried Tomato-Basil Pesto and Aged Balsamic Reduction	⑤	④	③	②	①
* Available oil-free upon request	⑤	④	③	②	①
Dessert - Plum & Apple Crumble** - Vanilla Custard Sauce	⑤	④	③	②	①
** Gluten-Free, Contains oil. Oil & gluten-free Mixed Berry Crumble available upon request	⑤	④	③	②	①

DAY 4: Tuesday, March 11th, 2025 - GEORGE TOWN, CAYMAN ISLAND (8:00AM – 4:00PM)					
Conference Classes Evaluation (⑤ Excellent) (④ Very Good) (③ Good) (② Fair) (① Poor)					
7:00 AM – 7:45 AM Meditation: Awakening the Self -- A Journey Through Consciousness & Chakra Healing with Chelsea McGee, RN	⑤	④	③	②	①
7:00 AM - 8:00 AM Get Loved Up With Vinyasa Flow Yoga with Koya Webb & Daren Grainger	⑤	④	③	②	①

7:00 AM – 8:00 AM	Flow & Control: KINSTRETCH + Gentle Yoga Fusion with Dr. Shabnam Islam assisted by Babette Davis	(5)	(4)	(3)	(2)	(1)
7:00 AM – 8:00 AM	Posture 101 with Dani Taylor	(5)	(4)	(3)	(2)	(1)
7:00 AM – 8:00 AM	Functional Fitness with Robert Cheeke	(5)	(4)	(3)	(2)	(1)
7:00 AM – 8:00 AM	Achieving Longevity with Five Organ Qigong with Marcus Gary & Team	(5)	(4)	(3)	(2)	(1)
7:00 AM – 8:00 AM	Glute Power Pilates with Alisia Essig	(5)	(4)	(3)	(2)	(1)
8:00 AM – 1:30 PM	LIESURE TIME!	(5)	(4)	(3)	(2)	(1)
1:30 PM – 2:30 PM	Living Light: Fascia, Nervous System, & the Power of Gravity with Mayuko (Coko) Nakashima	(5)	(4)	(3)	(2)	(1)
1:30 PM – 2:30 PM	Chair Yoga with Alese Jones	(5)	(4)	(3)	(2)	(1)
2:15 PM – 3:30 PM	KEYNOTE: Dr. Bob's Eight Keys for Health & Success with Robert Breakey, MD	(5)	(4)	(3)	(2)	(1)
2:45 PM – 3:45 PM	Seven Foods to Make New Mitochondria (and Double Your Energy) with Cyrus Khambatta, PhD	(5)	(4)	(3)	(2)	(1)
2:45 PM – 3:45 PM	Fibromyalgia Syndrome, Cup Overflowing! with Kenneth Prange	(5)	(4)	(3)	(2)	(1)
3:45 PM – 5:00 PM	KEYNOTE: What I Wish I Learned in Medical School about Nutrition with Michael Klaper, MD	(5)	(4)	(3)	(2)	(1)
4:00 PM – 5:00 PM	Clean & Green: Detoxifying Your Lifestyle to Combat Aging & Chronic Disease with Monisha Bhanote, MD	(5)	(4)	(3)	(2)	(1)
4:00 PM – 5:00 PM	Exploring Minor Cannabinoids: Understanding CBD, CBDA, DELTA-8 THC, & Beyond with Debra Kimless, MD	(5)	(4)	(3)	(2)	(1)
8:30 PM	Vegan Pizza & Dance Party <i>Sponsored by Good Planet</i>	(5)	(4)	(3)	(2)	(1)
10:30 PM	MSC White Party – Dress Code: White Outfit	(5)	(4)	(3)	(2)	(1)

Daily Sit Down Meal Evaluation (5 Excellent) (4 Very Good) (3 Good) (2 Fair) (1 Poor)

7:30 AM – 9:00 AM Seated Breakfast - Tuesday, March 11th, 2025						
To Start	- Hot Oatmeal, Corn Grits, or Cream of Wheat with raisins, walnuts & cinnamon by request	(5)	(4)	(3)	(2)	(1)
	- Coconut Chia Pudding* with fresh fruit garnish (*Contains Oil)	(5)	(4)	(3)	(2)	(1)
	- White Miso Soup with Daikon, Red Onion, Bok Choy & Wakame	(5)	(4)	(3)	(2)	(1)
Entrées	- Scrambled Tofu Plate w/ Sauteed Breakfast Potatoes* and Steamed Greens (*Contains oil)	(5)	(4)	(3)	(2)	(1)
	- Griddled French Toast** w/ Fresh Berries & Maple-Flavored Brown Rice Syrup (**Oil & Gluten Free Upon Request)	(5)	(4)	(3)	(2)	(1)
	- Avocado Toast*** with toasted seeds, shaved radish, alfalfa sprouts, lemon & olive oil (Contains Oil, Gluten Free Upon Request)	(5)	(4)	(3)	(2)	(1)
Dessert	- Oatmeal-Chocolate Chip Cookies	(5)	(4)	(3)	(2)	(1)
	- Oatmeal-Raisin Cookies (Oil-Free)	(5)	(4)	(3)	(2)	(1)
5:30 PM Seated Dinner - Tuesday, March 11th, 2025						
Appetizer	- Hearts of Palm Ceviche* - White Hominy, Sweet Bell Pepper, Jalapeno, Cucumber, Crispy Plantain	(5)	(4)	(3)	(2)	(1)
Soup	- Island Lentil Soup - with Pumpkin & Allspice	(5)	(4)	(3)	(2)	(1)
Salad	- Tropical Quinoa & Spinach Salad* - Toasted Macadamia Nuts, Mango-Lime Dressing	(5)	(4)	(3)	(2)	(1)
	* Available oil-free upon request	(5)	(4)	(3)	(2)	(1)
Entrée	- Jamaican Jerked Tofu Spiced Sweet Potato, Steamed Collard Greens, Pineapple Relish, Caribbean Rice & Peas	(5)	(4)	(3)	(2)	(1)
Dessert	- Lime & Coconut Cake** - with Coconut Custard & Mango Compote	(5)	(4)	(3)	(2)	(1)
	** Gluten-Free, contains oil. Oil & gluten-free Key Lime Custard Parfait available upon request	(5)	(4)	(3)	(2)	(1)

DAY 5: Wednesday, March 12th, 2025 - COZUMEL, MEXICO (10:00AM – 6:00PM)						
Conference Classes Evaluation (5 Excellent) (4 Very Good) (3 Good) (2 Fair) (1 Poor)						
7:00 AM – 7:45 AM	Meditation: Awakening the Self -- A Journey Through Consciousness & Chakra Healing with Chelsea McGee, RN	(5)	(4)	(3)	(2)	(1)
7:00 AM - 8:00 AM	Get Loved Up With Vinyasa Flow Yoga with Koya Webb & Daren Grainger	(5)	(4)	(3)	(2)	(1)
7:00 AM – 8:00 AM	Flow & Control: KINSTRETCH + Gentle Yoga Fusion with Dr. Shabnam Islam assisted by Babette Davis	(5)	(4)	(3)	(2)	(1)
7:00 AM – 8:00 AM	Legs of Steels: Lower Body Burnout with Maxime Sigouin and Ivy Teves	(5)	(4)	(3)	(2)	(1)
7:00 AM – 8:00 AM	Mobile Mastery with Giacomo Marchese	(5)	(4)	(3)	(2)	(1)
7:00 AM – 8:00 AM	Achieving Longevity with Five Organ Qigong with Marcus Gary & Team	(5)	(4)	(3)	(2)	(1)
7:00 AM – 8:00 AM	Pilates Mat Class with Alisia Essig	(5)	(4)	(3)	(2)	(1)
8:15 AM – 9:15 AM	From Inside the System with Gene Baur	(5)	(4)	(3)	(2)	(1)
8:30 AM – 10:00 AM	KEYNOTE: Silent Triggers: The Hidden Impact of Nervous System Dysregulation on Autoimmune Health with Monisha Bhanote, MD	(5)	(4)	(3)	(2)	(1)
8:45 AM – 9:45 AM	Cookware: It's the Last Place the Food Touches! With Sandy Clubb	(5)	(4)	(3)	(2)	(1)
10:00 AM – 3:00 PM	LEISURE TIME!	(5)	(4)	(3)	(2)	(1)
2:00 PM – 3:30 PM	COOKING BOOT CAMP: Vegan Vibes with Jenne Claiborne **EXTRA FEE	(5)	(4)	(3)	(2)	(1)
3:00 PM – 4:30 PM	MOVIE: What the Health, an award-winning documentary	(5)	(4)	(3)	(2)	(1)
3:30 PM – 5:00 PM	Aging Gracefully with Plants with Dr. Shabnam Islam, Chef Babette Davis, and Chris Tucker	(5)	(4)	(3)	(2)	(1)

3:45 PM – 5:00 PM	One Simple Trick that Will Change Your Whole Life (Chewing) with Jessica Porter	5	4	3	2	1
8:30 PM	Sushi & Dance Party with DJ	5	4	3	2	1
10:00 PM	MSC Movie Night: Dune, Part 2	5	4	3	2	1
Daily Sit Down Meal Evaluation (5 Excellent) (4 Very Good) (3 Good) (2 Fair) (1 Poor)						
7:30 AM - 9:00 AM Seated Breakfast - Wednesday, March 12th, 2025						
To Start - Hot Oatmeal, Corn Grits, or Cream of Wheat with raisins, walnuts & cinnamon by request		5	4	3	2	1
- Coconut Chia Pudding* with fresh fruit garnish (*Contains Oil)		5	4	3	2	1
- Brown Rice Miso Soup with Cabbage, Corn & Sweet Potato		5	4	3	2	1
Entrées - Scrambled Tofu Plate with steamed greens & sautéed breakfast potatoes* (*Contains oil)		5	4	3	2	1
- Griddled French Toast*** w/ Fresh Berries & Maple-Flavored Brown Rice Syrup (**Oil & Gluten Free Upon Request)		5	4	3	2	1
- Avocado Toast*** with toasted seeds, shaved radish, alfalfa sprouts, lemon & olive oil (***)Contains Oil, Gluten Free Upon Request		5	4	3	2	1
Dessert - Peach Crumble Bars (Oil & Gluten-Free)		5	4	3	2	1
5:30 PM Seated Dinner - Wednesday, March 12th, 2025						
Appetizer - Guacamole & Chips* - with Marinated Jicama		5	4	3	2	1
* Oil-free Green Pea Guacamole available upon request		5	4	3	2	1
Soup - Mexican Black Bean Soup - Cumin, Mexican Oregano, Cilantro		5	4	3	2	1
Salad - Fiesta Kale Salad** - with Cabbage, Bell Pepper, Toasted Flax Seed, Crispy Vegan Queso & Chipotle Ranch Dressing		5	4	3	2	1
** Contains oil. Available oil-free upon request		5	4	3	2	1
Entrée - Quinoa Tamale Cakes** - Pinto Bean & Charred Corn Succotash, Tomatillo Salsa Verde, Pumpkin Seed Crème, Pickled Red Onions, Cilantro		5	4	3	2	1
Dessert - Spiced Carrot Cake** - Cashew Frosting, Orange-Pineapple Sauce		5	4	3	2	1

DAY 6: Thursday, March 13th, 2025 - DAY AT SEA						
Conference Classes Evaluation (5 Excellent) (4 Very Good) (3 Good) (2 Fair) (1 Poor)						
7:00 AM – 7:45 AM	Meditation: Awakening the Self -- A Journey Through Consciousness & Chakra Healing with Chelsea McGee, RN	5	4	3	2	1
7:00 AM - 8:00 AM	Get Loved Up With Vinyasa Flow Yoga with Koya Webb & Daren Grainger	5	4	3	2	1
7:00 AM – 8:00 AM	Flow & Control: KINSTRETCH + Gentle Yoga Fusion with Dr. Shabnam Islam assisted by Babette Davis	5	4	3	2	1
7:00 AM – 8:00 AM	Resistance Training on the Go with Dani Taylor	5	4	3	2	1
7:00 AM – 8:00 AM	Vegan Strong Boot Camp with Giacomo Marchese	5	4	3	2	1
7:00 AM – 8:00 AM	Glute Power Pilates with Alisia Essig	5	4	3	2	1
7:00 AM – 8:00 AM	Achieving Longevity with Five Organ Qigong with Marcus Gary & Team	5	4	3	2	1
8:45 AM – 10:00 AM	Revolutionizing Your Health: Breakthroughs in Food, Science, and Positive Change with Ocean Robbins	5	4	3	2	1
9:00 AM – 10:15 AM	Physician's Eye – Healer's Heart with Michael Klaper, MD	5	4	3	2	1
9:00 AM – 10:15 AM	Macrobiotics Decoded with Virginia Harper	5	4	3	2	1
10:30 AM – 12:00 PM	KEYNOTE: What is the Role of Ultra-processed Plant-Based Products in the Diet? with Michael Greger, MD	5	4	3	2	1
10:30 AM – 12:00 PM	Medical Cannabis: Myth or Medicine with Debra Kimless, MD	5	4	3	2	1
11:00 AM – 12:15 PM	How to Be an Impactful Vegan with Robert Cheeke	5	4	3	2	1
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	5	4	3	2	1
1:30 PM – 2:30 PM	KEYNOTE: Revolutionize Brain Health – Nutrition Strategies for a Sharper Mind with Ayesha Sherzai, MD	5	4	3	2	1
1:30 PM – 2:30 PM	Emotional Intelligence: What is it? Why it's Necessary, and How can it be Developed? With Robert Gaarder, RN	5	4	3	2	1
1:30 PM – 3:00 PM	Cooking Class: Sensational Snacks with Jenne Claiborne	5	4	3	2	1
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 and Kylie Buckner ** EXTRA FEE	5	4	3	2	1
2:00 PM – 3:00 PM	Discussion Group: Recovery Panel Follow Up moderated by Virginia Harper	5	4	3	2	1
2:45 PM – 3:45 PM	KEYNOTE: Unlocking Peak Cognitive Performance: The Path to Brain Resilience & Agility Description with Dean Sherzai, MD	5	4	3	2	1
2:45 PM – 3:45 PM	Probiotics, The Digestive System & Natural Immunity with Kenneth Prange	5	4	3	2	1
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	5	4	3	2	1
4:00 PM – 5:00 PM	How Healthy Are You? with Jessica Porter	5	4	3	2	1
4:00 PM – 5:15 PM	KEYNOTE: You Are What You Eat: Women's Weight, Body Fat & Life Stages with Rosane Oliveira, PhD	5	4	3	2	1

7:30 PM & 9:30 PM	MSC Performance: Young at Heart	(5)	(4)	(3)	(2)	(1)
8:00 PM – 9:00 PM	Social Night: The Heart of Connection & Authentic Relating Games with Erin McIntosh (Meet up by the Jungle Por	(5)	(4)	(3)	(2)	(1)
10:30 PM	MSC's Tropical Party	(5)	(4)	(3)	(2)	(1)
Daily Sit Down Meal Evaluation (5) Excellent) (4) Very Good) (3) Good) (2) Fair) (1) Poor)						
8:00 AM - 10:00 AM Seated Breakfast - Thursday, March 13th, 2025						
To Start	- White Miso Soup w/ Leek, Zucchini & Dulse	(5)	(4)	(3)	(2)	(1)
Entrées	- Scrambled Tofu Plate w/ Sauteed Breakfast Potatoes* and Steamed Greens (*Contains oil)	(5)	(4)	(3)	(2)	(1)
	- Griddled French Toast** w/ Fresh Berries & Maple-Flavored Brown Rice Syrup (**Gluten Free Upon Request)	(5)	(4)	(3)	(2)	(1)
	- Smashed Avocado Toast** w/ Shaved Radish, Alfalfa Sprouts, Lemon & Toasted Seeds (**Gluten Free Upon Request)	(5)	(4)	(3)	(2)	(1)
	- Tofu Rancheros* Corn Tostada topped w/ Refried Beans, Salsa, Guacamole, Vegan Sour Cream & Cilantro	(5)	(4)	(3)	(2)	(1)
	- White Bean Shakshuka* Tender White Beans in a Spicy Tomato Sauce with Peppers, Onions, Garlic & Vegan Feta	(5)	(4)	(3)	(2)	(1)
Dessert	- Chocolate Caramel Cake*** Dark Chocolate Frosting, Date Caramel (***Gluten & Oil Free Upon Request)	(5)	(4)	(3)	(2)	(1)
	- Currant-Walnut-Fennel Scone*. (*Gluten Free)	(5)	(4)	(3)	(2)	(1)
11:30 AM - 1:30 PM Seated Lunch - Thursday, March 13th, 2025						
To Start	- Carrot, Raisin & Walnut Salad. Lemon-Flaxseed Dressing. Oil-Free Silken Tofu Ranch Dressing	(5)	(4)	(3)	(2)	(1)
Soup	- Carrot-Sweet Potato-Turmeric	(5)	(4)	(3)	(2)	(1)
	Stewed Lentils	(5)	(4)	(3)	(2)	(1)
Entrée	- Loaded Baked Sweet Potatoes	(5)	(4)	(3)	(2)	(1)
Dessert	- Chocolate Caramel Cake	(5)	(4)	(3)	(2)	(1)
	* Oil/Gluten-Free	(5)	(4)	(3)	(2)	(1)
5:30 PM Seated Dinner - Thursday, March 13th, 2025						
Appetizer	- Black Rice Lettuce Cups*- Arame, Edamame, Toasted Cashew, Kaffir Lime Vinaigrette, Redbloom Chili Crisp	(5)	(4)	(3)	(2)	(1)
	* Contains oil. Available oil-free upon request	(5)	(4)	(3)	(2)	(1)
Soup	- Fragrant Tom Kha Soup - with Lemongrass, Galangal & Red Miso	(5)	(4)	(3)	(2)	(1)
Salad	- Kelp Noodle Salad - Wakame, Crispy Shiitake & Tamari-Sesame Dressing	(5)	(4)	(3)	(2)	(1)
Entrée	- Thai Tempeh Satay - Stir-Fried Vegetables, Red Wehani Rice, Bean Sprouts, Aromatic Herbs Creamy Sunflower Satay Sauce	(5)	(4)	(3)	(2)	(1)
Dessert	- Apple Cake** - with Apple Compote & Cinnamon Custard Sauce	(5)	(4)	(3)	(2)	(1)
	** Gluten-free, contains oil. Gluten & oil-free Vanilla Cake w/ Cinnamon Caramel, Apple Compote & Tofu Whip available upon request	(5)	(4)	(3)	(2)	(1)

DAY 7: Friday, March 14th, 2025 - OCEAN CAY, MSC MARINE RESERVE (8:00AM – 8:00PM)						
Conference Classes Evaluation (5) Excellent) (4) Very Good) (3) Good) (2) Fair) (1) Poor)						
7:00 AM – 7:45 AM	Meditation: Awakening the Self -- A Journey Through Consciousness & Chakra Healing with Chelsea McGee, RN	(5)	(4)	(3)	(2)	(1)
7:00 AM - 8:00 AM	Get Loved Up With Vinyasa Flow Yoga with Koya Webb & Daren Grainger	(5)	(4)	(3)	(2)	(1)
7:00 AM – 8:00 AM	Flow & Control: KINSTRETCH + Gentle Yoga Fusion with Dr. Shabnam Islam assisted by Babette Davis	(5)	(4)	(3)	(2)	(1)
7:00 AM – 8:00 AM	Strong at Home: Upper Body Challenge with Maxime Sigouin and Ivy Teves	(5)	(4)	(3)	(2)	(1)
7:00 AM – 8:00 AM	Functional Fitness with Robert Cheeke	(5)	(4)	(3)	(2)	(1)
7:00 AM – 8:00 AM	Achieving Longevity with Five Organ Qigong with Marcus Gary & Team	(5)	(4)	(3)	(2)	(1)
7:00 AM – 8:00 AM	Barre Fusion with Alisia Essig	(5)	(4)	(3)	(2)	(1)
8:45 AM – 10:00 AM	You Eat What You Are: Building a Plant-Based Life from the Inside Out with Rosane Oliveira, PhD	(5)	(4)	(3)	(2)	(1)
8:45 AM – 10:15 AM	Cooking Class: Ocean Bounty: Plant-Based Seafood Creations with Chris Tucker, Chef Babette Davis, & Dr. Shabnam Islam	(5)	(4)	(3)	(2)	(1)
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	(5)	(4)	(3)	(2)	(1)
10:15 AM – 11:30 PM	Building Lasting Habits for a Healthy Mind and Body with Dean Sherzai, MD	(5)	(4)	(3)	(2)	(1)
10:30 AM – 12:00 PM	WORKSHOP: Breakthrough Breathwork & Sound Healing with Koya Webb and Daren Grainger ** EXTRA FEE	(5)	(4)	(3)	(2)	(1)
10:30 AM – 12:00 PM	WORKSHOP: What Your Nose Knows with Debra Kimless, MD ** EXTRA FEE	(5)	(4)	(3)	(2)	(1)
10:30 AM – 12:00 PM	Re-imagining the End of Life: Living and Dying Based on What Matters Most with Jan Booth, RN	(5)	(4)	(3)	(2)	(1)
11:00 AM – 12:30 PM	COOKING BOOT CAMP: Cooking Smarts for Brain and Body with Ayesha Sherzai, MD ** EXTRA FEE	(5)	(4)	(3)	(2)	(1)
11:45 PM – 12:45 PM	Harvesting Health: The Growing Pains and Gains of Plant-Based Diets with Dr. Michael Klapser	(5)	(4)	(3)	(2)	(1)
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	(5)	(4)	(3)	(2)	(1)

1:15 PM – 2:15 PM	Remember the “Stress Related” Pillars... with Robert Breakey, MD	⑤	④	③	②	①
2:00 PM – 4:00 PM	TALENT SHOW hosted by Erin McIntosh	⑤	④	③	②	①
2:30 PM – 3:30 PM	Nourish to Flourish: Unlocking the Power of Nutrition & Lifestyle for Brain Health with Drs. Ayesha & Dean Sherzai	⑤	④	③	②	①
2:30 PM – 4:00 PM	COOKING BOOT CAMP: Decadent Raw Desserts with Chris Tucker & Chef Babette Davis ** EXTRA FEE	⑤	④	③	②	①
3:45 PM – 5:15 PM	How Not to Age with Michael Greger, MD	⑤	④	③	②	①
8:30 PM	Farewell Dance Party with Live Music – See you next year!	⑤	④	③	②	①