

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

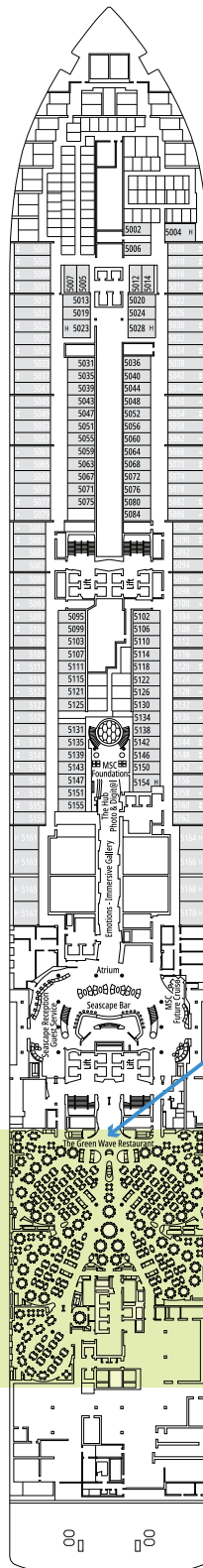
AD Atrium Book Signing Desk
Deck 8, midship

Port Side = Left Side

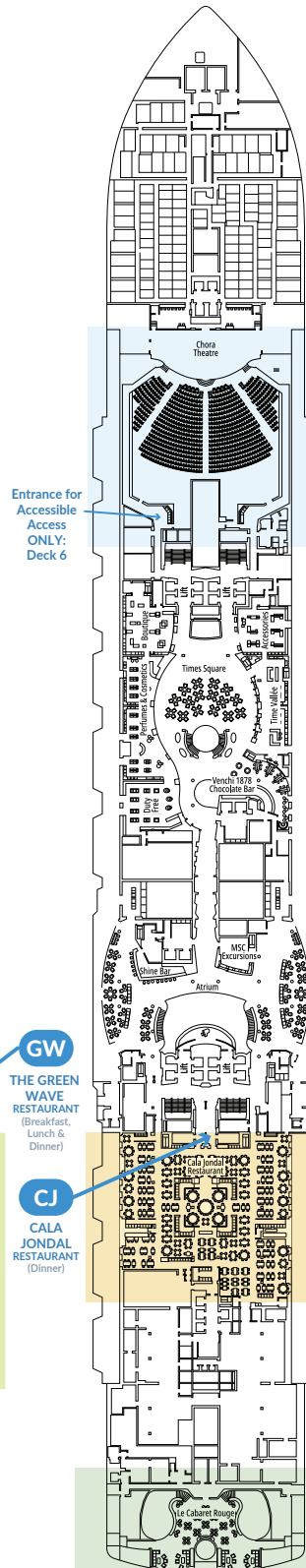
Starboard Side = Right Side

AFT = Back of Ship

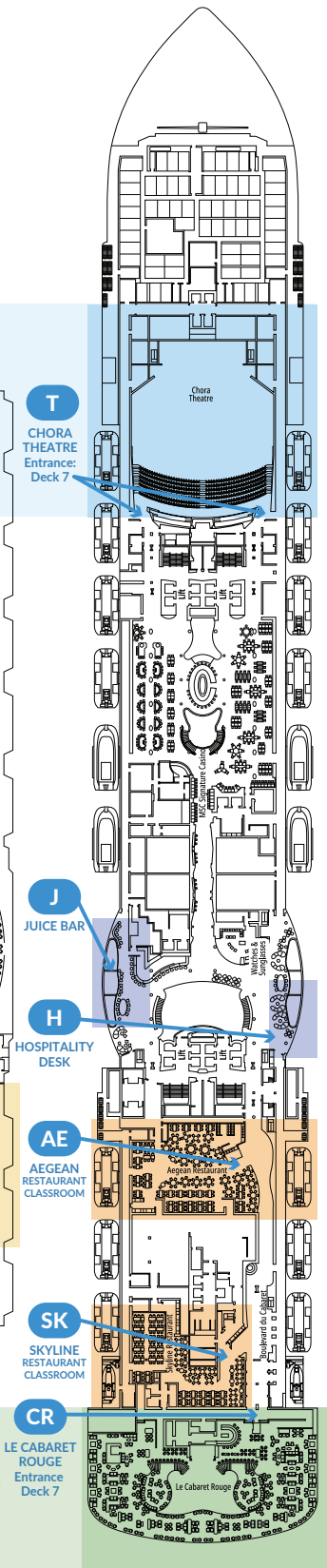
DECK 5



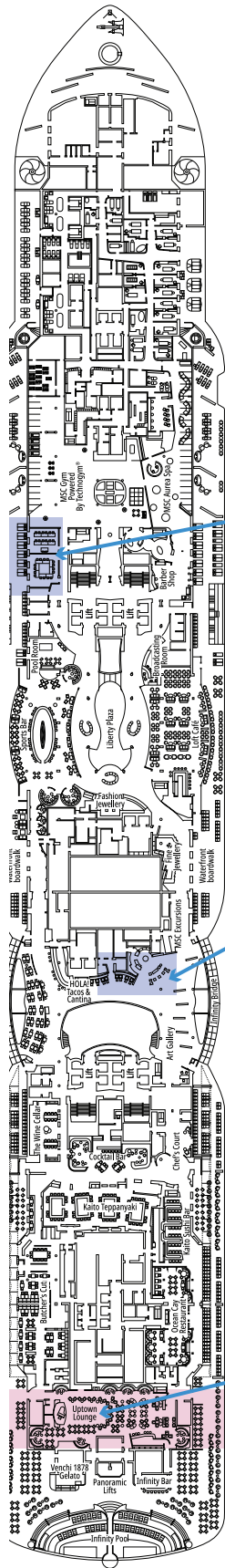
DECK 6



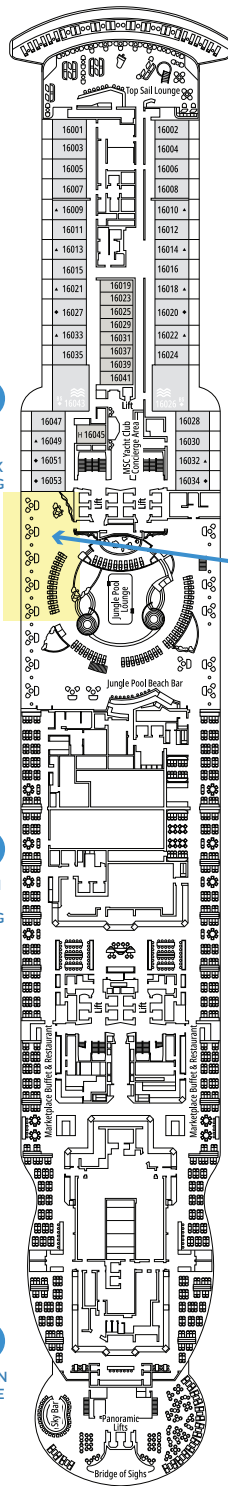
DECK 7



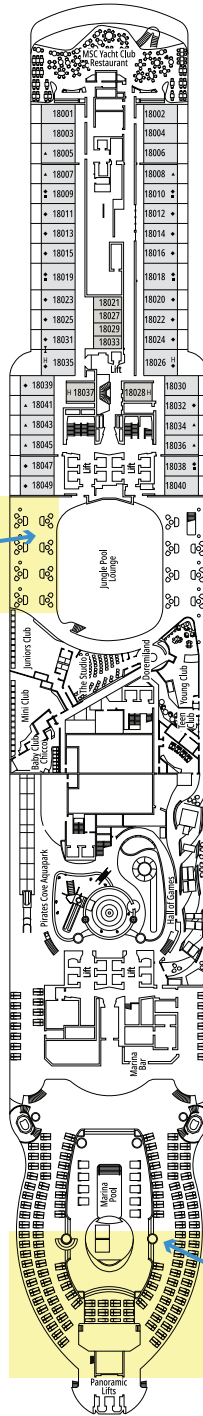
DECK 8



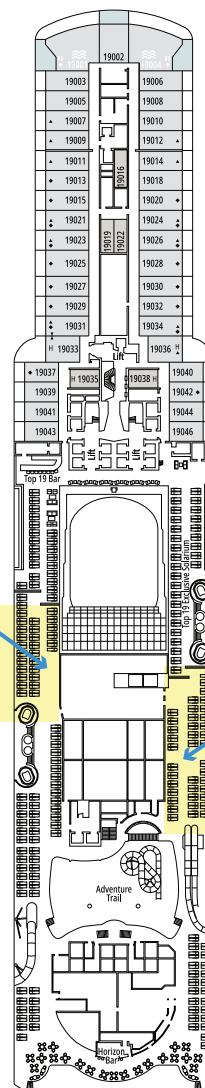
DECK 16



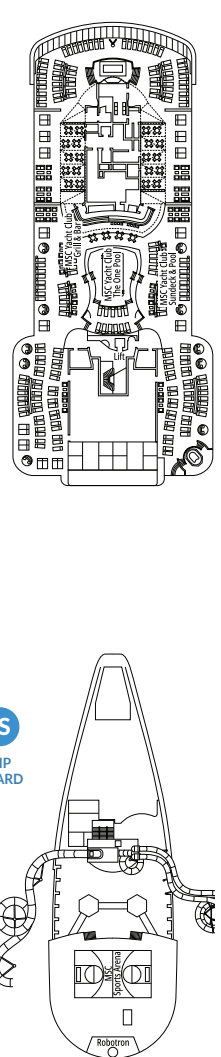
DECK 18



DECK 19



DECK 20



BS

BOOK STORE & BOOK SIGNING DESK

JP

JUNGLE POOL

DECK 16 & DECK 18

AD

ATRIUM BOOK SIGNING DESK

UL

UPTOWN LOUNGE

MS-P

MIDSHIP PORT SIDE

MS-S

MIDSHIP STARBOARD SIDE

MP

MARINA POOL STAGE



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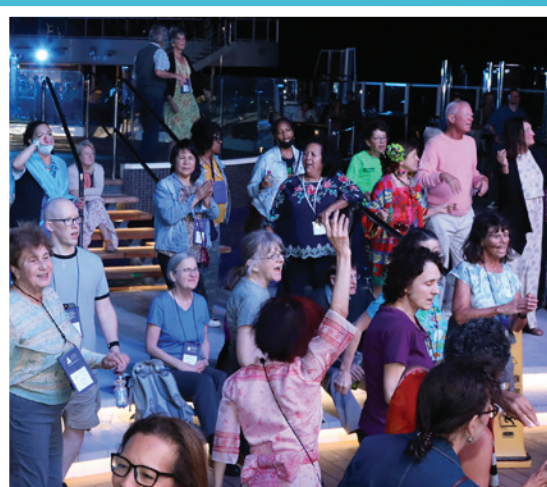
AVAILABLE IN THE BOOKSTORE OR ONLINE AT [AMAZON.COM](https://Amazon.com) AND OTHER RETAILERS



WELCOME COCKTAIL PARTY & LIVE MUSIC

8:30 PM Deck 18

COME MINGLE & CELEBRATE WITH OUR PRESENTERS!



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 prepare 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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- 4 IMPROVED JOINT & MUSCULOSKELETAL HEALTH
- 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.

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...



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.

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
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
	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

ALL CLASSES SUBJECT TO CHANGE

HOLISTIC HOLIDAY AT SEA XX 21

MONDAY

MARCH 10 • FALMOUTH, JAMAICA (9:00AM – 5:30PM)



VEGAN PIZZA & DANCE PARTY



SPONSORED BY
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

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 - 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



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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



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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

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.

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
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
	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 Gaardner 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.



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
 7:30 AM Room

GW 5



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.

