

Journey to Wellness Activity Schedule

March 3 – 10, 2018

SATURDAY, MARCH 3, 2018 - WELCOME ABOARD!

8:30pm – 9:00pm Group Orientation, Meet and Greet *Sky Observation Lounge, Deck 14 forward*
Meet our talented team of instructors and our fun group of Journey to Wellness participants. Our “TREASURE HUNT” starts tonight! Yoga Mats, Activity Schedules and goody bags will be distributed to all our guests.

Sunday, March 4, 2018

7:00am - 7:30am Cardio Fitness – Leo *Quasar Deck 4 – Forward*
All levels welcomed to this lively, balanced and effective workout that includes high-energy, cardiovascular and strength training exercises.

7:45am - 8:45am Yoga & Intention Setting – Donna & Monica *Lawn Club, Deck 15 - Back*
In this yoga class, the instructor will gently assist and guide you through awareness focused on alignment, breath, and mental presence. We will practice the art of intention setting as we begin our Journey to Wellness Cruise using our creative power to fulfill our desires to live a better life with peace, love, beauty, and happiness. Please bring your yoga mat and journal (provided for you in your goody bag).
In case of rain: Quasar Deck 4

9:00am - 9:45am Chakra Balancing- Donna, Monica & Sheila *Quasar Deck 4 – Forward*
There are seven main energy centers in the body known as chakras. They align the spine, starting from the base of the spine through to the crown of the head. These energy centers help to regulate organ function, the immune system and emotions. If blocked or out of balance illness may occur. In this class you will learn unique Chakra balancing techniques to create a harmonious flow of energy across your chakra system.

10:00am - 11:00am Zumba Class - Will *Quasar Deck 4 – Forward*
Will's Zumba class is an exercise fitness program involving dance and aerobic movements performed to energetic music. His choreography incorporates several of his dance movements as well as squats and lunges. This class can appeal to all levels by slightly adjusting your movements. A good time will be had by all.

11:30am - 12:30pm Vision Board – Part One - Ida *Blu Specialty Restaurant Deck 5 Back*
Part One - Creating the vision- This exercise challenges you to look at what's possible and why it's important to you. Only you can best articulate what brings you joy- this exercise will help identify your life purpose and what that looks like... exclusively for you.
Often, we find ourselves trying to accomplish the same goal without success. Our Vision Board Workshop is unlike the normal process of cutting out pictures and sticking them on a board. This workshop takes a three-prong approach to ensure your vision becomes reality to create a life of fulfillment. It includes specific coach certified techniques.

2:00pm – 2:45pm - Discovering the power of Essential Oils - Sheila *Blu Specialty Restaurant Deck 5 Back*
This Aromatherapy class teaches the many benefits of Essential Oils to fight disease, boost immunity, balance mood, and promote overall health & well-being. It will empower you with safe & effective solutions for many common health issues. Participants will be given essential oils to target specific areas of concern and have an opportunity to contribute to a fun mini-study and provide feedback.

3:45pm - 4:30pm Pilates - Monica *Blu Specialty Restaurant Deck 5 Back*
Tap into your core with classical and contemporary Pilates exercises designed to strengthen your core balance and postural muscles. This class focuses on the fundamental Pilates movements and proper form. It is a great way to start and to watch the transformation in how you look, and more importantly, how you feel.

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Monday, March 5, 2018 - San Juan arrival in the afternoon

Arrival will be at 3:30pm ship time (4:30 Island time). All aboard will be 10:30pm ship Time, (11:30pm Island Time)

7:00am - 7:30am Cardio Fitness – Leo *Sky Observation Lounge, Deck 14 Forward*
 All levels welcomed to this lively, balanced and effective workout that includes high-energy, cardiovascular and strength training exercises.

8:00am – 8:45am – Yoga Class - Be a warrior, not a worrier - Monica *Lawn Club, Deck 15 – Back*
 It's time to rise to your true strength and tap into your inner warrior. This class is suitable for all levels. The instructor will gently assist and guide you through with a keen awareness focused on alignment, breath, and mental presence.
In case of rain: Sky Observation Lounge, Deck 14

9:00am – 9:45am Don't Wait - Meditate Class – Sheila *Sky Observation Lounge, Deck 14 Forward*
 This class consists of breath work then progresses into guided mindfulness meditation. Discover how these transformative breathing exercises flood your body and brain with healing oxygen that will quiet the busy mind, calm the emotions and relax the physical body to achieve deep relaxation and reduce stress.

10:00am - 11:00am Latin Dance Lesson with Will *Quasar Deck 4- Forward*
 Have fun learning some cool Latin dance moves from a Two Time US Open World Junior Latin Dance Champion. Dancing is a social activity that can give you a great mind-body workout. It is a great way for all ages to get and stay in shape. While you are memorizing your dance moves, you boost your brain power by improving your memory skills. Studies show ballroom dancing at least twice a week made people less likely to develop dementia.

11:30am – 12:30pm Eating is a Necessity, but Healthy Cooking is an Art – Donna *Blu Restaurant Deck 5- Back*
Cooking Demo
 If you want to eat healthy but you don't want boring tasteless foods - this class is for you. Become extremely knowledgeable on what foods nourish and heal the body. Donna uses these foods and her creativity to make highly flavorful dishes bringing healthy food to a new dimension. You will learn how to prepare delicious gourmet foods with unique ingredients that will allow you an amazing guilt-free indulgence.

Tuesday, March 6, 2018 St. Martin

Arrival at 9:30am ship time, (10:30am Island time), All aboard 5:30pm ship time (6:30pm Island Time)

7:00am - 7:30am Cardio Fitness – Leo *Sky Observation Lounge, Deck 14- Forward*
 All levels welcomed to this lively, balanced and effective workout that includes high-energy, cardiovascular and strength training exercises.

8:00am – 8:45am GO WITH THE FLOW YOGA CLASS – Monica *Lawn Club Deck 15- Back*
 This class provides a combination of healthy alignment and the freedom to go with the flow of familiar and new poses. From beginners to seasoned practitioners, this class helps to broaden the range of capabilities of each person through the instruction of alignment and breath. *In case of rain: Sky Observation Lounge, Deck 14- Forward*

Wednesday, March 7, 2018 St Kitts/Nevis

Arrival 8:00am ship time (9:00am Island time). All aboard is 4:30pm ship time (5:30pm Island time)

7:45am – 8:45am Cardio Fusion – Leo *Lawn Club Deck 15 – Back*
 All levels welcomed to this lively, balanced and effective workout that includes high-energy, cardiovascular and strength training exercises. *In case of rain, no class*

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Wednesday, March 7, 2018 St Kitts/Nevis (continued)

SPECIAL OPTIONAL WELLNESS EXCURSION

Carambola Beach Club on South Friars Bay – St Kitts

YOGA ON THE BEACH

BRING TOWELS FROM THE SHIP!!

11:30am -12:30pm (Island time) Yoga with Monica

This excursion is “on your own”. You can do Yoga, relax or take a walk on the beach. Carambola Beach Club on South Friars Bay is the recommended beach for WELLNESS CRUISE. Please bring towels from ship. It is a 15-minute cab ride for approximately \$5.00 a person each way. Cabs and vans are available at port, find the Taxi Stand. Please secure your own transportation. The resort features lounge chairs and umbrellas for rent at \$10 each, a lovely restaurant and bar, clean changing rooms, facilities and showers. **When you walk out on to the beach please walk towards the right, past the restaurant as that will be our meetup point.**

BACK ONBOARD OUR PROGRAM CONTINUES:

4:45pm – 5:45pm Zumba with Will

Quasar Deck 4- Forward

Will's Zumba class is an exercise fitness program involving dance and aerobic movements performed to energetic music. His choreography incorporates several of his dance movements as well as squats and lunges. This class can appeal to all levels by slightly adjusting your movements. A good time will be had by all.

Thursday, March 8, 2018 at Sea

7:00am - 7:45am - Cardio Fusion – Leo

Quasar Deck 4 Forward

All levels welcomed to this lively, balanced and effective workout that includes high-energy, cardiovascular and strength training exercises.

8:00am - 8:45am - STRETCH YOUR LIFE SPAN, Stretch Class – Monica

Lawn Club Deck 15 – Back

Experience how stretching sets off pleasure receptors. Stretching keeps our bodies strong and supple, boosts blood flow through our tissues, and increases oxygen levels. Using breath, we will allow our bodies to stretch and open to release stress and tension. This class will reward you with a satisfying sensation. Move, stretch, strengthen, and simply let go.

In case of rain: Quasar Night Club Deck 4 forward

9:00am – 10:00am Latin Dance Class – Will

Quasar Deck 4- Forward

Have fun learning some cool Latin dance moves from a Two Time US Open World Junior Latin Dance Champion. Dancing is a social activity that can give you a great mind-body workout. It is a great way for all ages to get and stay in shape. While you are memorizing your dance moves, you boost your brain power by improving your memory skills. Studies show ballroom dancing at least twice a week made people less likely to develop dementia.

10:15am – 11:00am Meditation – Sheila

Quasar Deck 4- Forward

This meditation class is designed to uplift and rebalance your energy levels, deepen your connection to the source of life and activate that spark of passion and purpose within you. Allow the music and breath work to rid you of mind chatter. You'll leave feeling lighter and peaceful.

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Thursday, March 8, 2018 at Sea (continued)

11:30am – 12:30pm Something to Chew on Cooking Class – Donna *Blu Specialty Restaurant Deck 5 Back*

Expand your Culinary Joy in this comprehensive guide to healthy eating. Learn through this food tasting how healthy foods can excite your palate, won't take a lot of time to prepare, and won't break your pocketbook. This class will be a unique and memorable experience marked by diverse...distinctive...delicious cuisines and drinks.

2:00pm – 3:00pm Vision Board Part 2 - Designing the Vision- Ida *Blu Specialty Restaurant Deck 5 Back*

This step in the process is action oriented and experiential. Use your creativity to bring your vision to life. You will have the tools to construct your Vision Board and it take home with you. Bring the memory of your fabulous week at Sea in conjunction with a beautiful visual of your dreams and reflect upon them daily.

3:15pm – 4:15pm The Magic of Mindfulness & Journaling - Donna & Monica *Blu Specialty Restaurant Deck 5*

In this class you'll learn how to cultivate the magic of mindfulness. Mindfulness is a state of being conscious in each present moment, to look deeply at ourselves and the world around us. To be present means not living in the past or the future that might otherwise prey on our minds. The gift of the present moment is where true happiness and peace exist, truly appreciating the gift of our senses and the joy they bring. Journaling is a path to healing. When we translate an experience into language we essentially make it more clear and manageable. In doing so, we free ourselves from stress and anxiety.

**PLEASE JOIN US FOR OUR PRIVATE JOURNEY TO WELLNESS
COCKTAIL and DANCE PARTY
Complimentary Drinks and Appetizers
Thursday Night from 8:30pm – 9:30pm at Quasar Night Club, Deck 4**

Friday, March 9, 2018 at Sea

7:00am- 7:45am Cardio Fusion – Leo *Lawn Club Deck 15 – Back Elevators*

All levels welcomed to this lively, balanced and effective workout that includes high-energy, cardiovascular and strength training exercises. *In case of rain: Quasar Night Club Deck 4 forward*

8:00am – 8:45am There's No Place Like Om -Yoga & Meditation Class – Monica – Sheila *Lawn Club Deck 15*

This spirited class combines breath, movement, meditation and mantra to access the vibrating energy within us. Using alignment cues to safely guide students through different poses, instructed breath work is directed to specific regions, especially the chakras for exploration and expansion. Class concludes with a guided meditation and mantra. *In case of rain: Quasar Night Club Deck 4 forward*

9:00am – 10:00am Latin Dance Class – Will *Quasar Deck 4- Forward*

Have fun learning some cool Latin dance moves from a Two Time US Open World Junior Latin Dance Champion. Dancing is a social activity that can give you a great mind-body workout.

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Friday, March 9, 2018 at Sea (continued)

10:15am– 11:00am Reiki for Everyone, The Gentle Healing Art -Sheila

Quasar Deck 4- Forward

This workshop will focus on how to tap into this Life Force Energy. Reiki is a healing technique for stress reduction, relaxation and healing. It is based on the idea "life force energy" flows through us. If one's "life force energy" is low, then we are more likely to feel sick or stressed, and if it is high, we are more capable of feeling happy and healthy.

11:30am – 12:30pm Vision Board Part 3 - Action Plan- Ida

Blu Restaurant Deck 5

This step is the most important and most often the step that is overlooked. Together in a safe, welcoming and gorgeous environment, your certified coaches connect with you to help remove the obstacles that are blocking you from achieving your goals and dreams. You walk away with a plan that ensures success, a feeling of empowerment to overcome obstacles and achieve the unthinkable.

2:00pm – 3:45pm Share & Maintain - Donna & Monica

Blu Restaurant Deck 5

A mind that is stretched by a new experience can never go back to its old dimensions. In this class we will empower each other by sharing a positive retreat experience. We will also provide you with some unique tools to cultivate and maintain the healthy habits you have established during your retreat.

4:00pm – 5:00pm Zumba with Will

Quasar Deck 4- Forward

Will's Zumba class is an exercise fitness program involving dance and aerobic movements performed to energetic music. His choreography incorporates several of his dance movements as well as squats and lunges. This class can appeal to all levels by slightly adjusting your movements. A good time will be had by all.

Bon Voyage!

*We wish you all safe travels and a year filled with good health,
happiness and love.*

See you next year!

