



SPA & WELLNESS

WITH DR. ANDREW WEIL

Mindful Living & Fitness Schedule

*All Activities are scheduled on Deck 9 in the Spa and Wellness Motion Studio unless stated otherwise
Please be advised that schedule is subject to change.*

Fitness Centre & Motion Studio Open 6:00am – 22:00

Come and visit us to meet your Personal Fitness Trainer Giomir, Mindful Living Coach Agnieszka and Acupuncturist Reiko to guide You on the right path to great health and overall wellbeing.

Day 1: November 19th – Embarkation Callao (Lima), Peru – overnight

Daily Mindful Living Theme – Flow

1:00pm – 10.00pm: Tour our exclusive Spa & Serene Area – Meet your Spa Therapists and Coaches onboard!

Get your Raffle Ticket to WIN \$500 TODAY!!!

5:00pm – 8:00pm: Walk in Acupuncture consults

5:30pm: SPA AND WELLNESS GRAND RAFFLE - \$500 OF Spa Prizes to be given away.

Collect your Raffle Ticket from the Spa and Wellness Deck 9

Day 2: November 20th – Callao (Lima), Peru – Overnight – 18:00

Daily Mindful Living Theme – Happiness

7:30am: Morning Stretch

8:00am: Pilates

8:30am: Guided Group Meditation (30 minutes)

9:00am: Yoga - Signature Flow* - An invigorating, active yoga that strengthens, lengthens and leaves you feeling energized

12:00pm: Wellness Seminar: Eat more and Weigh Less

1:30pm: Mindful Living Seminar: Introduction to the Mindful Living Program – Learn how the Mindful Living program can help you on your journey to mindfulness

3:00pm: Wellness Seminar: Walking Pain free and Relieving back pain

5:00pm: Evening Stretch

5:30pm: Crystal Sound Bath Class* (50 minutes)- Experience the healing sounds of crystal singing bowls to relax and restore balance in the body

VIP Serene Pass

Single 10-day Cruise Pass \$149

Couples 10-day Cruise Pass
\$249

The most exclusive area on ship with exotic steam and sauna chambers, warm relax lounge chairs, and our famous Kneipp walk for sore, tired feet & legs.

*Please note these classes occur a minimal charge

Call 4916 or visit the Spa & Wellness with Dr. Andrew Weil Deck 9 Aft for reservation and information

Day 3: November 21th - Islas Ballestas & General San Martin (Pisco) Peru – 06:00 – 18:00

Daily Mindful Living Theme – Love

- 7:30am: Morning Stretch
8:00am: Core and Abs
8:30am: Guided Group Meditation (30 minutes)
9:00am: Yoga- Heal Your Body* - An invigorating yoga flow with Modifications available for all body types
11:00am: **Acupuncture Seminar:** Introduction to Acupuncture
1:15pm **Wellness Seminar: Secrets to a Flatter Stomach**
5:00pm: Evening Stretch

Day 4: November 22th – At sea

Daily Mindful Living Theme – Laughter

- 7:30am: Morning Stretch
8:00am: Pilates
8:30am: Guided Group Meditation (30 minutes)
9:00am: Yoga- Heal Your Body* - An invigorating yoga flow with Modifications available for all body types
11:00am: **Acupuncture Seminar:** Back, Knee and Sciatica
2:00pm: **Mindful Living Seminar: Vitamins and Supplements –**
learn how effective Vitamins and supplements can be for your health and wellbeing
3:00pm: **Wellness seminar: Eat More and Weight Less**
4:30pm: Evening Guided Meditation (30 minutes)
5:00pm: Evening Stretch
5:30pm: Crystal Sound Bath Class*(50 minutes) - Experience the healing sounds of crystal singing bowls to relax and restore balance in the body

Day 5: November 23th – Punta Islay & Matarani (Arequipa) Peru – 07:00 – 18:00

Daily Mindful Living Theme – Gratitude

- 7:30am: Morning Stretch
8:00am: Core & Abs
4:00pm: **Wellness Seminar: Detox for Health and Weight Loss**
5:00pm: Evening Stretch
5:30pm: Yoga- Chakra Balancing* - With an asana (pose) and mantra (chant) dedicated to healing each energy center in the body, this gentle class leaves you relaxed and restored

InBody 570

This state of the art body composition analyzer stands alone as the most comprehensive method of providing a full body analysis.

Using bio impedance, InBody 570 offers precise measurements of segmental muscle mass, body fat mass, visceral fat and metabolism, and measures inflammation and fluid retention levels inside your body.

Sound Bath Group Class

Offering an amazing relaxing sound therapy meditation, we use crystal bowls to create sound wave vibrations that resonate with both mind and body. Other benefits are to help release stagnant energy and offer deep relaxation.

50 minutes \$15

*Please note these classes occur a minimal charge

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Day 6: November 24th – Arica, Chile – 08:00 – 22:00

Daily Mindful Living Theme – Joy

7:30am: Morning Stretch

8:00am: Total Body Conditioning

8:30am: Guided Group Meditation (30 Minutes)

9:00am: Yoga – Signature Flow* - An invigorating, active yoga that strengthens, lengthens and leaves you feeling energized

1:30pm: **Wellness Seminar: GoodFeet Clinic Pain Relief**

3:30pm: **Mindful Living Seminar: Introduction to Breathing and Meditation**
- Learn the benefits achieved from breath work and exploring mindfulness meditation

5:30pm: **Crystal Sound Bath Class (50 minutes) - Experience the healing sounds of crystal singing bowls to relax and restore balance in the body**

Day 7: November 25th – Iquique, Chile – 08:00 – 17:00

Daily Mindful Living Theme – Compassion

7:30am: Morning Stretch

8:00am: Pilates

3:00pm: **Wellness Seminar: How to Increase Your Metabolism**

5:00pm: Evening Stretch

5:30pm: **Evening Guided Meditation (30 minutes)**

6:00pm: Yoga – Heal the mind Yoga* Restorative – A slow yoga that is designed to focus on anxiety and issues associated with it.

Day 8: November 26th – Antofagasta, Chile – 10:00 – 23:00

Daily Mindful Living Theme – Flow

7:30am: Morning Stretch

8:00am: Pilates

8:30am: Guided Group Meditation (30 minutes)

9:00am: Yoga- Heal Your Body*- An invigorating yoga flow with modifications available for all body types

10:00am: **Acupuncture Seminar: Facial Rejuvenation**

3:30pm: **Mindful Living Seminar: The Healing Power of Sleep – Practical tools to help you enjoy the life-changing health benefits that optimum sleep provides**

4:00pm: **Wellness Seminar: Eliminate Pain and Improve your Posture – discover if bad posture is causing your pain**

5:00pm: Evening Stretch

5:30pm: Crystal Sound Bath Group Class *(50 minutes) - Experience the healing sounds of crystal singing bowls to relax and restore balance in the body

Personal Training

ONE-TO-ONE PERSONAL TRAINING

Make the most of your time in the gym, with a personalized one-to-one training session, designed to maximize your results and help achieve your goals.

Specialist training sessions include fast & effective weight-loss, body toning & sculpting, injury rehabilitation & prevention.

60 minutes - \$115

3 Sessions - \$256

5 Sessions - \$402

7 Sessions - \$564

*Please note these classes occur a minimal charge

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Day 9: November 27th – Isla Pan de Azucar, Chile – 12:00 – 18:00

Daily Mindful Living Theme – Happiness

7:30am: Morning Stretch

8:00am: Total Body Conditioning

8:30am: Guided Group Meditation (30 minutes)

9:00am: Yoga - Signature Flow* - An invigorating, active yoga that strengthens, lengthens and leaves you feeling energized

10:00am: **Acupuncture Seminar:** Joint Pain and Arthritis

12:00pm: **Wellness Seminar:** Eat more and Weigh Less

3:00pm: **Mindful Living Seminar – Anti-Inflammatory Diet – Learn of the healing power of food**

Dr. Andrew Weil's nutrition philosophy

5:00pm: Evening Stretch

Day 10: November 28th – At sea

Daily Mindful Living Theme – Love

7:30am: Morning Stretch

8:00am: Core and Abs

8:30am: Guided Group Meditation (30 minutes)

9:00am: Yoga- Heal Your Body* - An invigorating yoga flow with modifications available for all body types

11:00am: **Acupuncture Seminar:** Chinese Herbal Remedies

2:00pm **Wellness Seminar:** Detox for Health and Weight Loss

3:00pm: **Mindful Living Seminar: Introduction to vitamins and supplements – Learn of the healing power of food Dr. Andrew Weil's nutrition philosophy**

5:00pm: Evening Guided Group Meditation (30 minutes)

5:30pm: Yoga – Heal the mind Yoga* - Focus on relaxation and heart opening poses

**Acupuncture and Chinese Herbal
Medicine**

This ancient form of healing has been proven to be effective in assisting the body's natural healing process. Acupuncture treats over 100 conditions including pain management, sea sickness, and arthritis.

Schedule your complimentary consultation with our on-board Licensed Acupuncturist Reiko.

**Amethyst Crystal Healing
and Sound Bowl Session**

This is the most powerful treatment we offer at The Spa. With the healing power of crystals to release stagnant energy and ease aches and pains, the vibrations of the singing sound bowls that resonates through your body, will have you floating on cloud 9. For sure you have never experienced nothing like this before.

See Alexander for an assessment or demo of the treatment.

*Please note these classes occur a minimal charge

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