

I CAN DO IT![®] *At Sea*

YOU CAN HEAL YOUR LIFE -- PROGRAM 1 / GROUP 1

Schedule For Early Dining Participants Only

Featuring Louise L. Hay, Gregg Braden, Sonia Choquette, Dr. Wayne W. Dyer,
John Holland, Caroline Myss, Cheryl Richardson, Iyanla Vanzant, Brian L. Weiss, M.D.

JULY 11-18, 2009

ALL KEYNOTES WILL BE HELD IN THE QUEEN'S LOUNGE ~ ENTRANCE ON DECKS 4 & 5

SATURDAY 7/11

SEATTLE, WA ~ EMBARKATION

SUNDAY 7/12

AT SEA

7:30AM – 8:30AM

Ship Shape with Chris Rauchnot (Lido Pool ~ Deck 8)
Exercise/Stretch (*not in pool*) Open to Everyone – Limited Space

9:00AM – 11:00AM

WELCOME FROM LOUISE HAY
WAYNE DYER KEYNOTE
SONIA CHOQUETTE KEYNOTE

8:00PM – 10:00PM

MONDAY 7/13

IN PORT

7:30AM – 8:30AM

Ship Shape with Chris Rauchnot
BRIAN WEISS KEYNOTE
JUNEAU

9:00AM – 11:00AM

11:00AM – 9:30PM

TUESDAY 7/14

AT SEA

7:30AM – 8:30AM

Ship Shape with Chris Rauchnot
CAROLINE MYSS KEYNOTE
JOHN HOLLAND KEYNOTE

9:00AM – 11:00AM

8:00PM – 10:00PM

WEDNESDAY 7/15

IN PORT

7:30AM – 8:30AM

Ship Shape with Chris Rauchnot
SITKA
IYANLA VANZANT KEYNOTE

8:00AM – 4:00PM

3:00PM – 5:00PM

THURSDAY 7/16

IN PORT

7:00AM – 1:00PM

KETCHIKAN

7:30AM – 8:30AM

Ship Shape with Chris Rauchnot
GREGG BRADEN KEYNOTE

2:00PM – 4:00PM

FRIDAY 7/17

IN PORT

7:30AM – 8:30AM

Ship Shape with Chris Rauchnot
CHERYL RICHARDSON KEYNOTE
VICTORIA, BC

10:00AM – 12:00PM

6:00PM – MIDNIGHT

SATURDAY 7/18

SEATTLE, WA – DISEMBARK