

I CAN DO IT![®] *At Sea*

YOU CAN HEAL YOUR LIFE -- PROGRAM 1 / GROUP 2

Schedule For Late 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
5:00PM – 7:00PM**

**SEATTLE, WA ~ EMBARKATION
WELCOME FROM LOUISE HAY
CAROLINE MYSS KEYNOTE**

**SUNDAY 7/12
7:30AM – 8:30AM**

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

**2:00PM – 4:00PM
5:00PM – 7:00PM**

**BRIAN WEISS KEYNOTE
IYANLA VANZANT KEYNOTE**

**MONDAY 7/13
7:30AM – 8:30AM
11:00AM – 9:30PM**

**IN PORT
Ship Shape with Chris Rauchnot
JUNEAU**

**TUESDAY 7/14
7:30AM – 8:30AM
3:00PM – 5:00PM**

**AT SEA
Ship Shape with Chris Rauchnot
WAYNE DYER KEYNOTE**

**WEDNESDAY 7/15
7:30AM – 8:30AM
8:00AM – 4:00PM
6:00PM – 8:00PM**

**IN PORT
Ship Shape with Chris Rauchnot
SITKA
SONIA CHOQUETTE KEYNOTE**

**THURSDAY 7/16
7:00AM – 1:00PM
7:30AM – 8:30AM
4:30PM – 6:30PM**

**IN PORT
KETCHIKAN
Ship Shape with Chris Rauchnot
JOHN HOLLAND KEYNOTE**

**FRIDAY 7/17
7:30AM – 8:30AM
1:00PM – 3:00PM
4:00PM – 6:00PM
6:00PM – MIDNIGHT**

**IN PORT
Ship Shape with Chris Rauchnot
GREGG BRADEN KEYNOTE
CHERYL RICHARDSON KEYNOTE
VICTORIA, BC**

SATURDAY 7/18

SEATTLE, WA – DISEMBARK