

# I CAN DO IT!<sup>®</sup> *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**