

I CAN DO IT![®]
At Sea

**THE SCIENCE OF MIRACLES AND THE POWER OF GRACE
PROGRAM 3**

Featuring Gregg Braden and Cheryl Richardson

JULY 11-18, 2009

**ALL SESSIONS WILL BE HELD IN THE WAJANG THEATRE
ENTRANCE ON DECK 5**

SATURDAY 7/11

SEATTLE, WA ~ EMBARKATION

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 – 5:00PM

GREGG BRADEN

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

4:00PM – 7:00PM

7:00PM – 7:30PM

AT SEA

Ship Shape with Chris Rauchnot

GREGG BRADEN

GREGG BRADEN BOOK SIGNING

WEDNESDAY 7/15

7:30AM – 8:30AM

8:00AM – 4:00PM

3:00PM – 6:00PM

6:00PM – 6:30PM

IN PORT

Ship Shape with Chris Rauchnot

SITKA

CHERYL RICHARDSON

CHERYL RICHARDSON BOOK SIGNING

THURSDAY 7/16

7:00AM – 1:00PM

7:30AM – 8:30AM

12:00PM – 3:00PM

IN PORT

KETCHIKAN

Ship Shape with Chris Rauchnot

CHERYL RICHARDSON

FRIDAY 7/17

7:30AM – 8:30AM

6:00PM – MIDNIGHT

IN PORT

Ship Shape with Chris Rauchnot

VICTORIA, BC

SATURDAY 7/18

SEATTLE, WA - DISEMBARK