



SEABOURN®



SPA & WELLNESS VOYAGES WITH DR. ANDREW WEIL

On these two departures, Seabourn invites you to share every day of your voyage with Dr. Andrew Weil and a handpicked team of world-renowned experts in the fields of Integrative Medicine, enlightened nutrition, emotional balance and mindful living. Throughout your voyage, these esteemed experts and educators will host workshops, discussions, optional for-charge excursions and events to facilitate your physical, social, environmental and spiritual well-being for your daily life.

YOUR VOYAGE TO WELLNESS WILL FEATURE AN ARRAY OF EXCLUSIVE ADDED ACTIVITIES, INCLUDING:

Complimentary for all guests:

- Dr. Andrew Weil presents Mindful Living seminars and hosts social gatherings
- Daily morning meditation with a certified Mindful Living Coach
- Dr. Weil's handpicked team will present a variety of expert seminars on diet & nutrition, healthy aging no matter what your age, mind-body healing, hypnosis, the microbiome, vitality, genetics, brain health and more**
- Yoga, stretch and mat Pilates classes
- Fully equipped ocean view gym and Motion Center

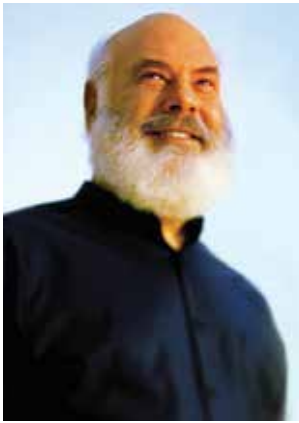
Optional for-charge opportunities*

- A full range of massages, rituals and treatments in Seabourn's award-winning spa
- A complement of hand-selected Mindful Living- and Wellness-inspired tours featuring scenic meditations, up-close nature immersions and hosted with industry leading experts
- Exclusive Voyage to Wellness Travel Experiences Ashore in ports of call

**The prices of any options selected may be charged to your shipboard account*

*** Subject to change*





Andrew Weil, M.D.
World-renowned pioneer in Integrative Medicine, Professor of Medicine, Public Health and Integrative Rheumatology.

- *Integrative Medical Wellness: The Future of Healthcare*
- *Nutrition 101: The Mediterranean and Anti-Inflammatory Diets (Nov. 13 sailing)*
- *Fish, Wellness and the Environment (Feb. 21 sailing)*
- *Healthy Aging*
- *Plus Healthy Cooking Class*

Dr. Weil will cruise on both voyages



“When you travel, exciting things happen to your mind, your body and your spirit. Your mind opens, your imagination and curiosity are aroused. Your body creates substances that excite and intensify alertness and sensory perception. Your spirit responds to novelty with optimistic enthusiasm. You are primed to learn new and valuable lessons for your journey here on earth.”

— Dr. Andrew Weil



ROUTE TO ANCIENT WELLNESS

SEABOURN OVATION Piraeus (Athens) to Dubai
19 Days | NOV 13, 2019



Ann Marie Chiasson, M.D.
Interim Director of the Fellowship in Integrative Medicine at the Arizona Center for Integrative Medicine.

- *Harvesting the Natural Wisdom of the Body for Self Healing*
- *Heart Center Meditation*
- *Energy Healing: Old Wives' Tales or Old Wives' Wisdom*



Steven Gurgevich, PhD
Private Practice (Behavioral Medicine, Ltd) and Clinical Assistant Professor at Arizona Center for Integrative Medicine and Director of the Mind-Body Clinic.

- *Mind-Body Medicine for Healing*
- *Experiencing Hypnosis: Self-Hypnosis Instruction and Experience*
- *Treating Pain with Medical Hypnosis*



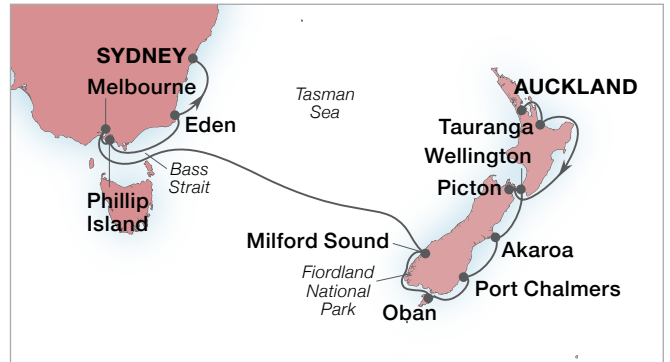
Russell Greenfield, M.D.
Clinical Professor of Medicine, UNC-Chapel Hill School of Medicine.

- *Cold and Flu Season – What to do?*
- *Stay Hungry – The Science of Fasting*
- *Over Fifty and Over-Supplemented*



Daphne Miller, M.D.
On the Advisory Board of the Center for Health and Nature at Oakland Children's Hospital and the Edible Schoolyard Foundation and a past Fellow at the Berkeley Food Institute and the University of Arizona Center for Integrative Medicine.

- *Soil as Medicine*
- *The Wisdom and Science of Traditional Diets*
- *Eat your Weedies*
- *Preventing “Dead Butt” Syndrome*



WELLNESS IN AUSTRALIA & NEW ZEALAND

SEABOURN ENCORE Auckland to Sydney
16 Days | FEB 21, 2020



Victoria Maizes, M.D.
Executive Director of the Arizona Center for Integrative Medicine and a Professor of Medicine, Family Medicine and Public Health at the University of Arizona.

- *Vitality*
- *Nourishing your Health by Living Green*
- *Vibrantly Healthy Women*



Kenneth R. Pelletier, PhD, M.D.
Clinical Professor of Medicine, Department of Medicine; Department of Family and Community Medicine; and Department of Psychiatry at the University of California School of Medicine (UCSF) in San Francisco.

- *Epigenetics: Change Your Genes – Change Your Life*
- *Sound Mind – Sound Body*
- *Longevity – Fulfilling our Biological Potential*



Julia Rucklidge, PhD
Julia is a Professor of Clinical Psychology in the Department of Psychology at the University of Canterbury and the Director of the Mental Health and Nutrition Research Lab.

- *Behind the Scenes*
- *The Single Bullet Fallacy*
- *Ocean of Drugs*



Karen Koffler, M.D.
Medical Director Osher Center for Integrative Medicine, University of Miami Miller School of Medicine.

- *Building a Better Brain*
- *Tired of Being Tired*
- *What your physical exam tells me about your nutritional status*

Seminar topics are subject to change