



Seabourn Sojourn Adds Signature Restaurant, The Grill By Thomas Keller, And Mindful Living Program By Dr. Andrew Weil

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Seattle, January 10, 2018 - [Seabourn](#), the world's finest ultra-luxury cruise line, announces major enhancements to the guest experience on *Seabourn Sojourn*, including the addition of the line's new signature restaurant, **The Grill by Thomas Keller**, and the new mindful living program created by **Dr. Andrew Weil**.

The programs were launched following a recent dry dock period for *Seabourn Sojourn*, which also included a variety of detailed updates throughout the ship. Many of the public areas received new carpet and design touches. Suites were refreshed, and Owner's, Signature and Wintergarden Suites in particular were notably enhanced with new furniture and soft goods.

"The Grill by Thomas Keller and Spa & Wellness with Dr. Andrew Weil are the latest in our long tradition of offering the finest guest experiences in luxury travel," said Seabourn President Richard Meadows, noting that both offerings are now available fleetwide. "The outstanding partnerships we have with Chef Keller and Dr. Weil are now complete, with the next iteration to come on [Seabourn Ovation](#) when it launches next spring."

The Grill by Thomas Keller

Created via partnership with Seabourn in 2015, The Grill by Thomas Keller is reminiscent of the classic American restaurant from the 50's and 60's. The Grill is a unique culinary concept for Chef Keller, exclusive to Seabourn, focusing on updated versions of iconic dishes. Guests will be treated to table-side preparations of Caesar salad and ice cream sundaes as well as a range of other favorites like premium steaks, whole roasted chicken, and Lobster Thermidor, presented à la carte. The timeless menu draws on the freshest products from artisan purveyors. A unique cocktail program and premium wine list of domestic and old world labels complement the menu. Design by Adam Tihany further enhances the experience with distinctive spaces enlivened with intimate, elegant, warmly masculine settings.

The Grill by Thomas Keller will be featured on *Seabourn Ovation* at the ship's launch in May 2018.

Spa & Wellness with Dr. Andrew Weil

Created in conjunction with The Onboard Spa by Steiner, Spa & Wellness with Dr. Andrew Weil is the first program of its kind available at sea. As on other vessels across the Seabourn fleet, the *Seabourn Sojourn* program is led by a dedicated Mindful Living Coach, certified in yoga and meditation, whose role is to inspire and educate throughout the voyage.

The main thrust of the program is the daily practice of meditation and yoga, with some sessions offered on a complimentary basis. Guests can experience Mindful Meditation, with positive affirmations and mantras to reflect upon throughout the day. Yoga classes are varied, with choices focused on physical issues, such as the healing of back and joint pain, headaches and body alignment, as well as enhancement of creativity, mental focus and happiness.

Complimentary Mind and Body seminars are designed to educate guests on philosophies and practices aligned with the program's mission. Onboard seminars adapted from Dr. Weil's best-selling books and research range from *Spontaneous Happiness & Spontaneous Healing* to *Healthy Aging* and more. One-on-one wellness sessions on select topics and a variety of wellness services are also available for a fee.

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Seabourn Sojourn will play host to [Extended Explorations](#) itineraries during the first part of 2018, which create opportunities for guests who prefer a more in-depth experience of a particular region, or to traverse from one region to another. These longer voyages frequently include more overnight stays in must-see ports. The ship will return to [Alaska](#) for the summer in 2018, taking travelers on unique itineraries that include the popular [Ventures by Seabourn](#) excursions, an optional, for-charge program that gives guests an up-close look at the natural beauty and environment.

For more details about the award-winning Seabourn fleet, or to explore the worldwide selection of Seabourn cruising options, contact a professional travel advisor, call Seabourn at 1-800-929-9391 or visit www.seabourn.com.

Editor's note: Hi-resolution images of The Grill by Thomas Keller and The Spa and Wellness Program with Dr. Andrew Weil are available upon request.

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