



Seabourn Announces Content Rich "Wellness Cruises With Dr. Andrew Weil" Bound For Alaska And Greece In 2018

November 20, 2017

SEATTLE, November 20, 2017 - [Seabourn](#), the world's finest ultra-luxury cruise line, is sharpening its focus on mindful living with two new content rich **Wellness Cruises with Dr. Andrew Weil** in the year ahead. Bound for Alaska and Greece, each voyage will feature engaging experts in the field of integrative medicine and Dr. Weil, a celebrated physician and best-selling author who partnered with Seabourn to introduce [Spa & Wellness with Dr. Andrew Weil](#), an exclusive mindful living program at sea.

"As wellness tourism continues to grow, we know it is on the minds of many travelers these days, especially our Seabourn guests," **noted Richard Meadows, president of Seabourn**. "With the remarkable success of the Spa & Wellness program with Dr. Andrew Weil on our ships, we couldn't wait to have him onboard to create even more focused spa and wellness voyages to be enjoyed amid the remarkable destinations of Alaska and Greece. With the beauty and culture of these destinations as a backdrop, these wellness cruises reinforce our continuing focus on enhancing the lives of luxury travelers."

Both itineraries will feature panel discussions, a number of complimentary wellness seminars, and interactive sessions led by Dr. Weil and his team, which also includes the onboard Mindful Living coach. A selection of optional, for-charge shore excursions will also be offered, taking the wellness mindset to enriching destinations ashore.

"When you travel, exciting things happen to your mind, your body and your spirit. Your mind opens, your imagination and curiosity are aroused," said Dr. Andrew Weil. "I'm incredibly pleased to join some of my esteemed colleagues in the field of integrative medicine to offer this level of depth and enrichment onboard through an array of specially curated wellness options."

The first dedicated Wellness Cruise with Dr. Andrew Weil will explore Alaska on the [Wellness in the Wilderness with Dr. Weil](#) sailing aboard **Seabourn Sojourn, June 16-28, 2018**. As the vessel makes its way north from Vancouver, British Columbia, exploring wonders such as Sumner Strait, Seduction Point, Tracy Arm, and Misty Fjords en route to Seward, Alaska, the Wellness Cruise program will unfold with more than 20 complimentary lectures and demonstrations to guide guests in living a life that is healthy, satisfying and well. A sampling of wellness topics include:

- **Healthy Aging presented by Dr. Weil**, with strategies to reduce the risk and delay the onset of age-related disease. Other programs presented by Dr. Weil include *Fish, Wellness & the Environment*, panel discussions including *Getting the Most out of Integrative Therapies*; *Worried You're Over Medicated? Questions to Ask Your Doctor*; and *Vitamins and Supplements*; as well as a cooking demonstration.
- **Heart to Heart** with preventive cardiologist **Steve Devries M.D.**, Executive Director of the Gables Institute for Integrative Cardiology. Devries will further lead discussions including a session on using nutrition to boost heart function.
- **Vibrantly Healthy Women** with **Victoria Maizes, M.D.**, an internationally recognized leader in integrative medicine and a Professor of Medicine, Family Medicine and Public Health at the University of Arizona. Dr. Maizes will present *Nourishing Your Health by Living Green*, and examine everything

from cutting-edge nutritional advances to the neuroscience of happiness in *Vitality - How to Uncover More*.

- **Guided imagery pioneer Belleruth Naparstek** will lead programs including *Guided Imagery: The Lazy Man's (or Woman's) Meditation*; *Guided Imagery for Deep, Restorative Sleep*; and *Guided Imagery for Overcoming Anxiety*. Naparstek is creator of the popular Health Journeys audio series featuring her and scores of gifted, handpicked guided imagery practitioners.
- **Sanford Newmark, M.D.**, an expert in nutrition and its impact on childhood development, will examine several areas in his field including *ADHD Today and Stress Levels in Kids*. A clinical Professor of Pediatrics at the University of California, Newmark will also lead discussions on the significance of nutrition, sleep, exercise and social activity in *Raising Healthy Kids*.
- **Quick & Easy Wellness with Jim Nicolai, M.D.**, an expert in combining conventional medicine with the intelligent use of complementary and alternative therapies, will reveal how easy it is to embrace wellness with presentations including *Breathwalking for Wellness*; and *Quick & Easy Herbs*.

In the Mediterranean, Dr. Weil will sail the region where integrative medicine is rooted on the [Origins of Wellness with Dr. Weil](#) sailing, October 6-20, 2018. Headed round-trip from Piraeus (Athens), *Seabourn Odyssey* will take in sights and scenes along and off the southern coast of Greece including Mykonos, Crete, Naxos, and Rhodes, as well as Syracuse, Italy; and Valletta, Malta. The onboard Wellness Cruise program will include more than 25 complementary workshops and discussions from authorities on integrative medicine, including:

- **Origins of Healing with Dr. Weil**, a fascinating look through the lens of integrative medicine that recognizes the innate healing power of the human organism. Other topics led by Dr. Weil include *Nutrition 101: The Mediterranean and Anti-Inflammatory Diets*; *Integrative Medicine: The Future of Health Care*; and *Healthy Aging*.
- **Harvesting the Natural Wisdom of the Body for Self-Healing by Ann Marie Chiasson, M.D.**, Co-Director of the Fellowship in Integrative Medicine at the Arizona Center for Integrative Medicine. Additional topics led by Dr. Chiasson include *Energy Healing: Old Wives' Tale or Old Wives' Wisdom*; *Heart Center Meditation*; and *The Transformational Process*.
- Board certified in internal medicine, cardiology and integrative medicine, **Vivian A. Kominos M.D.**, is focused on the prevention, mitigation and healing of heart disease. She will explore the health benefits of Mediterranean cuisine in *What I Learned from My Giagia: Cooking with Heart* and leads small group programs including *How to Attain Optimal Heart Health: It's Never too Late!*, and *Women's Hearts: We are Not Just Small Men*.
- **Vibrantly Healthy Women with Victoria Maizes, M.D.**, an internationally recognized leader in integrative medicine and a Professor of Medicine, Family Medicine and Public Health at the University of Arizona. Dr. Maizes will present *Nourishing Your Health by Living Green*, and examine everything from cutting-edge nutritional advances to the neuroscience of happiness in *Vitality - How to Uncover More*.
- **Gulshan K. Sethi, M.D.**, has a long history in the field of cardiac surgery and heart transplantation, including performing the first lung transplant in Arizona in 1989. Dr. Sethi will weigh in on *The Healing Power of Laughter*, while also leading discussions including *An Integrative Approach to Prepare for Surgery*; and *Obesity: A Global Epidemic*.

Guests can always find Dr. Weil's integrative approach at Spa & Wellness with Dr. Andrew Weil, which will be available onboard every Seabourn cruise by the end of 2017. Created via partnership between Seabourn and The Onboard Spa by Steiner, the program is led by an onboard Mindful Living coach, a certified yoga and meditation practitioner whose role is to inspire and educate guests throughout the voyage.

Complimentary Mind and Body seminars adapted from Dr. Weil's best-selling books and research are offered to educate on philosophies and practices aligned with the program's mission, while individualized one-on-one wellness sessions and other spa & wellness services are also available for a fee.

For reservations or more details, please contact a professional travel advisor; call Seabourn at 1-800-929-9391 or visit www.seabourn.com.

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