

NUTRITION AS MEDICINE: IMMUNITY BOOSTING ACADEMY



Learn recipes with immunity boosting food ingredients with the Dream Culinary Team. The kitchen should be the new pharmacy in your home where the healthiest and freshest ingredients shapes your cooking to ward off diseases, viruses and build more energy! Detox Juice and Cocktail Workshops with onboard Beverage Experts will conduct cocktail workshops with immunity and detoxing ingredients!



WELLNESS TOOLS: VITAMIN POWER & INTELLIGENCE



Discover the expertly curated selection of the Top 20 vitamins and supplements by Raffles Health, a leading nutraceutical brand in Singapore. With over 40 varieties of supplements, Raffles Health will be offering advice on nutrition and supplementation.



PLEASE REFER TO DREAM DAILY
FOR FINAL DETAILS ON THE ACTIVITIES.
COMPLIMENTARY TO ALL GUESTS.
FIRST COME FIRST SERVED.

VITAMIN SEA AND DREAM

WORLD DREAM

Cruise Date: July to August 2021



Vitamin Sea & Dream is a wellness programme designed for the whole family to learn about how to boost immunity through fitness routines, food and health intelligence.

The first integrated wellness lifestyle concept at sea brings together top health experts, wellness and fitness gurus from Singapore. Learn new recipes with the culinary workshops at the Nutrition Immunity Boosting Academy, power your body with a range of fitness workshops from yoga, Mixed Martial Arts Fitness to Aquatic Exercises! Transformational and rejuvenating experiences is even more vital in the post-pandemic world.

POWER YOUR BODY

Discover a range of motion that will empower you to make those small daily choices that can create massive positive changes in your life.



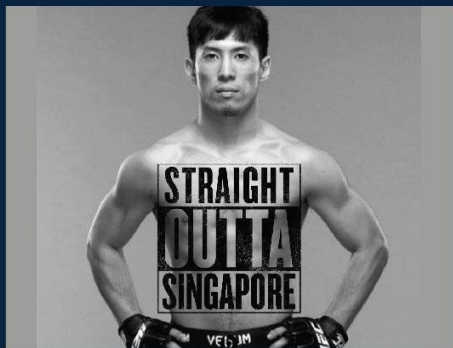
Dreamscapes

ENRICHMENT EVENT

Royston Wee

Professional MMA Fighter

Cruise Date: 21st July 2021



Royston Wee is a professional MMA fighter who made history by becoming the first and only Singaporean who fought in the most prestigious MMA promotion in the world, the Ultimate Fighting Championship (UFC). With an experience of over 14 years, Royston is a well-rounded fighter and martial artist who has experience in physical, technical and mental aspects of Muay Thai, boxing, kickboxing, wrestling, Brazilian jiu-jitsu and MMA.

Muay Thai Fit

Muay Thai, often referred to as the "Art of Eight Limbs", consists of fits, elbows, knees and shins. One of the most powerful and complete forms of striking in the martial arts world performed with fluidity and grace.

Box Fit

Boxing is a combat sport utilizing punches, footwork and head movement. The sweet science of boxing is to hit and not get hit using good footwork, controls and evasive movement. Boxers are known to use proper body mechanics to generate speed and power while able to defend intelligently at the same time.

MMA Fit

Mixed Martial Arts, consists of different styles of martial arts combined. There are striking, takedowns, and ground submissions in general. Most common styles used in MMA are boxing, Muay Thai, kickboxing, karate, wrestling, judo, and Brazilian jiu-jitsu.

Vikki Jonied

Master Trainer Aqua Fitness

Cruise Date: 8th August 2021



Vikki is one of the first aqua fitness trainers in Singapore and certified by the gold standard of Aqua Fitness by the Aquatic Exercise Association (AEA), Aqua Master Trainer for the Federal International of Sports, Aerobics and Fitness (FISAF) and BEAQUA. Master Trainer for Aqua Tabata, SAF® Aqua Drums Vibes, Acquapole® Acquaboxing. She works with International Master Trainers to do the training program in Singapore.

Aqua FunFit

An aqua aerobics workout with a combination of fitness and fun. Enjoy the fat burning benefits while having a splashing good time in the water.

SAF® Aqua Drums Vibes

A unique aqua fitness program combining rhythms, fitness training and fun! A total body workout with the added resistance of the ergonomically designed drumsticks combined with aqua fitness moves.

Aqua Tabata

A form of HIIT training that works both the aerobic and anaerobic systems. It involves performing a specific exercise at high intensity for 20 seconds followed by 10 seconds of rest. A full class consists of 8 Tabatas. Buoyancy of water acts as a cushion which makes it easier for the joints.

Denise Keller

Celebrity Host and Yoga Instructor

Cruise Date: 15th August 2021



Our Dream Cruises Vitamin Sea & Dream Ambassador - Celebrity Host and Yoga Instructor Denise Keller brings you the perfect recipe for a special yoga or fitness experience. Denise has hosted yoga for Soulscape, The TLC Festival at Gardens by The Bay, the Fringe Festival with Under Armour, Wanderlust USA and many others, she is the Manduka Ambassador as well. Denise is grateful to have trained with some of the best yoga practitioners in the world.

Hatha Basics

To get familiar with the basic asanas (poses) and pranayama (breathing exercises) of Hatha yoga to develop strength, balance, flexibility and build a strong foundation for yoga practice.



Yin / Yang Yoga

To benefit from a balanced practice of Yin and Yang yoga, this class will start with a more active and dynamic Yang practice to strengthen, energize and create heat in the body. Yin yoga with long-held passive poses will focus on gently opening connective tissue of the lower spine, hips and pelvis. Suitable for all levels.

Gentle Yoga Flow

This class incorporates simple flowing sequences to warm up the body and slower paced movements focusing on alignment, strength, balance and flexibility. It will end with an extended period of relaxation. Suitable for any all ages. No experience or flexibility required.

