

WELLBEING

WELLNESS EXPEDITION VOYAGES

Recharge body & mind while exploring remote corners of the world.

8 VOYAGES IN 2015

6 VOYAGES IN 2016



Powered by

TECHNOGYM[®]

The Wellness Company

AN EXPEDITION OF BODY & MIND

Silversea Expeditions offers a series of Wellness Expedition voyages specifically designed to improve your well-being. As well as taking you to some of the most remote and unexplored places in the world, we provide a complete onboard programme of Yoga and stretching classes, spa treatments and daily healthy menus, supported by our Wellness partner, Technogym.

EXPEDITION HIGHLIGHTS

- Combine the thrill of exploration with a holistic approach to rejuvenation
- Yoga, stretching, Pilates and aquagym classes
- Fitness programs designed by Technogym
- Healthy menus and nutritional counselling
- A complimentary spa treatment

A Silversea Expedition is a voyage of discovery, and sometimes that discovery comes from within. Discover the world and discover yourself — that's the idea behind our distinctive Silversea Wellness Expedition voyages offered aboard *Silver Discoverer*. These remarkable expedition voyages combine the thrill of exploration and a holistic approach to rejuvenation.

By day, you'll journey to destinations off the beaten path in South East Asia and the South Pacific, encountering magnificent landscapes, fascinating new cultures and unique wildlife. Once back aboard *Silver Discoverer*, the ship becomes a sanctuary for mind, body and spirit. Together with our partners at Technogym we have created a comprehensive programme that includes:

- Stretching, Yoga and Pilates classes, taking place onboard and ashore (depending on location)
- Aquagym classes, held in the onboard swimming pool
- Choice of one complimentary spa treatment
- Lectures and cooking demonstrations focusing on the benefits of healthy and balanced nutrition
- A personal trainer on hand to provide general advice



Below you can find a sample of the fitness classes that will be provided onboard – all suitable for different levels of ability:

Water Aerobics: working out in the water is a great way for people of all ages and levels of fitness to improve strength and tone. The water supports your body during this exercise, putting less stress on joints.

Pilates: Pilates is one of the world's most popular exercise classes. It gives strength without bulk, stretches your muscles, improves your posture, and can help ease lower back pain. It restores the balance of your whole body, leaving you feeling healthier and more relaxed.

Stretch and Tone: stretching is slow, relaxing and any age group can participate. It prevents muscle injury, improves blood circulation and allows a better range of movement of the body.

Gym sessions: come and join us in the gym for a personalised session, where we work according to your fitness levels and goals. A great variety of excellent gym equipment and a fun and interesting programme awaits you.

Join Silversea Expeditions, along with health and fitness expert Natasha Eksteen, Yoga instructor Jenni Kauppila and nutrition consultant Dalila Roglieri for an onboard experience like no other, and one that will stay with you long after you've returned home.



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MEET THE WELLNESS TEAM



Natasha Eksteen
Personal Fitness Trainer

Natasha Eksteen is recognised as one of the top ten fitness trainers within the Virgin Active Group in South Africa. She has excelled at sports since she was a child, representing South Africa at the World Triathlon Championships for four years. For the last six years, she has operated her own personal training business in Cape Town, after earning her diploma from the UCT Sports Science Institute in Cape Town.



Jenni Kauppila
Yoga Instructor

Jenni Kauppila, a native of Finland, found her ever-growing interest in body, mind and spirit at an early age. She is a certified Yoga teacher who is well experienced in dynamic Ashtanga, restorative YinYoga and meditation. In her teaching Jenni emphasises body awareness and anatomically safe alignments. Her aim is to help people turn inwards and become connected with themselves in order to feel good.



Dalila Roglieri
Nutrition Consultant & Food Specialist

A professional tennis player for 10 years, Dalila Roglieri embraces a passion for nutrition and a healthy lifestyle. She holds an extensive educational background and has shared her enthusiasm throughout her career as a registered nutrition scientist. Dalila has also worked as a consultant for Kellogg's Special K and Danone brands. She enjoys working with people of diverse backgrounds and personalities.

Each Silversea Expeditions voyage is led by a team of 11 experts: naturalists, anthropologists, geologists and historians, hand-picked for their knowledge, passion and friendliness. Your Expedition Leader and Captain will work together to ensure opportunities for adventure and exploration are the best possible, taking into account prevailing weather activity.*

**The Expedition Team members scheduled for these voyages can be subject to change or cancellation.*



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05 View point from Kayangan

06 Rock Islands, Palau

07 Yoga on deck

08 Yoga on the beach

09 Asmat Region, West Papua

© Lex Santoso

In an exclusive partnership, Silversea Expeditions and the Royal Geographical Society (with the Institute of British Geographers) have joined forces to spread knowledge collated from centuries of scientific exploration, providing detailed scientific and historical information to guests embarking on voyages aboard *Silver Explorer*, *Silver Galapagos* and *Silver Discoverer*.

**Royal
Geographical
Society**
with IBG

Advancing geography
and geographical learning



WELLNESS EXPEDITION VOYAGES CALENDAR

2015

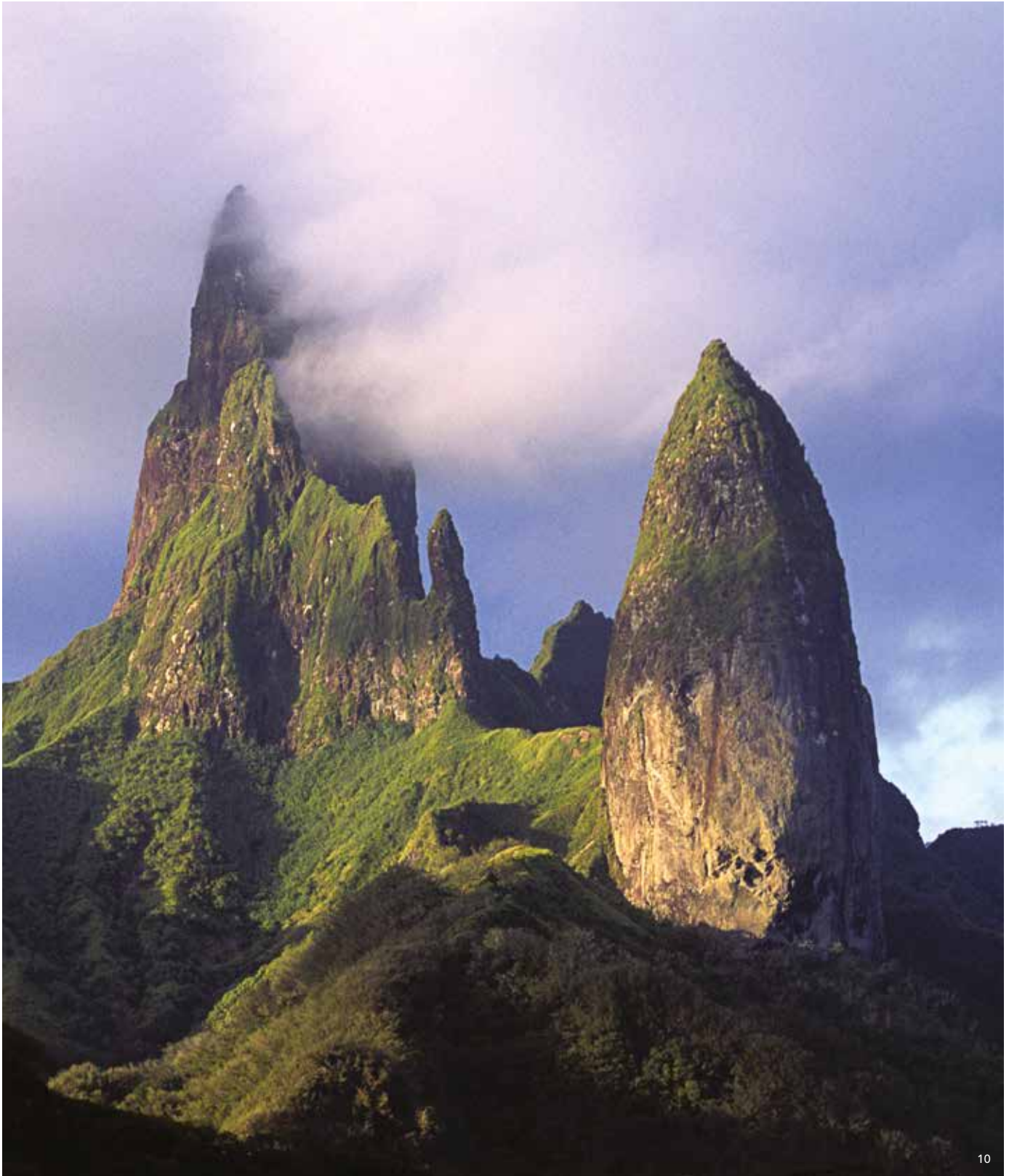
| MICRONESIA, MELANESIA, POLYNESIA | | | |
|----------------------------------|-------------|-------------------|--|
| 2015 | DAYS VOYAGE | SHIP | PORTS |
| 08 FEB | 13 | SILVER DISCOVERER | AUCKLAND > Bay of Islands > Day at sea > Norfolk Island > Day at sea > Ile des Pins > Lifou > Tanna > Ambrym Island > Luganville > Champagne Beach > Tikopia > Utupua Island > Port Mary (Santa Ana Island) > HONIARA |
| 21 FEB | 17 | SILVER DISCOVERER | HONIARA > Marovo Lagoon (Vangunu Island) > Kennedy Island > Rabaul > Tatau Island > Kapingamarangi > Nukuoro (Pohnpei) > Kolonia (Pohnpei) > Day at sea > Chuuk Lagoon > Pulap (Chuuk) > Satawal (Yap) > Ifalik (Yap) > Day at sea > Yap (Yap) > Ngulu Atoll (Yap) > KOROR |
| 25 OCT | 10 | SILVER DISCOVERER | PAPEETE > Rangiroa > Ahe Lagoon (Tuamotu Islands) > Manihi > Day at sea > Fatu Hiva (Marquesas Islands) > Pau Mao Bay, Hiva Oa (Marquesas Islands) > Atuona (Hiva Oa, Marquesas Islands) > Hakahau (Ua Pao, Marquesas Islands) > Day at sea > Fakarava (Tuamotu Archipelago) > Tikiheu (Tuamotu Archipelago) > PAPEETE |
| 04 NOV | 14 | SILVER DISCOVERER | PAPEETE > Bora Bora > Day at sea > Aitutaki > Day at sea > Suvarrow > Manihiki > Cross International Date Line (lose a day) > 2 Days at sea > Kanton Island > Phoenix Islands (2 days) > Nukunono > APIA |
| 19 NOV | 18 | SILVER DISCOVERER | APIA > Asau > Mata-Utu (Wallis Island) > Day at sea > Funafuti > Nanumea > Day at sea > Bonriki (Tarawa Atoll) > Butaritari > Majuro > Bouj (Ailinglapi Atoll) > Jeh (Ailinglapi Atoll) > Day at sea > Kosrae > Pingelap > Day at sea > Kapingamarangi > Day at sea > Taro Island > HONIARA |
| 07 DEC | 12 | SILVER DISCOVERER | HONIARA > Auki > Langa Langa Lagoon > Port Mary (Santa Ana Island) > Utupua Island > Luganville > Ambrym Island > Lifou > Ile des Pins > Day at sea > Norfolk Island > Day at sea > Bay of Islands > AUCKLAND |
| ASIA | | | |
| 10 MAR | 18 | SILVER DISCOVERER | KOROR > Fanna & Sonsorol Islands > Day at sea > Ternate > Boo Islands > Misool Island (Raja Ampat) > Den Weg Islands (Teluk Berau) > MacCluer Gulf (Teluk Berau) > Day at sea > Agats (Asmat Expedition) > Day at sea > Banda Neira > Day at sea > Kalabahi (Takpala) > Alor Island > Lamalerap Village (Lomblem Island) > Palau Suanggi > Savu > Komodo > Pink Beach (Komodo) > Kodi > BENOA |
| 28 MAR | 12 | SILVER DISCOVERER | DARWIN > Day at sea > Savu > Palau Suanggi > Lamalerap Village (Lomblem Island) > Alor Island > Kalabahi (Takpala) > Day at sea > Palopo (Sulawesi) > Pare Pare (Sulawesi) > Day at sea > Kakaban > Lahud Datu > Sandakan > Kudat > KOTA KINABALU |

2016

| ASIA | | | |
|----------------------------------|----|-------------------|--|
| 02 SEP | 11 | SILVER DISCOVERER | OTARU > Hakodate > Aomori > Noshiro > Sado Island > Kanazawa > Sakaimitato > Pohang > Ulsan > Moji > Hiroshima > Miya-jima > Okayama > KOBE |
| 18 OCT | 11 | SILVER DISCOVERER | BALIKPAPAN > Day at sea > Tanjungwangi > Pasuruan > Sumenep > Kumai (Camp Leaky) > Day at sea > Badas Islands > Bawal Island > Tioman Island > SINGAPORE |
| MICRONESIA, MELANESIA, POLYNESIA | | | |
| 20 SEP | 14 | SILVER DISCOVERER | KOROR > 2 days at sea > Vainimo > Murik Lakes > Kopar Village (Sepik River) > Madang > Tuam Island > Tufi > Fergussen Island > Dobo > Samarai and Kwato > Deka Deka Island > Day at Sea > Thursday Island > Stanley Island > Lizard Island > Ribbon Reefs > CAIRNS |
| AUSTRALIA & NEW ZEALAND | | | |
| 04 OCT | 14 | SILVER DISCOVERER | CAIRNS > Lizard Island > Ribbon Reefs > Little Boydong Reef > Thursday Island > Day at sea > Galwin'ku, Elcho Island > Seven Spirit Bay (Garic Gunak Barlu National Park) > Bathurst, Tiwi Islands > Darwin > Day at sea > Kalabahi (for Takpala) > Kabaena Island > Palopo, Sulawesi > Pare Pare, Sulawesi > BALIKPAPAN |
| AFRICA & THE INDIAN OCEAN | | | |
| 02 DEC | 15 | SILVER DISCOVERER | PHUKET > Kawthaung > Mergui Archipelago (4 days) > Day at sea > Yangon > Day at sea > Port Blair, Andaman Islands > Elephant Beach, Havelock Island > South Cinque Island, Andaman Islands > Ross Island, Andaman Islands > 2 days at sea > Galle > Kirinda (Yala National Park) > Day at sea > Male > Kuda Bandos > MALE |
| 17 DEC | 17 | SILVER DISCOVERER | MALE > Maalhaveli, Meemu Atol > Hithadhoo, Addu Atoll > 3 days at sea > Mahe > La Digue > Praslin > Desroches Island > Day at sea > Aldabra > Mamoudzou > Island of Mozambique > Ibo Island > Kilwa Kisiwani > Zanzibar > DAR ES SALAAM |

Venetian Society Diving available on this voyage Overnight in Port Pre-/Post-cruise Land Adventures Optional Shore Excursions available for

Visit www.silversea.com/expeditions for a full day by day itinerary description of each voyage.



10 Peaks of Ua Pou, Marquesas Islands

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