



## **Seabourn Odyssey Debuts Signature Restaurant, The Grill By Thomas Keller, and Mindful Living Program By Dr. Andrew Weil**

May 23, 2017

**SEATTLE, May 23, 2017** - [Seabourn](#), the world's finest ultra-luxury cruise line, has announced major enhancements to the travel experience aboard *Seabourn Odyssey*, including the new addition of its signature restaurant, **The Grill by Thomas Keller**, and the new mindful living program created by **Dr. Andrew Weil**.

The programs are launched following a recently completed dry dock period for *Seabourn Odyssey*, where many surfaces and spaces aboard the ship also underwent meticulous, thoughtfully designed updates. Among them, The Spa has been refreshed, and the Fitness Center features new equipment. All suites have been recarpeted, and Seabourn's new bespoke luxury mattresses have been added. Newly designed furniture has been placed in the Wintergarden, forward Owner's and Signature suites. Guests will also find new carpet, furniture, teak flooring, and refinished woodwork throughout the ship.

"The additions of The Grill by Thomas Keller and Spa and Wellness with Dr. Andrew Weil continue a new chapter in Seabourn's long history of offering the finest guest experiences in luxury travel," said Seabourn President Richard Meadows, noting *Seabourn Odyssey* as the third of the cruise line's four ships to offer The Grill and the second to feature Dr. Weil's program. "Through our outstanding partnerships with Chef Keller and Dr. Weil, we are excited to expand these programs on *Seabourn Odyssey*, with a fleet-wide rollout scheduled to be completed by the end of this year."

Inspired by the classic American chophouse, The Grill by Thomas Keller is a collaboration between three-star Michelin chef Thomas Keller and designer Adam D. Tihany, exclusively for Seabourn.

The ship is also launching **Spa and Wellness with Dr. Andrew Weil**, a mindful living program offering guests a holistic spa and wellness experience that integrates physical, social, environmental and spiritual well-being. Eventually destined for every ship in the Seabourn fleet, Dr. Weil's program is the first-ever of its kind available at sea.

### **The Grill by Thomas Keller**

Located on Deck 8, The Grill by Thomas Keller focuses on updated versions of iconic dishes where guests are treated to American chophouse classics as well as a range of other steakhouse favorites. The timeless menu draws on many artisan purveyors, while the wine list of domestic and old world labels personally curated by Chef Keller complements each dish.

The interior design by Adam D. Tihany enhances the dining experience with spaces that are distinctive to the ship, yet defined by intimate settings with an elegant and warm masculine quality. The Grill by Thomas Keller is located in newly renovated spaces formerly occupied by Restaurant 2, which was extensively refit during the dry dock period.

Chef Thomas Keller began his partnership with Seabourn in 2015 and underlines the luxury cruise line's commitment to offering outstanding guest experiences. The Grill is now featured on *Seabourn Encore*, *Seabourn Quest*, and *Seabourn Odyssey*, with *Seabourn Sojourn* scheduled for opening in late 2017. *Seabourn Ovation* will launch with the restaurant in May 2018.

### **Spa & Wellness with Dr. Andrew Weil**

Created in conjunction with The Onboard Spa by Steiner, Spa and Wellness with Dr. Andrew Weil will be led by *Seabourn Odyssey's* onboard Mindful Living Coach, a certified yoga and meditation practitioner whose role is to inspire and educate guests throughout the voyage.

Central to the program is the daily practice of meditation and yoga, with some sessions offered on a complimentary basis. Guests can experience Mindful Meditation, which will introduce positive affirmations and mantras they can reflect on throughout the day. Yoga classes will be varied, offering guests the ability to choose classes that focus on various physical issues, such as yoga to heal back and joint pain, headaches and body alignment, as well as yoga to enhance creativity, mental focus and happiness.

The wellness program will also offer guests some complimentary Mind and Body seminars designed to educate guests on philosophies and practices that are aligned with the program's mission. Onboard seminars adapted from Dr. Weil's best-selling books and research include: Spontaneous Happiness & Spontaneous Healing; Anti-Inflammatory Foods; Healthy Aging; and Introduction to Mindful Meditation. Individualized one-on-one wellness sessions on select topics are also available for a fee.

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](http://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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