

Teachers & Lectures Overview



Adelbert Nelissen (The Netherlands) the educational director of the Kushi Institute of Europe, has been teaching macrobiotics all over the world for over 30 years. Adelbert is one of the pioneers in the natural food movement in Europe and introduced many products including sourdough bread, natural tofu, tempeh, and seitan, and a whole range of sugar-free products. He introduced Shiatsu and Feng Shui to Holland. Together with his wife Wieke, he developed a macrobiotic study program for women, which they have successfully taught under the name of “Women's Health” in different countries in Europe and as a residential program at the Kushi Institute. Adelbert has also helped introduce macrobiotics to several Eastern European countries as well as to Singapore, Hong Kong, Africa, the Middle East, and most recently China, Malaysia, Indonesia and Mexico. Adelbert has five children and six grandchildren.

Lectures

□ Darwin's Evolution versus Genesis

This year is the 200th anniversary of the birth of Darwin, the founder of modern biology. Around the globe, evolution is under attack by many religious believers who adhere to “intelligent design.” In this class, Adelbert will present the macrobiotic approach to biological and spiritual evolution and critique Darwin's philosophy of the survival of the fittest, modern genetics, the Big Bang theory of the origin of the cosmos, Creationism, and other scientific and religious dogmas.

□ A Macrobiotic Approach to Global Epidemics

AIDS, SARS, Avian Flu, and the Mexican Flu have circled the globe, infecting and killing many people, leading to widespread panic and economic loss, and causing governments to launch massive vaccination campaigns. In this lecture, Adelbert will show how the modern food pattern, factory farming and monocultures, environmental destruction, climate change, and over medicalization, including drugs and vaccines, are the main cause for the evolution of virulent new microbes. Simple, safe, and effective natural dietary and lifestyle guidelines to prevent and relieve infection will be presented.

□ A 10-Day Diet to Eliminate candida and Gluten Allergy

Wheat-free, gluten-free, yeast-free, fermentation-free and other special foods and beverages to combat allergies, yeast infections, and celiac disease are multiplying and becoming a growing part of the mainstream and organic food industries. They are also a windfall for mainstream and holistic doctors promoting drugs, supplements, and other symptomatic solutions. Cutting through the myths about gluten, wheat, and fermentation, Adelbert will show how food allergies and disorders can be healed within a few weeks by observing a specially modified macrobiotic food pattern.

□ Creating Strong Bones and Joints

Animal protein consumption is the underlying cause of arthritis, osteoporosis, tooth decay, and other bone and joint disorders. To create a strong skeletal system, our bodies need green protein and minerals from whole grains, beans and bean products, vegetables from land and sea, and other plant foods. In this class, Adelbert will explain how casein, the protein in milk and dairy, creates decalcification in the bones and joints, while taking more dairy or calcium supplements creates calcification, or the build up of calcium deposits, in the arteries, brain, and other tissues and may lead to heart attack, stroke, Alzheimer's, and other disorders. On a green protein-based diet, as he will show, bone loss can actually be reversed.

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□ See Your Destiny Through Oriental Diagnosis

Facial diagnosis and other traditional Far Eastern approaches can help us evaluate our own health, character, and consciousness, as well as that of family, friends, and other people. In this workshop, Adelbert will introduce principles of Oriental diagnosis, including the correlation between the organs and facial and other bodily features, key acu points on the meridians, chakra diagnosis, and other hands on evaluation techniques you can apply to understand and harmonize with the Ki flow.

□ Nine Star Ki Astrology Games

With the participants, Adelbert will introduce interactive games to discover each other's astrological nature. You will be amazed to recognise how, for instance, "Tree" people may respond very romantically or idealistically to the same task where "Metal" people may respond in a much more pragmatic or practical manner. A lot of fun!

Workshops

□ Meditation, Chanting and Do-In

Sounds help to open your spiritual channel. Some very beautiful and powerful mantras will be introduced.

□ Diagnosis in Movement

Walking and any kind of movement can teach you a lot about your condition. Corrective exercises let the energy flow smoothly. You will be amazed by what you will learn about yourself!

□ See Better Without Glasses (1 & 2)

Improve your eyesight drastically by massage and exercises. Adelbert will also explain the dietary causes of various eye problems. See also the connected cooking classes with Wieke Nelissen.

Cooking Class

□ Energizing Wok Style Cooking

Wok-style cooking, using high flame, provides strength and warms you up for the next stretch of the day. The combination of different vegetables is vital, noodles or whole grains may be used as well, for a satisfying meal.

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Wieke Nelissen (The Netherlands) is co-director of the Kushi Institute of Europe together with her husband Adelbert. Wieke has taught macrobiotic cooking, women's health, and family health all over Europe for over 30 years. She has written many articles on cooking and authored the *Summer Conference 2004 Cookbook*. Her classes are very practical, focused on quick, dynamic, and tasty dishes for better health. Wieke has five children and six grandchildren.

Lectures

□ **Make Menopause a Happy Time**

You don't need to experience all the complaints most women have during menopause. Prepare yourself; discover the healing power of macrobiotic food.

Special balancing dishes and drinks will be discussed.

Cooking Classes

□ **Nourishing Chinese Soups**

Whole meal soups, with dumplings, noodles and vegetables. Warming and energizing, quick and easy to prepare food.

□ **Relaxing Dishes for Busy Bees**

Dishes and drinks that help you to overcome instantly stress and fatigue.

□ **Creating Strong Bones and Joints**

The best choice of plant quality protein helps you to strengthen your bones and joints. Specific dishes will be shown that rebuilt the calcium in your bones.

□ **Weight Control Dishes**

Understanding the deep cause of your weight problems is necessary for the creation of dishes that help you to loose or gain weight.

□ **Cooking for Better Eyesight**

Special dishes and drinks will be prepared, that help you to improve your eyesight. See also Adelbert Nelissen's workshops See Better Without Glasses. This cooking class will be the follow up for his workshops.

□ **Cooking for Natural Beauty**

Macrobiotics provides a variety of drinks and dishes for a radiant skin, shiny hair, and strong nails. Beauty comes from within and should be nourished with every meal you take. Ask all your beauty questions.

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Jeanne van den Heuvel (Belgium), has been very active as a teacher of macrobiotics for more than 20 years. After working as a remedial teacher for children and adolescents for many years, she now uses her educational experience to teach macrobiotic philosophy and guide families with children as well as individuals in their search for personal health and harmony. Jeanne has studied extensively with Michio Kushi and other educators and teaches macrobiotics in Europe and the U.S.A. She runs a macrobiotic center in Belgium, where she lives with her son, daughter, and grandson.

Cooking Classes

□ **Basic Cooking for Total Health 1 and 2**

This pair of introductory macrobiotic cooking classes will get you started making tasty, nourishing food.

□ **A Super Start to the Day: Breakfast Ideas**

Starting the day with a delicious, energizing breakfast can make all the difference at home, work, or school. Jeanne will share with you an array of great early morning dishes.

□ **Macrobiotic Home Remedies: Quick, Simple, and Without Side Effects**

Special dishes, medicinal drinks, and other home cares are safe, simple, affordable, and effective. Best of all, anyone can learn to make them.

□ **Balancing Yin and Yang in Cooking**

Yin and yang is our compass in life and also in cooking. In this class you will learn how to create balance by using fire, pressure, drying, and soaking. You will learn how to change yin into yang and vice versa in order to maintain a healthy and happy life.



Alex Jack (USA), a macrobiotic teacher, counsellor, and author for over 25 years, has written many books including *The Macrobiotic Path to Total Health* and *The Cancer Prevention Diet* with Michio Kushi, *Aveline Kushi's Complete Guide to Macrobiotic Cooking*, and *The Mozart Effect: Tapping the Power of Sound and Music to Heal the Body, Strengthen the Mind, and Unlock the Creative Spirit* with Don Campbell. He served as director of the Kushi Institute in the U.S. and is currently the president of Planetary Health/Amberwaves, a grassroots network devoted to preserving rice, millet, and other essential foods from the threat of genetic engineering and climate change. He offers information on macrobiotic health and healing at

www.macrobioticpath.com.

Lectures

□ **2012 and Beyond**

Will the world end in 2012 when the Mayan calendar ends? In this workshop on cycles of personal and social change, Alex will explore how the Spiral of History, Nine Star Ki, the 7- and 8-year cycles

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governing woman and man, and other energetic influences are shaping our destiny and what we can expect in the next several years.

□ **The I-Ching: Crossing the Great Water**

This lecture will introduce you to the I Ching, the great Chinese oracle and classic of the philosophy of yin and yang, and demonstrate how to use it for personal development and guidance.

□ **Organic Sugar Blues**

Earlier this year, Alex visited Biofach, the world's largest organic trade fair. He will describe how the organic market is being taken over by multinational corporations promoting organic junk food, how non-organic food is often certified as organic in China and other regions, and why eating organic dairy will still cause organic breast cancer.

□ **The Ideal Food Pattern for Humanity**

By observing the proper selection of foods, planning weekly menus featuring delicious, balanced recipes, and engaging in an active lifestyle, you can manage your health, increase your energy and vitality, and transform your life. In this presentation, Alex will introduce the new Ideal Food Pattern for Humanity (the striking new graphic design and comprehensive guidelines for the standard macrobiotic diet) and discuss its personal and planetary benefits.

□ **Cancer, Diet and the Emotions**

*People fear cancer more than any other disease. Do fears, anxieties, and relationship problem contribute to cancer? What is the relationship between diet and the emotions? Based on his personal counselling of cancer patients and the new edition of *The Cancer Prevention Diet* with Michio Kushi, Alex will explore practical ways to strengthen physical, psychological, and spiritual health and prevent cancer and other serious ills.*

□ **Reverse Human Evolution**

Homo sapiens are losing the ability to give birth naturally. With the spread of the modern food pattern and lifestyle, sperm counts are declining, female infertility has soared, Caesarean birth are commonplace, and IVF (in vitro fertilization), genetic engineering, and other new technologies are on the rise. In this provocative lecture, Alex will explore how human birthing is now reversing evolutionary direction, reverting to earlier stages of avian, reptilian, and aquatic reproduction.

□ **Health is the Best Investment**

The world is awash in toxic assets because our inner organs, systems, and functions, including our minds and spirits, are contaminated from a lifetime of imbalanced and toxic foods and neglect of nature's laws. This presentation will focus on a macrobiotic approach to resolving the global financial crisis, including specific guidelines for individuals, families, businesses, communities and nations.

Workshop

□ **Spiritual Healing (1, 2 and 3)**

This workshop will introduce effective, practical techniques from East and West to heal directly with energy and vibration, including palm healing, meditation, prayer, mantras, affirmations, music, and healing at a distance.

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Phillip Jannetta (USA), studied with Michio Kushi in the 1970s. Later he moved to Japan where he lived for fifteen years, married, and directed a successful macrobiotic center. Phillip has studied with some of the finest teachers in the Far East. His Ki studies included acupuncture and Zen shiatsu, Oriental Astrology, and Esoteric Buddhism. He co-authored several books with Michio Kushi including *Macrobiotics and Oriental Medicine*. Phillip lives currently in the U.S.A. with his wife and three children and continues to actively teach and consult.

Lectures

❑ **The Facts of Life**

Essential truths you probably did not learn at home or school.

❑ **Seasonal Wellbeing**

Tips to maintain health and vitality in each season.

❑ **Health, Illness and Recovery**

Conventional wisdom about sickness, recovery, and prevention is incomplete at best and often totally misguided. Macrobiotics offers a holistic blueprint for each aspect of personal well-being.

❑ **Healthy Heart - Healthy Spirit**

Explore the intimate connection between the physical and metaphysical, with a focus on the heart and our individual spirit.

Group Consultation:

Group Energy Session

Registration and payment at the Summer Conference office.

Workshops

Palm Healing, part 1 (2 classes)

Palm Healing, part 2 (2 classes)

Use the Ki-energy streaming from your hands for pain relief and to support healing of injury and sickness. Emotional imbalances will also be addressed. Apply it on yourself, family and friends, or as a part of your professional practice.

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Horriah van Veen - Nelissen (The Netherlands), a life-long macrobiotic practitioner, is the mother of two daughters and one son. Horriah cooked for many of her friends during her study at the Haarlem Business School in Holland, where she met her husband. During a trip to Japan with Aveline and Michio Kushi, Horriah taught macrobiotic cooking to Japanese chefs at 5-star hotels who are now offering macro meals on their menus. Horriah is one of the principal cooking teachers at the Kushi Institute of Europe. Her cooking is very satisfying and excellent to maintain an active and sportive life.

Cooking Classes

❑ International Noodle Festival

Horriah will prepare traditional noodle dishes, following the Silk Road from China to the Mediterranean area.

❑ The Healing Art of Miso Soup: Relaxing, Strengthening and Discharging

Miso soup is the world's best provider of healthy enzymes and bacteria that help your digestion. Learn to prepare this soup to improve your condition. Delicious, nutritious, and always adaptable to your personal needs, work, and the season and daily weather.

❑ Savoury Bean Dishes for More Energy

Beans are richest in plant protein and high in fiber and complex carbohydrates. They traditionally give stronger, more long lasting energy than animal food. This class will show you how to make perfect beans every time—tasty, appetizing, and without gas.

❑ Kanten Desserts in all Colours and Tastes

Kanten is a traditional gelatine made with the flakes or powder of agar-agar, a sea vegetable. It can be made with juice, fruit, seeds, nuts, and other ingredients. Learn how to jazz up your menus with this simple, savoury dessert.

❑ A Variety of Seitan Dishes

Seitan, also known as wheat meat, is a delicious, energizing food that can be used for an assortment of soups, cutlets, casseroles, veggie burgers, and other dishes. Children and teens, as well as people of all ages, love its rich, dynamic taste and texture.

❑ Culinary and Healing Fish Dishes

Fish can be prepared in a variety of tasty, healthful ways. This class will show you how to select, prepare, season, and serve memorable fish dishes for special occasions and medicinal use.

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August 10 and 11

Klaus Schubring (Germany) has more than 30 years' experience in macrobiotics and is the leading teacher and counsellor in Germany. In 1982 he founded the Ost West Zentrum in Hamburg and has been active as an organizer of seminars with Michio Kushi in Germany, as well as study weeks in various places. His background is in history. Today he is active as a macrobiotic health counsellor, business adviser and teacher of all aspects of macrobiotics, and as an historian. Many of his lectures are available in print. He is the father of three children and lives with his family near Hamburg.

Lectures

□ **Nine Star Ki and the Cycles of History 1 & 2**

These classes will look at how the 9-year and 81-year cycles have influenced misunderstandings, conflicts, and wars over the last two centuries. Klaus will also explain the influences of Nine Star Ki on the world of fashion during this time. Finally, he will forecast what we can expect in the near future and how we can pass safely through this time.

□ **Ancestral Influence on Your Constitution 1 & 2**

Your constitution, or inherited tendencies, has a big impact on your life. From a macrobiotic view, constitution is essentially governed by the food your mother, father, and ancestors ate before you were born and which influences your physical, emotional, and mental tendencies and development. Your constitution conditions the kind of work you are good at and that which is best avoided. Klaus will look at how the Ki flow shapes work patterns and help you discover your deepest talents, maximize your potential, and excel in life.

□ **Realising Your Personal Dream**

Nobody is the same. We all have different health conditions, different talents, and different dreams of what we want to achieve in life. This class will help you adapt the macrobiotic lifestyle to your personal needs and realize your goals in life.

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Patricio Garcia de Paredes (Japan) was introduced to macrobiotics at the age of five by his mother, Luchi Baranda, in his native Spain. After graduating from the Kushi Institute, he began to teach and give cooking classes in Southeast Asia, South America, and Spain. In 1998 he moved to Japan to spread macrobiotics through developing macrobiotic restaurants, giving cooking classes, presenting lectures, and publishing macrobiotic cookbooks. In Japan, he was executive chef at Kushi Garden and Chaya Macrobiotic restaurant. Presently he is the education director at the Kushi Institute of Japan. He maintains a busy international schedule and currently resides in Japan with his wife, four daughters and one son.

Cooking Classes

❑ Traditional Japanese Cooking

There are many valuable aspects in the traditional Japanese diet such as the use of an extensive variety of plant quality ingredients that contribute to good health and longevity. It also incorporates many ideas for harmonizing with nature thus contributing to a better environment. Japanese traditional cooking is actually simple, elegant, and delicious. This class will discuss and demonstrate some of the basic principles and cooking methods.

❑ Whole Grain Possibilities

Whole grains have been humanity's staple food and are central to a nutritionally balanced diet. Learning to cook and incorporate whole grains is essential for those who wish to develop health and well-being in their lives. From quick and simple one-meal ideas to more elaborate and elegant dishes, whole grains provide endless possibilities.

❑ Tofu Delights

Tofu's popularity continues to grow due to its wonderful nutritional and health qualities, great versatility, nice texture, and delicious taste. Learning to cook with tofu is easy and can be incorporated into many dishes. Furthermore tofu harmonizes well with many flavours and can be introduced and adapted to many traditional cuisines and food cultures from around the world.

❑ Cooking With Natto

Natto is a traditional fermented soybean product that has gained much attention in recent years due to health benefits such as improving digestion and preventing intestinal disorders due to enzymes. Special attention is also given now to its ability to keep blood from clotting, thus preventing heart disorders, strokes, and senility. However, most people still don't know about natto, and among those who know it many may not quite enjoy it. This class will explore new ideas for cooking with natto and make it easier to incorporate in our diets.

Lecture

❑ It All Begins in the Family

Over the years macrobiotics has been supporting and guiding not only individuals, but also whole families on their path towards greater health and happiness. Now more than ever these simple yet profound teachings based on tradition, common sense and experience provides timeless, valuable information on how we raise our families in the 21st century. In this lecture we will discuss practical macrobiotic suggestions and ideas on family issues that will not only benefit the ones we love, but will also extend to promote well-being in society thus contributing to a better world.

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Lander Zabalza Benaran (Basque Country) graduated from the Kushi Institute Art of Life School and works as a chef at Deshima's lunch service and at the Summer Conference. In Spain he conducted several macrobiotic cooking classes for families and mothers. He is the head chef of the Summer Conference.

Cooking Classes

❑ **Delicious Pastry: Hearty Snacks**

Pizza with tofu, vegetable samosa and other delicious snacks for travel and party. Or just simply to satisfy your cravings in a healthy way.

❑ **Pastry: Sweet Delights**

Using fresh fruits and vegetables, Lander will introduce some great recipes from the Café de la Paix, the Grand Café of the Summer Conference. These pastries will satisfy your cravings and be the talk of the town at your parties.



Sheri-Lynn DeMaris (USA) has taught macrobiotic cooking, shiatsu, and philosophy for over 25 years. A guidance counsellor at a middle school in Pennsylvania, she is an activist for reform in school lunch programs and has spoken before school boards, school food service conferences, and the U.S. Department of Agriculture. She hosts and produces an alternative health TV show "Tea with Sheri" and a number of cooking TV videos for children.

Lectures

❑ **Healthy Eating While Travelling**

Whether travelling close to home or to a foreign country, learn how to make wise food purchases and menu choices. Easy simple suggestions for how to travel food smart.

❑ **Tips on How to Create a Healthy School Lunch Program**

Become an advocate for change in your community. Remember the squeaky wheel is often heard. Learn how to approach school programs and institutions and sell them on the idea of providing better quality food choices. Sheri will share her experiences of how she created a garden to plate program in a public school and changed the school district over to using healthy vending machines and serving more whole grains and nutritious lunches in the cafeteria.

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Cooking Classes

□ **Macro magic for Kids**

*Kids are a delight to cook for, and macrobiotic cooking offers an exciting opportunity to create delicious new food dishes for them. Experience some exciting new recipes from Sheri's new cookbook *Macro Magic for Kids*. Learn the recipes that have received the kids' stamp of approval in her garden-to-plate program in the U.S.*

□ **Feeding Fussy Teens**

Do you have children that won't eat well or enjoy the new healthy food recipes you are learning? Here is an opportunity to dress them up and add the extra zing that will draw them to the dinner table asking for more. Some fun recipes will be shared that taste like their favourite familiar dishes: Tofu French Fries, Garden Bean Burgers, and Vegetarian Pizza to name a few.

□ **One Dish Dinner for People on the Go**

Too tied up with a busy schedule this summer and no time to spend on rejuvenating and getting back to the healthy you? Then this class is for you! Cooking instruction with step-by-step guidance on how to prepare easy and simple one-dish meals so when you return to your busy life your days will be easier and healthier.



Caroline Delacoute (France), is a long-time macrobiotic cooking teacher and translated several books of Aveline and Michio Kushi into French. She established the One Peaceful World Society in France and is one of the most active members of the macrobiotic community in France, giving group or personal cooking classes with practical advice. She lives in Paris.

Cooking Classes

□ **French Macrobiotic Cuisine**

In this class, Caroline will show you how to make attractive, delicious onion soup, crepes, macro-style "omelettes", and French salads and dressings in a balanced way.

□ **Summer Whole Grain Dishes**

In this class, Caroline will make barley soup, bulgur salad, grain pudding (with rice or millet), and other tasty, nourishing whole grain dishes that will make you feel fit and balanced on warm summer days.

Workshop

□ **Compresses and Plasters to Release Pain and Stagnation**

Caroline will demonstrate how to make a ginger compress, tofu plaster, and leafy greens plaster as well as discuss others including rice plasters, kombu plasters, etc. She will explain what they are used for and how to achieve the best results

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Jasmijn Rijkhof - Nelissen (The Netherlands) graduated in history from Leiden University. She specialized in the history of dairy consumption in Holland. She worked as a staff member at the Kushi Institute and travelled the world for one year with her husband. She recently received her certificate for teaching high school students. She teaches actively at the Kushi Institute of Europe and is the mother of daughter Kimiko and son Limar.

Lectures

□ **Macrobiotics While Travelling**

In the comfort of your kitchen with your pots and pans, macrobiotic food is abundant. However, when you're traveling for holidays or business for a few days or a longer period, what do you do? Are there any healthful snacks/dishes that can be prepared ahead of time that you can bring with you? What kinds of food you better bring in your luggage when traveling for a longer period of time? What foods are available where on the planet? Take advantage of Jasmijn's experience during world trips.

□ **Macrobiotic Pregnancy, Delivery and Childcare**

Being pregnant has an enormous impact, yet normal life goes on. How to deal with this great responsibility? What can we do to have a smooth pregnancy and delivery? How to cope with cravings? From mother's milk to solid food, how to make the transition?

□ **A Healthy Solution to Cravings**

Every once and a while we all crave certain foods. There are different types of cravings with different causes and different solutions. Find out why you crave certain things, how to satisfy them in a healthy way, and what works for you.

□ **Staying Healthy in the Tropics**

In an extreme climate with extreme temperatures and humidity extreme viruses and bacteria flourish. Staying healthy without vaccines, prophylactics, and other medicines is not that difficult. Find out what you can do!

□ **The Myth of the Holy Cow**

We are all brought up with the idea that milk (and other animal food) is good for your health. An overwhelming amount of scientific research shows the opposite. In this lecture the right choice of protein will be explained.

Cooking Class

□ **How to Change Your Partners Diet**

A nice variety of foods that will change your partner's diet smoothly toward the macrobiotic way, without fights or stress or strong cravings.

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Patrick Sturzenegger (Swiss, Laos), has a degree in nuclear physics. He is the father of a daughter and a son and lives with his wife in Lausanne. He started in the 1980ties at the Kushi Institute in Amsterdam the production tofu, tempeh, seitan and natto. Recently he is developing macrobiotic activities in Switzerland.

Cooking Classes

□ The Making of Natto

As a former professional tofu and natto producer, Patrick will show you how to prepare these foods at home in your own kitchen. Especially natto may not be available in your home town, but the making of natto is easy and can be done without any problem.



Mercedes Leon (Netherlands), was born in Cuba and lives with her husband and 4 children in The Netherlands. She has a Bachelor and a Master degree in viola performance from the New England Conservatory of Music in Boston. She has worked as a professional musician in a major symphony orchestra in Holland. Mercedes has studied at the Kushi Institute of Europe and is now an active cooking teacher. She is a great cook for macrobiotic food with an exotic taste and has built up a vast experience in delicious cooking for children.

Cooking Classes

□ Macro Fusions

Basic and familiar macrobiotic recipes and ingredients prepared with an exotic and ethnic touch, tasty and exciting. For variety and joy, on warm summerdays.

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August 2 - 8

David McCarthy (United Kingdom) is a pharmacist with 25 years' experience. After receiving his degree in Liverpool, he practiced pharmacy throughout the UK, employing over 300 staff. David also opened the first Western pharmacy in the former Soviet Union before the Berlin Wall came down. After losing his son Jonathan to cancer, David has dedicated his life to telling people about the hidden agendas of modern medicine and advocating a more natural macrobiotic approach to life. He graduated from the Kushi Institute of Europe and lives with his wife and daughter in the UK. He played an active role in the creation of the Makropedia website and has recently started a macrobiotic mail order service for the UK.

Lectures

❑ **What Pharmacists Do Not Tell You**

What is in your medication and other products, found on the shelves of the pharmacy, you don't know. How they effect your health and why you are slowly killing yourself: you are dying to look good.

❑ **The Medicalisation of Society**

To look for ever expanding markets, drug companies have been accused of disease mongering. Put a name on a new physical symptom, and you can sell medication for it.



Hiroko Ara (Iceland/Japan) has studied Sho-Do since she was a child. When she was 12 years old, she was awarded a 3-dan with a special teacher who taught her Mou-hitsu (brush pen writing) and Kou-hitsu (pencil writing). She lives in Iceland with her daughter Himiko and completed her studies at the Kushi Institute of Europe.

Workshops

❑ **Sho-Do, Japanese Calligraphy and Brush Pen Writing**

Sho-Do is a very good way to improve your concentration. It is also appealing to children. It is often enjoyed as a way of meditation.

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Nini Kossen (The Netherlands) is a licensed physiotherapist and acupuncturist. She graduated from the Kushi Institute of Europe in the 1970s and has studied Iokai Shiatsu intensively with Katsunori Sasaki Sensei. She has been teaching Shiatsu and Do-In at the Kushi Institute of Europe and at the Amsterdam School for Iokai Shiatsu for many years. Nini graduated as a cultural anthropologist from the University of Amsterdam.

Workshops

- ❑ **Do-In Early Morning Exercises**

Start your day fresh! Clear your mind; stimulate the flow of your energy! Wear light cotton clothes.

- ❑ **Neck and Shoulder Shiatsu Massage**

Learn a quick and easy massage to release stiffness, stagnation and pain. Wear light cotton clothes.

- ❑ **Foot Reflexology**

Foot massage influences your organs. Learn this wonderful technique.



Ina Poljak (U.S.A.) graduated from the Kushi Institute of Europe. Until she began studying macrobiotics she felt her life was incomplete. The knowledge she gained from institutions (she received an M.Phil. in Russian studies from Oxford University and an MA in cultural anthropology from the School of Oriental and African Studies in London) paled by comparison. Today, Ina is a macrobiotic cook, shiatsu practitioner, and a yoga teacher. Her teaching of yoga is inspired by yin and yang, by ancient texts like the Tao Te Ching, and by the simplicity and elegance of the body. The yoga she teaches is dynamic and uplifting. It coordinates breath with movement in a very precise rhythm and uses many kinds of breathing techniques to refine the nervous and endocrine systems.

Workshops

- ❑ **Early Morning Yoga**

Wear light cotton clothes.

- ❑ **Yoga for Strengthening the Hara**

Wear light cotton clothes.

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August 2 - 8

Bob Carter (France) is a full-time English teacher and part-time badminton coach to adults and kids and Tai Chi/Qigong instructor in Paris, France. A student of Chinese culture and language, Bob has been practicing the art of Tai Chi daily for more than ten years and is a certified instructor, teaching in the Paris region and for the Kushi Institute in Holland. Bob is originally from the USA.

Workshops

□ **Early Morning T'ai Chi Chuan**

Meditation in action. Movement and empty mind combined. Quiet exercises for all ages. Wear light cotton clothes

□ **Healing Qigong Movements**

This traditional Chinese qigong mimics the way the tiger, deer, bear, monkey and crane move; these easy to learn and fun exercises are designed to strengthen our internal organs, improve the circulation of our internal life force or Chi, increase balance and sense of well being. □



Jarka Adamcova (Czech Republic/The Netherlands), graduated from the Kushi Institute of Europe. She teaches Do-In and Shiatsu and is offering ginger compresses. Jarka works as a staff member at the Kushi Institute of Europe and was actively involved in the organization of the Level 1 and 2 studies in the Czech Republic for students from East European countries. She is the editor of the KI Newsletter.

Workshops

□ **Early Morning Do-In**

Wake up with morning exercises and self-massage. Everyone can do it. Wear light cotton clothes.

□ **Shiatsu to Release Stress and Fatigue**

Enjoy and learn a relaxing massage for neck and shoulders. Practice good breathing exercises for instant results. Learn how you can apply this massage anywhere, anytime.

□ **Introduction to Barefoot Shiatsu**

Barefoot Shiatsu is a wonderful technique that can be applied to different parts of the body, without any strong efforts. Even children can do it. Wear light cotton clothes.

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Karel Becvar (Czech Republic/The Netherlands), originally a student of medicine, is the long time production manager of the Deshima macrobiotic food and bookstore at the Kushi Institute of Europe. He studied all 3 Levels at the Kushi Institute. He currently teaches Do-In, Shiatsu, and Break Dance at the K.I.

Workshops

□ Early Morning Break Dance

This dance is incredibly fun! Learn the beginning steps from specialist Karel from the Deshima store.



Olga Uhrin (Hungary), graduated as an economist in 2002 at the Oxford Brookes University in Budapest. Recently she completed Level 4 studies at the Kushi Institute in Amsterdam. Olga has been studying traditional Oriental lady dancing (also known as belly dancing) since she was seven years old and recently graduated as a professional dance instructor. She has performed on stage and on television.

Workshops

□ Dance for Women

Oriental lady dance fills you with energy and gives you strength and flexibility. Feel happiness with the beauty of music, movements, colourful choreographies, and dancing together in a group.



Astrid van Dijk (Netherlands), mother of two daughters, studied at the Kushi Institute of Europe. She mastered hot stone massage and currently has her own practice.

Workshop

□ Hot Stone massage

Astrid will show how this massage is done. You can make an appointment for a personal treatment with her at the office of the Summer Conference.

Teachers & Lectures Overview



Urszula Iwanik (Poland) is the mother of two children, a beautician, and Nordic walking instructor. She has been a member of the Szczecin Macrobiotic Society for three years.

Workshops

□ Early Morning Nordic Walking

Nordic walking utilizes twin poles that utilize all your muscles, strengthen your breathing, and invigorate your mind and spirit. Nordic walking is an easy, comfortable, yet powerful way to walk and exercise your whole body at the same time. The poles may also be used in a stationary position for a variety of stretching exercises. Wear light clothes and good walking shoes. The poles will be provided.



Valentina Nelissen (Netherlands) mother of a daughter, Tosca, studies modern dance at the Theatre School in Amsterdam. A lifetime of macrobiotics helps her to avoid injuries, and she is actively spreading her understanding of diet and health among her teachers and co-students.

Workshops

□ Modern Dance

Enjoy a physical work out, stretching and the basics of modern dance. Wear light clothes.



Gideon Nelissen (Netherlands) graduated from Koninklijk Conservatorium in The Hague and continued his violin studies in Rotterdam with Gordan Nikolic and Christiaan Bor. He initiated a tango quartet called Cuartetto Zum with success, and performs in various orchestras.

Workshops

□ Easy Listening Music Workshop

Gideon will lead you into the world of music. He will let you listen to musical highlights throughout different centuries. You will obtain more understanding of different kinds of music and experience how music can move you, inspire you and relax or vitalize you.

Teachers & Lectures Overview



Cyril van Poucke (Netherlands), professional trumpeter in one of Holland's leading orchestras. He conducted several projects on Creative Music Making and works in the world of classical music and jazz. For many years he and his wife Mercedes Leon are involved creatively in the Summer Conference's Programs. Cyril is the father of 4 children.

Workshops

- **Creative Music Making**

Together the participants will create a piece of music and so become a composer and a musician at the same time. Your natural feeling for time and order will be explored and developed. Fun and interesting!

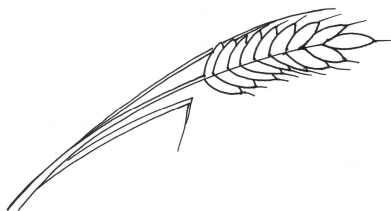
Panel Discussions

Panel members to be announced at the conference

- **The Future of Our Children and Grandchildren**
 - **Macrobotics in Japan, Europe and the USA by their representatives**
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*Nothing is more powerful
than individual acting out of his conscience,
thus helping to bring the collective conscience to life.*

- Norman Cousins



*There is a destiny that makes us brothers,
none goes his way alone –
all that we send into the lives of others
comes back into our own.*

- Author unknown