

Daily Program

Sunday August 2

First day

Afternoon 14:00 – 18:00

Arrival, Welcome
&
Registration

Menu

Dinner
18:00 - 19:00

Soup
Shoyu broth with shitake and vegetables

Meal
Calasparra rice with sweet rice
Arame with onions and sesame seeds
Italian white bean salad
Crispy Chinese cabbage

Dessert
Fresh fruit kanten

Evening session 20:00 – 21:30

Introduction Evening

Late evening 22:00 – 24:00

Cafè de la Paix



The menus
have been
specially designed for
people from
different cultures
by **Wieke Nelissen**

Daily Program

Monday August 3

Class	Teacher	Room	
<i>Make Your Choice!</i>			
Early morning session		07:00 – 08:00	
WS - Do-In Exercises	Adelbert Nelissen	room -	Menu Breakfast 08:00 - 08:30 Soup Light summer miso soup with tofu Meal Soft brown rice with sweet rice Crispy greens Steamed sourdough bread and a variety of spreads Pickles and toasted seeds
WS - T'ai Chi Chuan	Bob Carter	room -	
WS - Yoga	Ina Poljak	room -	
WS - Nordic Walking	Urszula Iwanik	room -	
Morning session I		09:00 – 10:30	
AL I C1 - Introduction the Macrobiotic Cooking	Wieke Nelissen	room -	
AL II OU1 - What is Macrobiotics?	Jasmijn Nelissen	room -	
AL III S1 - Back Position Techniques and Yü Points	Nini Kossen	room -	
C - The Healing Art of Miso Soups	Horriab Nelissen	room -	
L - Seasonal Well-being	Phillip Jannetta	room -	
Morning session II		11:00 – 12:30	
AL I D1 - The Way and Meaning of Visual Diagnosis	Adelbert Nelissen	room -	Lunch 12:30 - 13:30 Meal Spaghetti with seitan sauce and rucola salad Steamed broccoli Sauerkraut, apple, carrot Dessert Cooked apple-orange in kuzu
AL II C1 - Medicinal Drinks	Caroline Delacôte	room -	
AL III OU1 - Personal and Universal Macrobiotics	Alex Jack	room -	
C - The Making of Natto	Patrick Sturzenegger	room -	
WS - Shiatsu to Release Stress and Fatigue	Jarka Adamcova	room -	
Afternoon session I		14:00 – 15:30	
AL I S1 - Introduction to Shiatsu Massage	Nini Kossen	room -	Dinner 18:00 - 19:00 Soup Creamy sweet chickpea soup Meal Lebanese style rice with pinoli, pasta and parsley Scrambled tofu with broad beans and carrot Cucumber salad with pumpkin seeds dressing Nori condiment Pickles
AL II H1 - The Study of Blood and Circulation	Phillip Jannetta	room -	
AL III C1 - Cooking for Bones and Nervous Disorders	Patricio Garcia de Paredes	room -	
L - Organic Sugar Blues	Alex Jack	room -	
WS - Dance Workshop for Women	Olga Ubrin	room -	
Afternoon session II		16:30 – 18:00	
AL III WS1 - Menu Planning and Dinner Cooking	Horriab Nelissen	room -	
C - Relaxing Dishes for Busy Bees	Wieke Nelissen	room -	
L - Healthy Eating While Travelling	Sheri-Lynn DeMaris	room -	
WS - Palm Healing 1	Phillip Jannetta	room -	
Evening session		20:00 – 21:30	
L - A Macrobiotic Approach to Global Epidemics	Adelbert Nelissen	room -	
Late evening		21:30 – 24:00	
Ginger Compress Treatment		room -	
Late Night Movie		room -	
Café de la Paix			

C - Cooking class
L - Lecture
OU - Order of the Universe
WS - Workshop/Demonstration
D - Diagnosis
S - Shiatsu
H - Macrobiotic Healthcare
AL I - Art of Life School level I
AL II - Art of Life School level II
AL III - Art of Life School level III

Daily Program

Tuesday August 4

Class	Teacher	Room
-------	---------	------

Make Your Choice!

Early morning session	07:00 – 08:00
-----------------------	---------------

WS - Do-In Exercises	Jarka Adamcova	room -
WS - T'ai Chi Chuan	Bob Carter	room -
WS - Yoga	Ina Poljak	room -
WS - Nordic Walking	Urszula Iwanik	room -

Morning session I	09:00 – 10:30
-------------------	---------------

AL I H1 - The Origin of the Standard Macrobiotic Diet and the Ideal Food Pattern	Alex Jack	room -
AL II H2 - The Physiology of the Digestive System	Adelbert Nelissen	room -
AL III C2 - Cooking According to the Five Transformations	Wieke Nelissen	room -
C - Wholegrain Possibilities	Patricio Garcia de Paredes	room -
L - What Your Pharmacists Do Not Tell You	David McCarthy	room -

Morning session II	11:00 – 12:30
--------------------	---------------

AL I OU1 - Introduction to Macrobiotics	Jasmijn Nelissen	room -
AL II D1 - Study of the Feet, Hands and Nails	Phillip Jannetta	room -
AL III S2 - Face, Neck and Shoulder Techniques	Jarka Adamcova	room -
C - Basic Cooking for Total Health I	Jeanne van den Henvel	room -
WS - I-Ching: Crossing the Great Water	Alex Jack	room -

Afternoon session I	14:00 – 15:30
---------------------	---------------

AL I S2 - Massage of the Head, Neck and Shoulders	Nini Kossen	room -
AL II OU2 - Yin Yang Classifications	Patrick Sturzenegger	room -
AL III D1 - Diagnosis of the Total Environment	Adelbert Nelissen	room -
C - Delicious Pastry: Hearty Snacks	Lander Zabazga Benaran	room -
WS - Sho-Do, Japanese Calligraphy & Brush Painting	Hiroko Ara	room -

Afternoon session II	16:30 – 18:00
----------------------	---------------

AL II WS1 - Menu Planning & Dinner Cooking	Patricio Garcia de Paredes	room -
C - International Noodle Festival	Horriah Nelissen	room -
L - A 10 Day Diet to Eliminate Candida and Gluten Allergy	Adelbert Nelissen	room -
WS - Palm Healing II	Phillip Jannetta	room -

Evening session	20:00 – 21:30
-----------------	---------------

L - The Ideal Food Pattern for Humanity	Alex Jack	room -
---	-----------	--------

Late evening	21:30 – 24:00
--------------	---------------

Ginger Compress Treatment	room -
Late Night Movie	room -
Café de la Paix	

Menu

Breakfast

08:00 - 08:30

Soup

Sweet relaxing shoyu broth

Meal

Soft whole oats

Breads and spreads

Blanched leeks

Pickles and toasted seeds

Lunch

12:30 - 13:30

Meal

Penne with pumpkin

Pressed salad of cabbage,

radish and takuan

Tempeh tempura with

mustard dip

Dessert

Green tea kanten with

strawberries

Dinner

18:00 - 19:00

Soup

Italian bean soup

Meal

Brown rice and sweet rice

with sesame seeds

Deep-fried tofu cubes in

vegetable sauce

Steamed broccoli

Kombu with shiitake and

vegetables

Pickles

Deshima Food & Book Shop

Grand Café de la Paix

Reception

open daily:

10:00 - 20:00

open daily:

10:00 - 24:00

open daily:

08:15 - 09:00

12:30 - 14:00

18:00 - 19:45

C - Cooking class

L - Lecture

OU - Order of the Universe

WS - Workshop/Demonstration

D - Diagnosis

S - Shiatsu

H - Macrobiotic Healthcare

AL I - Art of Life School level I

AL II - Art of Life School level II

AL III - Art of Life School level III

Daily Program

Wednesday August 5

Class	Teacher	Room	
<i>Make Your Choice!</i>			
Early morning session		07:00 – 08:00	Menu
WS - Do-In Exercises	Nini Kossen	room -	Breakfast
WS - T'ai Chi Chuan	Bob Carter	room -	08:00 - 08:30
WS - Yoga	Ina Poljak	room -	Soup
WS - Nordic Walking	Urszula Iwanik	room -	Miso soup with corn and vegetables
Morning session I		09:00 – 10:30	Meal
AL I C2 - Various Cutting and Cooking Styles	Wieke Nelissen	room -	Soft sweet rice and barley
AL II S1 - Diagnosis and Massage of Yü Points	Nini Kossen	room -	Steamed green cabbage and celery stalks
AL III H1 - Digestive Disorders	Adelbert Nelissen	room -	Breads and spreads
C - A Variety of Seitan Dishes	Horriab Nelissen	room -	Pickles and toasted seeds
WS - Hot Stone Massage	Astrid Van Dijk	room -	
Morning session II		11:00 – 12:30	Lunch
AL I H2 - The Seven Conditions of Health	Jeanne van den Heuvel	room -	12:30 - 13:30
AL II C2 - Medicinal Use of Pickles and Condiments	Patricio Garcia de Paredes	room -	Meal
AL III OU2 - The Crossroad of Humanity	Alex Jack	room -	Macaroni with home made pesto and vegetables
C - Macro Magic for Kids	Sheri-Lynn DeMaris	room -	Fresh green rucola salad with olives and smoked tofu
L - Staying Healthy in the Tropics	Jasmijn Nelissen	room -	Dessert
Afternoon session I		14:00 – 15:30	Almond amazake with fresh fruit garnish
AL I OU2 - How to Eat According to Our Evolulion	Adelbert Nelissen	room -	
AL II D2 - Study of Facial Openings I	Patricio Garcia de Paredes	room -	
AL III D2 - Diagnosis of Our Ancestors	Alex Jack	room -	Dinner
C - Savoury Bean Dishes for More Energy	Horriab Nelissen	room -	18:00 - 19:00
L - Health, Illness and Recovery	Phillip Janetta	room -	Soup
Afternoon session II		16:30 – 18:00	Mexican kidney bean soup
AL I WS1 - The Macrobiotic Kitchen: Tools, Design and Sharpening Knives	Jarka Adamcova	room -	Meal
C - Nourishing Chinese Soups	Wieke Nelissen	room -	Brown rice and shiso Cucumber-wakame salad with sesame dressing
WS - Sho-Do, Japanese Calligraphy & Brush Painting	Hiroko Ara	room -	Tempeh sweet-sour with broad beans
WS - Easy Listening Music Workshop	Gideon Nelissen	room -	Sauerkraut with carrot and onion
Evening session		20:00 – 21:30	
WS - Nine Star Ki Games	Adelbert Nelissen	room -	
Late evening		21:30 – 24:00	
Ginger Compress Treatment		room -	
Full Moon Walk and Meditation			
Café de la Paix			

Deshima Food & Book Shop
Grand Café de la Paix
Reception

open daily: 10:00 - 20:00
open daily: 10:00 - 24:00
open daily: 08:15 - 09:00
12:30 - 14:00
18:00 - 19:45

C - Cooking class
L - Lecture
OU - Order of the Universe
WS - Workshop/Demonstration
D - Diagnosis
S - Shiatsu
H - Macrobiotic healthcare
AL I - Art of Life School level I
AL II - Art of Life School level II
AL III - Art of Life School level III

Daily Program

Thursday August 6

Class	Teacher	Room
-------	---------	------

Make Your Choice !

Early morning session	07:00 – 08:00
-----------------------	---------------

WS - Do-In Exercises	Jarka Adamcova	room -
WS - T'ai Chi Chuan	Bob Carter	room
WS - Yoga	Ina Poljak	room -
WS - Nordic Walking	Urszula Iwanik	room -

Morning session I	09:00 – 10:30
-------------------	---------------

AL I D2 - The Constitution of Man and Woman	Jeanne van den Heuvel	room -
AL II S2 - Diagnosis and Massage of Boh Points	Nini Kossen	room -
AL III H2 - Eye and Ear Diseases	Adelbert Nelissen	room -
C – Cooking for Natural Beauty	Wieke Nelissen	room -
WS - Yoga for Strengthening the Hara	Ina Poljak	room -

Morning session II	11:00 – 12:30
--------------------	---------------

AL I H3 - The Seven Stages of Illnesses Related to Food	Alex Jack	room -
AL II OU3 - The Spiral of Life	Phillip Jannetta	room -
AL III OU3 - Learning from Difficulties	Patricio Garcia de Paredes	room -
L - Creating Strong Bones and Joints	Adelbert Nelissen	room -
WS - Neck and Shoulder Massage	Nini Kossen	room -

Afternoon session I	14:00 – 15:30
---------------------	---------------

AL I C3 - Rice and Other Cereal Dishes	Horriab Nelissen	room -
AL II D3 - Study of Facial Openings II	Patricio Garcia de Paredes	room -
AL III H3 - Circulatory and Blood Disorders	Phillip Jannetta	room -
C - Macrobiotic Home Remedies	Jeanne van den Heuvel	room -
WS - Healing Qigong Movements	Bob Carter	room -

Afternoon session II	16:30 – 18:00
----------------------	---------------

AL III WS2 - Menu Planning and Dinner Cooking	Patricio Garcia de Paredes	room -
C - One Dish Dinner for People on the Go	Sheri-Lynn DeMaris	room -
L - Macrobiotics While Travelling	Jasmijn Nelissen	room -
WS - Macro Music Workshop	Cyrille van Pouke	room -

Evening session	20:00 – 21:30
-----------------	---------------

L - The Facts of Life	Phillip Jannetta	room -
-----------------------	------------------	--------

Late evening	21:30 – 24:00
--------------	---------------

Ginger Compress Treatment	room -
Late Night Movie	room -
Café de la Paix	

Menu

Breakfast

08:00 - 08:30

Soup

Light barley vegetable soup

Meal

Oat flakes porridge
Steamed crispy cabbage
Breads and spreads
Pickles and toasted seeds

Lunch

12:30 - 13:30

Meal

Sweet rice with azuki beans
Nori sesame condiment
Tempura onion carrot
with sweet ginger dip
Daikon with lemon peel

Dessert

Pear crostata

Dinner

18:00 - 19:00

Soup

French lentil soup

Meal

Gallinella rice with barley
Hiziki with vegetables
and seitan tempura
Sauerkraut apple carrot
salad
Steamed broccoli

Deshima Food & Book Shop	open daily:	10:00 - 20:00
Grand Café de la Paix	open daily:	10:00 - 24:00
Reception	open daily:	08:15 - 09:00 12:30 - 14:00 18:00 - 19:45

C - Cooking class
L - Lecture
OU - Order of the Universe
WS - Workshop/Demonstration
D - Diagnosis
S - Shiatsu
H - Macrobiotic Healthcare
AL I - Art of Life School level I
AL II - Art of Life School level II
AL III - Art of Life School level III

Class	Teacher	Room
-------	---------	------

Make Your Choice !

Early morning session	07:00 – 08:00
-----------------------	---------------

WS - Do-In and Chanting	Adelbert Nelissen	room -
WS - T'ai Chi Chuan	Bob Carter	room -
WS - Aikido	Lander Zabazga Benaran	room -
WS - Nordic Walking	Urszula Iwanik	room -

Morning session I	09:00 – 10:30
-------------------	---------------

AL I OU3 - The Order of the Universe Unifying Principles	Jeanne van den Heuvel	room -
AL II C3 - Cooking for Cravings	Horriah Nelissen	room -
AL III S3 - 'Kyo' and 'Jitsu' in Massage	Nini Kossen	room -
C - Tofu Delights	Patricio Garcia de Paredes	room -
L - Healthy Heart - Healthy Spirit	Phillip Janetta	room -

Morning session II	11:00 – 12:30
--------------------	---------------

AL I D3 - Diagnosis of the Face	Alex Jack	room -
AL II S3 - Lower Back Disorders	Nini Kossen	room -
AL III C3-Cooking for Better Digestion and Breathing	Wieke Nelissen	room -
L - A Healthy Solution for Cravings	Jasmijn Nelissen	room -
WS - Sho-Do, Japanese Calligraphy & Brush Painting	Hiroko Ara	room -

Afternoon session I	14:00 – 15:30
---------------------	---------------

AL I S3 - Introduction to Back and Belly Massage	Jarka Adamcova	room -
AL II H3 - Study of the Lymphatic System	Alex Jack	room -
AL III D3 - Diagnosis of Expressions	Phillip Jannetta	room -
C - French Macrobiotic Cuisine	Caroline Delacôte	room -
WS - Yoga – Corrective Postures	Ina Poljak	room -

Afternoon session II	16:30 – 18:00
----------------------	---------------

AL II WS2 - Menu Planning and Dinner Cooking	Horriah Nelissen	room -
C - Creating Strong Joints	Wieke Nelissen	room -
L - The Medicalization of Society	David McCarthy	room -
WS - Dance Workshop for Women	Olga Ubrin	room -

Evening session	20:00 – 21:30
-----------------	---------------

Panel: The Future of Our Children and Grandchildren	room -
---	--------

Late evening	21:00 – 24:00
--------------	---------------

Ginger Compress Treatment	room -
Café de la Paix	

Deshima Food & Book Shop	open daily:	10:00 - 20:00
Grand Café de la Paix	open daily:	10:00 - 24:00
Reception	open daily:	08:15 - 09:00 12:30 - 14:00 18:00 - 19:45

Menu

Breakfast

08:00 - 08:30

Soup

Energizing miso soup

Meal

Ume-cha-zuke soft rice with nori

Crispy greens

Breads and spreads

Pickles and toasted seeds

Lunch

12:30 - 13:30

Meal

Jasmin rice summer salad

Tofu slice in shoyu-mirin

Pressed salad of white

cabbage cucumber and

takuan pickle

Dessert

Melon mousse with

strawberries

Dinner

18:00 - 19:00

Soup

Brown bean minestrone

Meal

Buckwheat with vermicelli

Cucumber salad with

pumpkin seed dressing

Yuba in vegetable

mushroom stew

Daikon with lemon

Pickles

C - Cooking class
L - Lecture
OU - Order of the Universe
WS - Workshop/Demonstration
D - Diagnosis
S - Shiatsu
H - Macrobiotic Healthcare
AL I - Art of Life School level I
AL II - Art of Life School level II
AL III - Art of Life School level III

Class	Teacher	Room
-------	---------	------

Make Your Choice !

Early morning session	07:00 – 08:00	
WS - Do-In Exercises	Nini Kossen	room -
WS - T'ai Chi Chuan	Bob Carter	room
WS - Yoga	Ina Poljak	room -
WS - Nordic Walking	Urszula Iwanik	room -

Morning and afternoon	09:00 – 18:00	
-----------------------	---------------	--

OUTDOOR ACTIVITIES

Lunapark Efteling
Den Bosch City Tour
Sightseeing Amsterdam
Walks & Cycling
Sports & Games
and much more...

Afternoon	16:30 – 18:00	
WELCOME & REGISTRATION new arrivals		

Evening session	20:00 – 22:30	
Summer Night Classical Concert DESHIMA TRIO <i>Gideon Nelissen, Asako Ogawa, Natsuko Tamaru</i> World Premier The Best from East and West <i>Works from Beethoven, Mozart, Schubert, Goudon, Sakamoto and others.</i>		

Late evening	22:30 – 24:00	
--------------	---------------	--

Café de la Paix

Menu

Breakfast

08:00 - 08:30

Soup

*Shoyu broth with ginger
and vegetables*

Meal

*Soft brown rice and sweet
millet*

Crispy greens

Breads and spreads

Pickles and toasted seeds

Lunchbox

*Sushi roll with tofu,
cucumber and shiso leaves*

*Sandwich with tofu burger
and salad*

*Apple juice and ginger
kanten*

Dinner

18:00 - 19:00

Soup

*Sweet vegetable corn miso
soup*

Meal

*Brown rice and tasty
shitake*

*Black soybeans Chinese
style*

*Pressed salad of cabbage
and radish*

*Arame with sautéed onions
and sesame seeds*
Pickles

Deshima Food & Book Shop

Grand Café de la Paix

Reception

open daily:

10:00 - 20:00

open daily:

10:00 - 24:00

open daily:

08:15 - 09:00

12:30 - 14:00

18:00 - 19:45

C - Cooking class

L - Lecture

OU - Order of the Universe

WS - Workshop/Demonstration

D - Diagnosis

S - Shiatsu

H - Macrobiotic Healthcare

AL I - Art of Life School level I

AL II - Art of Life School level II

AL III - Art of Life School level III

Class	Teacher	Room
<i>Make Your Choice !</i>		
Early morning session		07:00 – 08:00
WS - Do-In Exercises	Nini Kossen	room -
WS - Aikido	Lander Zabazga Benaran	room
WS - Yoga	Ina Poljak	room -
WS - Nordic Walking	Urszula Iwanik	room -
Morning session I		09:00 – 10:30
AL I OU4 - How to Eat According to Climates and Seasons	Jasmijn Nelissen	room -
AL II C4 - Discharging Soups and Dishes	Wieke Nelissen	room -
AL III H4 - Hormonal and Lymphatic Disorders	Alex Jack	room -
C - A Variety of Seitan Dishes	Horriah Nelissen	room -
WS - See Better Without Glasses	Adelbert Nelissen	room -
Morning session II		11:00 – 12:30
AL I S4 - Massage of the Shoulders Arms and Hands	Karel Becvar	room -
AL II OU4 - The Seven Levels of Consciousness	Alex Jack	room -
AL III C4 - Cooking for Hormonal Balance	Jeanne van den Heuvel	room -
C - Macro Fusions	Mercedes Leon	room -
L - Tips on Healthy Lunch Programs	Sheri-Lynn DeMaris	room -
Afternoon session I		14:00 – 15:30
AL I D4 - Diagnosis of Posture Breathing and Movement	Adelbert Nelissen	room -
AL II S4 - Techniques of Barefoot Shiatsu	Jarka Adamcova	room -
AL III H5 - Nervous System and Sexual Disorders	Phillip Jannetta	room -
WS - Modern Dance Workshop	Valentina Nelissen	room -
WS - Diagnosis of Posture Breathing and Movement	Adelbert Nelissen	room -
Afternoon session II		16:30 – 18:00
ALIII WS3 - Menu Planning and Dinner Cooking	Horriah Nelissen	room -
C - Weight Control Dishes	Wieke Nelissen	room -
L - It All Begins in the Family	Patricio Garcia de Paredes	room -
WS - Palm Healing I	Phillip Jannetta	room -
Evening session		20:00 – 21:30
WS – International Folk Dance Workshop	Jarka Adamcova	room -
Late evening		21:30 – 24:00
Ginger Compress Treatment		room -
Late Night Movie		room -
Café de la Paix		

Menu

Breakfast

08:00 - 08:30

Soup

Cleansing shoyu broth with vegetables

Meal

Soft rice with hato mugi

Crispy greens

Breads and spreads

Pickles and toasted seeds

Lunch

12:30 - 13:30

Meal

Polenta dish with vegetables

Rucola and broad beans

salad with tofu-daikon

dressing

Tempeh tempura with

mustard dip

Dessert

Sweet azuki kanten with

tofu cream

Dinner

18:00 - 19:00

Soup

Barley and dried tofu soup

Meal

Sweet rice with azuki and sesame seeds

Hiziki with sweet and sour

lotus-carrot

Daikon garnished with

shiro miso sauce

Blanched broccoli

Deshima Food & Book Shop

Grand Café de la Paix

Reception

open daily:

10:00 - 20:00

open daily:

10:00 - 24:00

open daily:

08:15 - 09:00

12:30 - 14:00

18:00 - 19:45

C - Cooking class

L - Lecture

OU - Order of the Universe

WS - Workshop/Demonstration

D - Diagnosis

S - Shiatsu

H - Macrobiotic Healthcare

AL I - Art of Life School level I

AL II - Art of Life School level II

AL III - Art of Life School level III

Daily Program

Monday August 10

Class	Teacher	Room
-------	---------	------

Make Your Choice !

Early morning session	07:00 – 08:00
-----------------------	---------------

WS - Do-In Exercises	Jarka Adamcova	room -
WS - Break Dance	Karel Becvar	room -
WS - Yoga	Ina Poljak	room -
WS - Nordic Walking	Urszula Iwanik	room -

Menu

Breakfast
08:00 - 08:30

Soup

Miso soup with shitake and vegetables

Meal

Soft whole oats
Crispy greens
Breads and spreads
Pickles and toasted seeds

Morning session I	09:00 – 10:30
-------------------	---------------

AL I C4 - Beans, Bean Products and Sea Vegetables	Wieke Nelissen	room -
AL II H4 - Study of the Endocrine System	Alex Jack	room -
AL III S4 - Sitting and Side Position Massage Techniques	Nini Kossen	room -
C - Cooking With Natto	Patricio Garcia de Paredes	room -
WS - Palm Healing II	Phillip Janetta	room -

Lunch

12:30 - 13:30

Meal

Brown rice and wild rice
Nori tempura
Pressed green salad with shiso leaves
White bean sauce with pesto and vegetables

Morning session II	11:00 – 12:30
--------------------	---------------

AL I S5 - Massage of the Hips Legs and Feet	Nini Kossen	room -
AL II OU5 - Modern, Traditional and Macrobiotic Education	Jasmijn Nelissen	room -
AL III D4 - Diagnosis with All Senses	Jeanne van den Heuvel	room -
L - Darwin's Evolution versus Genesis	Adelbert Nelissen	room -
L - Cancer, Diet and the Emotions	Alex Jack	room -

Dessert

Mocha pudding with apple orange garnish

Dinner

18:00 - 19:00

Meal

Moroccan style couscous with chickpeas and vegetables
Melon salad with vegetables and olives
Home made flat bread

Afternoon session I	14:00 – 15:30
---------------------	---------------

AL I D5 - Diagnosis of Meridian Points	Nini Kossen	room -
AL II D4 - 9 Star Ki and Cycles of History I	Klaus Schubring	room -
AL III OU4 - 9 Star Ki and Cycles of History I	Klaus Schubring	room -
C - Summer Whole Grain Dishes	Caroline Delacôte	room -
WS - Hot Stone Massage	Astrid van Dijk	room -

Afternoon session II	16:30 – 18:00
----------------------	---------------

AL II WS2 - The Making of Condiments	Karel Becvar	room -
AL II D4 - 9 Star Ki and Cycles of History II	Klaus Schubring	room -
AL III OU4 - 9 Star Ki and Cycles of History II	Klaus Schubring	room -
C - Cooking for Total Health	Jeanne van den Heuvel	room -
WS - Sho-Do, Japanese Calligraphy & Brush Painting	Hiroko Ara	room -

Evening session	20:00 – 21:30
-----------------	---------------

L - Realising Your Dream	Klaus Schubring	room -
--------------------------	-----------------	--------

Late evening	21:30 – 24:00
--------------	---------------

Ginger Compress Treatment	room -
Late Night Movie	room -
Café de la Paix	

Deshima Food & Book Shop	open daily:	10:00 - 20:00
Grand Café de la Paix	open daily:	10:00 - 24:00
Reception	open daily:	08:15 - 09:00 12:30 - 14:00 18:00 - 19:45

C - Cooking class
L - Lecture
OU - Order of the Universe
WS - Workshop/Demonstration
D - Diagnosis
S - Shiatsu
H - Macrobiotic Healthcare
AL I - Art of Life School level I
AL II - Art of Life School level II
AL III - Art of Life School level III

Daily Program

Tuesday August 11

Class	Teacher	Room
-------	---------	------

Make Your Choice !

Early morning session	07:00 – 08:00
-----------------------	---------------

WS - Do-In Exercises	Jarka Adamcova	room -
WS - Aikido	Lander Zabazga Benaran	Room
WS - Yoga	Ina Poljak	room -
WS - Nordic Walking	Urszula Iwanik	room -

Morning session I	09:00 – 10:30
-------------------	---------------

AL I H4 - The Effects of Extreme Food	Patricio Garcia de Paredes	room -
AL II C5 - Relaxing Soups and Dishes	Wieke Nelissen	room -
AL III OU5 - Credo and Non-credo	Jeanne van den Heuvel	room -
C - Feeding Fussy Teens	Sheri-Lynn DeMaris	room -
WS - See Better Without Glasses II	Adelbert Nelissen	room -

Morning session II	11:00 – 12:30
--------------------	---------------

AL I C5 - Cooking and Cutting Styles for Vegetables and Grains	Horriab Nelissen	room -
AL II D5 - Diagnosis of Skin and Hair	Alex Jack	room -
AL III S5 - Correction Exercises and Dynamic Exercises	Jarka Adamcova	room -
C - How to Change Your Partners Diet	Jasmijn Nelissen	room -
WS - Sho-Do, Japanese Calligraphy & Brush Painting	Hiroko Ara	room -

Afternoon session I	14:00 – 15:30
---------------------	---------------

AL I OU5 -How to Eat According to Your Personal Circumstances	Patricio Garcia de Paredes	room -
AL II H5 - Study of the Nervous System	Phillip Jannetta	room -
AL III C5 - Cooking for a Stronger Heart	Wieke Nelissen	room -
C - Balancing Yin and Yang in Cooking	Jeanne van den Heuvel	room -
L - Ancestral Influence on Your Constitution I	Klaus Schubring	room -

Afternoon session II	16:30 – 18:00
----------------------	---------------

AL II WS3 - Menu Planning and Dinner Cooking	Patricio Garcia de Paredes	room -
C - Kanten Desserts in All Colours and Tastes	Wieke Nelissen	room -
WS - Dance Workshop for Women	Olga Ubrin	room -
L - Ancestral Influence on Your Constitution II	Klaus Schubring	room -

Evening session	20:00 – 21:30
-----------------	---------------

Panel – Macrobiotics in Japan, Europe and the USA by their representatives	room -
--	--------

Late evening	21:30 – 24:00
--------------	---------------

Ginger Compress Treatment	room -
Late Night Movie	room -
Café de la Paix	

Deshima Food & Book Shop	open daily:	10:00 - 20:00
Grand Café de la Paix	open daily:	10:00 - 24:00
Reception	open daily:	08:15 - 09:00 12:30 - 14:00 18:00 - 19:45

Menu

Breakfast

08:00 - 08:30

Soup

Onion cream miso soup

Meal

Soft sweet rice with barley

Crispy greens

Breads and spreads

Pickles and toasted seeds

Lunch

12:30 - 13:30

Meal

Italian risotto with vegetables and dried tofu

Pressed cabbage with dulce sea vegetable

Pumpkin sweet and sour

Dessert

French apple pie

Dinner

18:00 - 19:00

Soup

Creamy pumpkin soup with barley

Meal

Brown rice with sesame seeds

Shio kombu with shitake and vegetables

Deep-fried tofu in shoyu-ginger sauce

Steamed broccoli

C - Cooking class
L - Lecture
OU - Order of the Universe
WS - Workshop/Demonstration
D - Diagnosis
S - Shiatsu
H - Macrobiotic Healthcare
AL I - Art of Life School level I
AL II - Art of Life School level II
AL III - Art of Life School level III

Class	Teacher	Room	
<i>Make Your Choice !</i>			
Early morning session		07:00 – 08:00	
WS - Do-In and Chanting	Adelbert Nelissen	room -	
WS - Break Dance – Karel Becvar	Karel Becvar	room -	
WS - Yoga	Ina Poljak	room -	
WS – Nordic Walking	Urszula Iwanik	room -	
Morning session I		09:00 – 10:30	
AL I C6 - Light Snacks and Lunchboxes	Patricio Garcia de Paredes	room -	
AL II OU6 - Introduction to the Five Transformations	Adelbert Nelissen	room -	
AL III D5 - Diagnosis in Personal Interviews	Phillip Janetta	room -	
C – Culinary and Healing Fish Dishes	Horriah Nelissen	room -	
L – Going Through Happy Menopause	Wieke Nelissen	room -	
Morning session II		11:00 – 12:30	
AL I H5 – Question and Answer	Jeanne van den Heuvel	room -	
AL II H6 – Study of Emotional and Psychological Disorders	Karel Becvar	room -	
AL III S6 – Whole Body Massage for Personal Condition	Nini Kossen	room -	
C – Delicious Pastry: Sweet Delights	Lander Zabazga Benaran	room -	
WS – Yoga: Relaxing and Corrective Exercises	Ina Poljak	room -	
Afternoon session I		14:00 – 15:30	
AL I D6 - Applied Visual Diagnosis	Phillip Jannetta	room -	
AL II S5 - Shiatsu on Arms and Legs	Karel Becvar	room -	
AL III H6 – Macrobiotic Pregnancy, Delivery and Childcare	Jasmijn Nelissen	room -	
L - Macrobiotic Pregnancy, Delivery and Childcare	Jasmijn Nelissen	room -	
WS - Foot Reflexology	Nini Kossen	room -	
Afternoon session II		16:30 – 18:00	
AL I WS3 - Menu Planning and Dinner Cooking	Horriah Nelissen	room -	
C – Energising Wok Style Cooking	Adelbert Nelissen	room -	
WS – Compresses and Plasters	Caroline Delacôte	room -	
L – Reverse Human Evolution	Alex Jack	room -	
Evening session		20:00 – 21:30	
L – See Your Destiny Through Oriental Diagnosis	Adelbert Nelissen	room -	
Late evening		21:30 – 24:00	
Ginger Compress Treatment		room -	
Late Night Movie		room -	
Café de la Paix			
Deshima Food & Book Shop	open daily:	10:00 - 20:00	
Grand Café de la Paix	open daily:	10:00 - 24:00	
Reception	open daily:	08:15 - 09:00	
		12:30 - 14:00	
		18:00 - 19:45	

Menu

Breakfast

08:00 - 08:30

Soup

Sweet summer miso soup

Meal

Oat flakes porridge

Crispy greens

Breads and spreads

Pickles and toasted seeds

Lunch

12:30 - 13:30

Meal

Bulgur with sweet potato

and ginger

String beans and cucumber-

wakame salad

Falafel with tahini sauce

Dessert

Mitsumame kanten and

fresh fruits

Dinner

18:00 - 19:00

Soup

Borlotti bean soup

Meal

Sweet millet with pumpkin

Quick sautéed vegetables

with seitan tempura

Sauerkraut apple carrot

salad with celery

Arame with vegetables

- C - Cooking class
- L - Lecture
- OU - Order of the Universe
- WS - Workshop/Demonstration
- D - Diagnosis
- S - Shiatsu
- H - Macrobiotic Healthcare
- AL I - Art of Life School level I
- AL II - Art of Life School level II
- AL III - Art of Life School level III

Daily Program

Thursday August 13

Class	Teacher	Room
-------	---------	------

Make Your Choice !

Early morning session	07:00 – 08:00
-----------------------	---------------

WS - Do-In Exercises	Nini Kossen	room -
WS - Aikido	Lander Zabazga Benaran	room
WS - Yoga	Ina Poljak	room -
WS - Nordic Walking	Urszula Iwanik	room -

Morning session I	09:00 – 10:30
-------------------	---------------

AL I OU6 – Practice of Macrobiotics in Daily Life	Horriab Nelissen	room -
AL II C6 – Strengthening Soups and Dishes	Wieke Nelissen	room -
AL III D6 – Psychological Diagnosis	Adelbert Nelissen	room -
C – A Super Start to the Day: Breakfast Ideas	Jeanne van den Heuvel	room -
L – Macro Music Workshop	Cyrille van Pouke	room -

Morning session II	11:00 – 12:30
--------------------	---------------

AL I S6 – Whole Body Massage	Nini Kossen	room -
AL II D6 - Study of the Different Energy Points	Adelbert Nelissen	room -
AL III C6 – Family and Party Cooking	Horriab Nelissen	room -
C - Traditional Japanese Cooking	Patricio Garcia de Paredes	room -
L – The Myth of the Holy Cow	Jasmijn Nelissen	room

Afternoon session I	14:00 – 15:30
---------------------	---------------

AL I H6 - Evaluation of Personal Health Conditions	Phillip Jannetta	room -
AL II S6 - Whole Body Massage for Personal Condition	Nini Kossen	room -
AL III OU6 Discussion on Each Other's Future	Patricio Garcia de Paredes	room -
C – Cooking For Better Eyesight	Wieke Nelissen	room -
WS – Spiritual Healing	Alex Jack	room –

Afternoon session II	16:30 – 18:00
----------------------	---------------

L – 2012 and Beyond	Alex Jack	room -
WS – Shiatsu for Lower Back Ailments	Nini Kossen	room –
WS – Japanese Calligraphy & Brush Painting	Hiroko Ara	room –

Evening session & GREAT TALENT SHOW & PARTY	20:00 – 22:00
---	---------------

		room -
--	--	--------

Late evening PARTY	22:00 – 24:00
--------------------	---------------

		Café de la Paix
--	--	-----------------

Menu

Breakfast

08:00 - 08:30

Soup

Cleansing shoyu broth

Meal

Soft brown rice and sweet rice

Crispy greens

Breads and spreads

Pickles and toasted seeds

Lunch

12:30 - 13:30

Meal

Penne with white beans, vegetables and olives

Steamed broccoli

Nori sesame condiment

Dessert

Amazake vanilla pudding with pear and orange

Dinner

18:00 - 19:00

Soup

Chinese dumpling noodle soup

Meal

Brown rice with tasty shitake

Tofu with "caviar" filling

Chinese cabbage and watercress susbi with

takuan pickle

Fresh carrot and daikon

salad

Dessert

French Strawberry pie

Deshima Food & Book Shop

Grand Café de la Paix

Reception

open daily:

10:00 - 20:00

open daily:

10:00 - 24:00

open daily:

08:15- 09:00

12:30 - 14:00

18:00 - 19:45

C - Cooking class

L - Lecture

OU - Order of the Universe

WS - Workshop/Demonstration

D - Diagnosis

S - Shiatsu

H - Macrobiotic Healthcare

AL I - Art of Life School level I

AL II - Art of Life School level II

AL III - Art of Life School level III

Last day

Morning

07:00 – 08:00

BREAKFAST

Menu

Breakfast
07:00 - 08:00

Soup

*Relaxing vegetable miso
soup*

Meal

*Soft brown rice with sesame
seeds*

Crispy greens

Breads and spreads

Pickles and toasted seeds

FAREWELL & DEPARTURE

Lunchbox

*Nori rice ball with
umeboshi*

*Sandwich with tofu burger
and salad*

Fresh fruit kanten

About the last day of your stay

- ❖ Our cooking staff prepared a travel lunch box for every participant. Please pick it up at breakfast time in the dining room.
- ❖ We wish you safe journey home.

*Liberty means responsibility.
That is why most men dread it.*

- George Bernard Shaw