

# HOUR TO HOUR PROGRAM 1<sup>ST</sup> WEEK AUGUST 2-8

Make your choice! Please click also Teachers & Classes and Daily Program

LECTURE		COOKING CLASS		WORKSHOP		SPECIAL EVENT & ENTERTAINMENT		DISCUSSION AND PANEL		PERSONAL HEALTH							
Program changes reserved		7.00-8.00 AM EARLY MORNING SESSION		9.00-10.30 AM MORNING SESSION I		11.00 AM - 12.30 PM MORNING SESSION II		2.00-3.30 PM AFTERNOON SESSION I		4.30-6.00 PM AFTERNOON SESSION II		8.00-9.30 PM EVENING SESSION		9.30-12.00 PM EVENING SESSION			
<b>SUNDAY</b> August 2		<b>Legenda Art of Life School:</b> C - Cooking Class L - Lecture OU - Order of the Universe		WS - Workshops or Demonstration D - Diagnosis S - Shiatsu H - Macrobiotic Health Care		With free time for classes of the Summer Conference Program		<b>WELCOME &amp; REGISTRATION</b>		<b>INTRODUCTION EVENING</b>		<b>CAFE de la PAIX</b>					
<b>MONDAY</b> August 3		Do-In Exercises Adelbert Nelissen		The Healing Art of Miso Soups Horriah Nelissen		The Making of Natto Patrick Sturzenegger								Organic Sugar Blues Alex Jack		AL 3 WS,- Menu Planning & Dinner Cooking Horriah Nelissen	
<b>TUESDAY</b> August 4		T'ai Chi Chuan Bob Carter		Seasonal Well-being Phillip Jannetta		Shiatsu to Release Stress and Fatigue Jarka Adamcova		Dance Workshop for Women Olga Uhrin		AL 1 Relaxing Dishes for Busy Bees Wieke Nelissen		<b>CAFE de la PAIX</b>		<b>The Ideal Food Pattern for Humanity</b> Alex Jack		Ginger Compress Late Night Movie	
<b>WEDNESDAY</b> August 5		Yoga Ina Poljak		C,- Introduction to Macrobiotic Cooking Wieke Nelissen		D,- The Way and Meaning of Visual Diagnosis Adelbert Nelissen		S,- Introduction to Shiatsu Massage Nini Kossen		AL 2 Healthy Eating While Travelling Sheri-Lynn DeMaris							
<b>THURSDAY</b> August 6		Nordic Walking Katarzyna Figurska		OU,- What is Macrobiotics Jasmijn Nelissen		C,- Medicinal Drinks Caroline Delacôte		H,- The Study of Blood and Circulation Phillip Jannetta		AL 3 Palm Healing I Phillip Jannetta		<b>CAFE de la PAIX</b>		<b>The Facts of Life</b> Phillip Jannetta		Ginger Compress Late Night Movie	
<b>FRIDAY</b> August 7		Do-In Exercises Jarka Adamcova		S,- Back Position Techniques and Yü Points Nini Kossen		OU,- Personal and Universal Macrobiotics Alex Jack		C,- Cooking for Bones and Nervous Disorders Patricio Garcia de Paredes		AL 2 WS,- Menu Planning & Dinner Cooking Patricio Garcia de Paredes							
<b>SATURDAY</b> August 8		T'ai Chi Chuan Bob Carter		Wholegrain Possibilities Patricio Garcia de Paredes		Basic Cooking for Total Health I Jeanne van den Heuvel		Delicious Pastry: Hearty Snacks Lander Zabalza Benaran		AL 1 WS,- Design & Kitchen Tools Jarka Adamcova		<b>CAFE de la PAIX</b>		<b>The Future of Our Children &amp; Grandchildren</b>		Ginger Compress Late Night Movie	
<b>SUNDAY</b> August 9		Yoga Ina Poljak		What Your Pharmacists Do Not Tell You David McCarthy		I-Ching: Crossing the Great Water Alex Jack		Sho-Do, Japanese Calligraphy & Brush Painting Hiroko Ara		AL 2 International Noodle Festival Horriah Nelissen							
<b>MONDAY</b> August 10		Nordic Walking Katarzyna Figurska		H,- Origin of Standard Macrobiotic Diet & Ideal Food Pattern Alex Jack		OU,- Introduction to Macrobiotics Jasmijn Nelissen		S,- Massage of the Head, Neck and Shoulders Nini Kossen		AL 3 10 Day Diet to Eliminate Candida & Gluten Allergy Adelbert Nelissen		<b>CAFE de la PAIX</b>		<b>The Future of Our Children &amp; Grandchildren</b>		Ginger Compress Late Night Movie	
<b>TUESDAY</b> August 11		Do-In Exercises Nini Kossen		H,- The Physiology of the Digestive System Adelbert Nelissen		D,- Study of the Feet, Hands and Nails Phillip Jannetta		OU,- Yin Yang Classifications Patrick Sturzenegger		AL 1 Palm Healing II Phillip Jannetta							
<b>WEDNESDAY</b> August 12		T'ai Chi Chuan Bob Carter		C,- Cooking According to the Five Transformations Wieke Nelissen		WS,- Face, Neck and Shoulder Techniques Jarka Adamcova		D,- Diagnosis of the Total Environment Adelbert Nelissen		AL 2 WS,- Menu Planning & Dinner Cooking Patricio Garcia de Paredes		<b>CAFE de la PAIX</b>		<b>The Future of Our Children &amp; Grandchildren</b>		Ginger Compress Late Night Movie	
<b>THURSDAY</b> August 13		Yoga Ina Poljak		A Variety of Seitan Dishes Horriah Nelissen		Macro Magic for Kids Sheri-Lynn DeMaris		Savoury Bean Dishes for More Energy Horriah Nelissen		AL 1 WS,- Design & Kitchen Tools Jarka Adamcova							
<b>FRIDAY</b> August 14		Nordic Walking Urszula Iwanik		Hot Stone Massage Astrid Van Dijk		Staying Healthy in the Tropics Jasmijn Nelissen		Health, Illness & Recovery Phillip Jannetta		AL 2 Nourishing Chinese Soups Wieke Nelissen		<b>CAFE de la PAIX</b>		<b>The Future of Our Children &amp; Grandchildren</b>		Ginger Compress Late Night Movie	
<b>SATURDAY</b> August 15		Do-In Exercises Jarka Adamcova		C,- Various Cutting and Cooking Styles Wieke Nelissen		H,- The Seven Conditions of Health Jeanne van den Heuvel		OU,- How to Eat According to Our Evolution Adelbert Nelissen		AL 3 Sho-Do, Japanese Calligraphy & Brush Painting Hiroko Ara							
<b>SUNDAY</b> August 16		T'ai Chi Chuan Bob Carter		S,- Diagnosis and Massage of Yü Points Nini Kossen		C,- Medicinal Use of Pickles & Condiments Patricio Garcia de Paredes		D,- Study of Facial Openings I Patricio Garcia de Paredes		AL 1 Easy Listening Music Workshop Gideon Nelissen		<b>CAFE de la PAIX</b>		<b>The Future of Our Children &amp; Grandchildren</b>		Ginger Compress Late Night Movie	
<b>MONDAY</b> August 17		Yoga Ina Poljak		H,- Digestive Disorders Adelbert Nelissen		OU,- The Crossroad of Humanity Alex Jack		D,- Diagnosis of Our Ancestors Alex Jack		AL 2 WS,- Menu Planning & Dinner Cooking Patricio Garcia de Paredes							
<b>TUESDAY</b> August 18		Nordic Walking Urszula Iwanik		Cooking for Natural Beauty Wieke Nelissen		Creating Strong Bones and Joints Adelbert Nelissen		Macrobiotic Home Remedies Jeanne van den Heuvel		AL 3 One Dish Dinner for People on the Go Sheri-Lynn DeMaris		<b>CAFE de la PAIX</b>		<b>The Future of Our Children &amp; Grandchildren</b>		Ginger Compress Late Night Movie	
<b>WEDNESDAY</b> August 19		Do-In Exercises Jarka Adamcova		Yoga for Strengthening the Hara Ina Poljak		Neck and Shoulder Massage Nini Kossen		Healing Qigong Movements Bob Carter		AL 1 Macrobiotics While Travelling Jasmijn Nelissen							
<b>THURSDAY</b> August 20		T'ai Chi Chuan Bob Carter		D,- The Constitution of Man and Woman Jeanne van den Heuvel		H,- The Seven Stages of Illnesses Related to Food Alex Jack		C,- Rice and Other Cereal Dishes Horriah Nelissen		AL 2 Macro Music Workshop Cyrille van Pouke		<b>CAFE de la PAIX</b>		<b>The Future of Our Children &amp; Grandchildren</b>		Ginger Compress Late Night Movie	
<b>FRIDAY</b> August 21		Yoga Ina Poljak		S,- Diagnosis and Massage of Boh Points Nini Kossen		OU,- The Spiral of Life Phillip Jannetta		D,- Study of Facial Openings II Patricio Garcia de Paredes		AL 3 WS,- Menu Planning & Dinner Cooking Horriah Nelissen							
<b>SATURDAY</b> August 22		Nordic Walking Urszula Iwanik		H,- Eye and Ear Diseases Adelbert Nelissen		OU,- Learning from Difficulties Patricio Garcia de Paredes		H,- Circulatory and Blood Disorders Phillip Jannetta		AL 1 Creating Strong Joints Wieke Nelissen		<b>CAFE de la PAIX</b>		<b>The Future of Our Children &amp; Grandchildren</b>		Ginger Compress Late Night Movie	
<b>SUNDAY</b> August 23		Do-In and Chanting Adelbert Nelissen		Tofu Delights Patricio Garcia de Paredes		A Healthy Solution for Cravings Jasmijn Nelissen		French Macrobiotic Cuisine Caroline Delacôte		AL 2 The Medicalization of Society David McCarthy							
<b>MONDAY</b> August 24		T'ai Chi Chuan Bob Carter		Healthy Heart - Healthy Spirit Phillip Jannetta		Sho-Do, Japanese Calligraphy & Brush Painting Hiroko Ara		Yoga Corrective Postures Ina Poljak		AL 3 Dance Workshop for Women Olga Uhrin		<b>CAFE de la PAIX</b>		<b>The Future of Our Children &amp; Grandchildren</b>		Ginger Compress Late Night Movie	
<b>TUESDAY</b> August 25		Yoga Ina Poljak		OU,- The Order of the Universe Unifying Principles Jeanne van den Heuvel		D,- Diagnosis of the Face Alex Jack		S,- Introduction to Back & Belly Massage Jarka Adamcova		AL 1 WS,- Menu Planning & Dinner Cooking Horriah Nelissen							
<b>WEDNESDAY</b> August 26		Nordic Walking Urszula Iwanik		C,- Cooking for Cravings Horriah Nelissen		S,- Lower Back Disorders Nini Kossen		H,- Study of the Lymphatic System Alex Jack		AL 2 WS,- Menu Planning & Dinner Cooking Horriah Nelissen		<b>CAFE de la PAIX</b>		<b>The Future of Our Children &amp; Grandchildren</b>		Ginger Compress Late Night Movie	
<b>THURSDAY</b> August 27		Do-In Exercises Jarka Adamcova		S,- 'Kyo' and 'Jitsu' in Massage Nini Kossen		C,- Cooking for Better Digestion and Breathing Wieke Nelissen		D,- Diagnosis of Expressions Phillip Jannetta		AL 3 WS,- Menu Planning & Dinner Cooking Horriah Nelissen							
<b>FRIDAY</b> August 28		T'ai Chi Chuan Bob Carter		Tofu Delights Patricio Garcia de Paredes		A Healthy Solution for Cravings Jasmijn Nelissen		Sho-Do, Japanese Calligraphy & Brush Painting Hiroko Ara		AL 1 WS,- Menu Planning & Dinner Cooking Horriah Nelissen		<b>CAFE de la PAIX</b>		<b>The Future of Our Children &amp; Grandchildren</b>		Ginger Compress Late Night Movie	
<b>SATURDAY</b> August 29		Yoga Ina Poljak		Healthy Heart - Healthy Spirit Phillip Jannetta		Sho-Do, Japanese Calligraphy & Brush Painting Hiroko Ara		S,- Introduction to Back & Belly Massage Jarka Adamcova		AL 2 WS,- Menu Planning & Dinner Cooking Horriah Nelissen							
<b>SUNDAY</b> August 30		Nordic Walking Urszula Iwanik		C,- Cooking for Cravings Horriah Nelissen		S,- Lower Back Disorders Nini Kossen		H,- Study of the Lymphatic System Alex Jack		AL 3 WS,- Menu Planning & Dinner Cooking Horriah Nelissen		<b>CAFE de la PAIX</b>		<b>The Future of Our Children &amp; Grandchildren</b>		Ginger Compress Late Night Movie	
<b>MONDAY</b> August 31		Do-In Exercises Jarka Adamcova		S,- 'Kyo' and 'Jitsu' in Massage Nini Kossen		C,- Cooking for Better Digestion and Breathing Wieke Nelissen		D,- Diagnosis of Expressions Phillip Jannetta		AL 1 WS,- Menu Planning & Dinner Cooking Horriah Nelissen							

LECTURE		COOKING CLASS		WORKSHOP		SPECIAL EVENT & ENTERTAINMENT		DISCUSSION AND PANEL		PERSONAL HEALTH			
7.00-8.00 AM EARLY MORNING SESSION		9.00-10.30 AM MORNING SESSION I		11.00 AM - 12.30 PM MORNING SESSION II		2.00-3.30 PM AFTERNOON SESSION I		4.30-6.00 PM AFTERNOON SESSION II		8.00-9.30 PM EVENING SESSION		9.30-12.00 PM EVENING SESSION	
<b>SATURDAY</b> <b>August 8</b> Do-In Exercises <i>Nini Kossen</i> Tai Chi Chuan <i>Bob Carter</i> Yoga <i>Ina Poljak</i> Nordic Walking <i>Urszula Iwanik</i>		<b>OUTDOOR ACTIVITIES</b>		* Walks & Cycling * Luna Park "Efteling" * Sports & Games		* Den Bosch City Tour * Sight Seeing Amsterdam * And much more...		<b>WELCOME &amp; REGISTRATION</b> new arrivals		<b>SUMMER NIGHT CLASSICAL CONCERT</b> World Premiere Deshima Trio			
<b>SUNDAY</b> <b>August 9</b> Do-In Exercises <i>Adelbert Nelissen</i> Aikido <i>Lander Zabalza Benaran</i> Yoga <i>Ina Poljak</i> Nordic Walking <i>Urszula Iwanik</i>		<b>BREAKFAST 8.00-9.00 AM</b> A Variety of Seltan Dishes <i>Horriah Nelissen</i> See Better Without Glasses <i>Adelbert Nelissen</i> AL-1 OU <sub>2</sub> - How to Eat According to Climates and Seasons <i>Jasmijn Nelissen</i> AL-2 C <sub>2</sub> - Discharging Soups and Dishes <i>Wieke Nelissen</i> AL-3 H <sub>2</sub> - Hormonal and Lymphatic Disorders <i>Alex Jack</i>		<b>TEABREAK 10.30-11.00 AM</b> Macro Fusions <i>Mercedes Leon</i> Tips on Healthy Lunch Programs <i>Sheri-Lynn DeMaris</i> AL-1 S <sub>2</sub> - Massage of the Shoulders Arms and Hands <i>Jasmijn Nelissen</i> AL-2 OU <sub>2</sub> - The Seven Levels of Consciousness <i>Alex Jack</i> AL-3 C <sub>2</sub> - Cooking for Hormonal Balance <i>Jeanne van den Heuvel</i>		<b>LUNCH 12.30-2.00 PM</b> Modern Dance Workshop <i>Valentina Nelissen</i> Diagnosis of Posture Breathing & Movement <i>Adelbert Nelissen</i> AL-1 D <sub>2</sub> - Diagnosis of Posture Breathing & Movement <i>Adelbert Nelissen</i> AL-2 S <sub>2</sub> - Techniques of Barefoot Shiatsu <i>Jarka Adamcova</i> AL-3 H <sub>2</sub> - Nervous System and Sexual Disorders <i>Phillip Jannetta</i>		<b>TEABREAK 3.30-4.30 PM</b> WS <sub>2</sub> - Menu Planning & Dinner Cooking <i>Horriah Nelissen</i> Weight Control Dishes <i>Wieke Nelissen</i> It All Begins in the Family <i>Patricio Garcia de Paredes</i> Palm Healing I <i>Phillip Jannetta</i>		<b>DINNER 6.00-8.00 PM</b> CAFE de la PAIX International Folk Dance Workshop <i>Jarka Adamcova</i> Ginger Compress Late Night Movie			
<b>MONDAY</b> <b>August 10</b> Do-In Exercises <i>Jarka Adamcova</i> Break Dance <i>Karel Becvar</i> Yoga <i>Ina Poljak</i> Nordic Walking <i>Urszula Iwanik</i>		<b>BREAKFAST 8.00-9.00 AM</b> Cooking with Natto <i>Patricio Garcia de Paredes</i> Palm Healing II <i>Phillip Jannetta</i> AL-1 C <sub>2</sub> - Beans, Bean Products and Sea Vegetables <i>Wieke Nelissen</i> AL-2 H <sub>2</sub> - Shiatsu Techniques for Arms & Legs <i>Alex Jack</i> AL-3 S <sub>2</sub> - Sitting and Side Position Massage Techniques <i>Nini Kossen</i>		<b>TEABREAK 10.30-11.00 AM</b> Darwin's Evolution versus Genesis <i>Adelbert Nelissen</i> Cancer, Diet and the Emotions <i>Alex Jack</i> AL-1 S <sub>2</sub> - Massage of the Hips Legs and Feet <i>Nini Kossen</i> AL-2 OU <sub>2</sub> - Modern, Traditional & Macrobiotic Education <i>Jasmijn Nelissen</i> AL-3 D <sub>2</sub> - Diagnosis with All Senses <i>Jeanne van den Heuvel</i>		<b>LUNCH 12.30-2.00 PM</b> Summer Whole Grain Dishes <i>Caroline Delacôte</i> Hot Stone Massage <i>Astrid van Dijk</i> AL-1 D <sub>2</sub> - Diagnosis of Meridian Points <i>Nini Kossen</i> AL-2 D <sub>4</sub> /OU <sub>4</sub> - 9 Star Ki and Cycles of History I <i>Klaus Schubring</i> AL-3		<b>TEABREAK 3.30-4.30 PM</b> Cooking for Total Health <i>Jeanne van den Heuvel</i> Sho-Do, Japanese Calligraphy & Brush Painting <i>Hiroko Ara</i> AL-1 WS <sub>2</sub> - The Making of Condiments <i>Karel Becvar</i> AL-2 D <sub>4</sub> /OU <sub>4</sub> - 9 Star Ki and Cycles of History I <i>Klaus Schubring</i> AL-3		<b>DINNER 6.00-8.00 PM</b> CAFE de la PAIX Realising Your Dream <i>Klaus Schubring</i> Ginger Compress Late Night Movie			
<b>TUESDAY</b> <b>August 11</b> Do-In Exercises <i>Jarka Adamcova</i> Aikido <i>Lander Zabalza Benaran</i> Yoga <i>Ina Poljak</i> Nordic Walking <i>Urszula Iwanik</i>		<b>BREAKFAST 8.00-9.00 AM</b> Feeding Fussy Teens <i>Sheri-Lynn DeMaris</i> See Better Without Glasses II <i>Adelbert Nelissen</i> AL-1 H <sub>2</sub> - The Effects of Extreme Food <i>Patricio Garcia de Paredes</i> AL-2 C <sub>2</sub> - Relaxing Soups and Dishes <i>Wieke Nelissen</i> AL-3 OU <sub>2</sub> - Credo and Non-credo <i>Jeanne van den Heuvel</i>		<b>TEABREAK 10.30-11.00 AM</b> How to Change Your Partners Diet <i>Jasmijn Nelissen</i> Sho-Do, Japanese Calligraphy & Brush Painting <i>Hiroko Ara</i> AL-1 C <sub>2</sub> - Cooking & Cutting Styles for Vegetables & Grains <i>Horriah Nelissen</i> AL-2 D <sub>2</sub> - Diagnosis of Skin and Hair <i>Alex Jack</i> AL-3 S <sub>2</sub> - Correction Exercises and Dynamic Exercises <i>Jarka Adamcova</i>		<b>LUNCH 12.30-2.00 PM</b> Balancing Yin and Yang in Cooking <i>Jeanne van den Heuvel</i> Ancestral Influence on Your Constitution I <i>Klaus Schubring</i> AL-1 OU <sub>2</sub> - How to Eat According to Your Personal Circumstances <i>Patricio Garcia de Paredes</i> AL-2 H <sub>2</sub> - Study of the Nervous System <i>Phillip Jannetta</i> AL-3 C <sub>2</sub> - Cooking for a Stronger Heart <i>Wieke Nelissen</i>		<b>TEABREAK 3.30-4.30 PM</b> WS <sub>2</sub> - Menu Planning & Dinner Cooking <i>Patricio Garcia de Paredes</i> Kanten Desserts in All Colours & Tastes <i>Wieke Nelissen</i> Dance Workshop for Women <i>Olga Uhrin</i> Ancestral Influence on Your Constitution II <i>Klaus Schubring</i>		<b>DINNER 6.00-8.00 PM</b> CAFE de la PAIX Panel: Macrobiotics in Japan, Europe and the USA by their representatives Ginger Compress Late Night Movie			
<b>WEDNESDAY</b> <b>August 12</b> Do-In and Chanting <i>Adelbert Nelissen</i> Break Dance <i>Karel Becvar</i> Yoga <i>Ina Poljak</i> Nordic Walking <i>Urszula Iwanik</i>		<b>BREAKFAST 8.00-9.00 AM</b> Culinary and Healing Fish Dishes <i>Horriah Nelissen</i> Going Through Happy Menopause <i>Wieke Nelissen</i> AL-1 C <sub>2</sub> - Light Snacks and Lunchboxes <i>Patricio Garcia de Paredes</i> AL-2 OU <sub>2</sub> - Introduction to the Five Transformations <i>Adelbert Nelissen</i> AL-3 D <sub>2</sub> - Diagnosis in Personal Interviews <i>Phillip Jannetta</i>		<b>TEABREAK 10.30-11.00 AM</b> Delicious Pastry: Sweet Delights <i>Lander Zabalza Benaran</i> Yoga: Relaxing and Corrective Exercises <i>Ina Poljak</i> AL-1 H <sub>2</sub> - Question and Answer <i>Jeanne van den Heuvel</i> AL-2 H <sub>2</sub> - Study of Emotional and Psychological Disorders <i>Karel Becvar</i> AL-3 S <sub>2</sub> - Whole Body Massage for Personal Condition <i>Nini Kossen</i>		<b>LUNCH 12.30-2.00 PM</b> Macrobiotic Pregnancy, Delivery & Childcare <i>Jasmijn Nelissen</i> Foot Reflexology <i>Nini Kossen</i> AL-1 D <sub>2</sub> - Applied Visual Diagnosis <i>Phillip Jannetta</i> AL-2 S <sub>2</sub> - Shiatsu on Arms and Legs <i>Karel Becvar</i> AL-3 H <sub>2</sub> - Macrobiotic Pregnancy, Delivery and Childcare <i>Jasmijn Nelissen</i>		<b>TEABREAK 3.30-4.30 PM</b> WS <sub>2</sub> - Menu Planning & Dinner Cooking <i>Horriah Nelissen</i> Energising Wok Style Cooking <i>Adelbert Nelissen</i> Compresses and Plasters <i>Caroline Delacôte</i> Reverse Human Evolution <i>Alex Jack</i>		<b>DINNER 6.00-8.00 PM</b> CAFE de la PAIX See Your Destiny Through Oriental Diagnosis <i>Adelbert Nelissen</i> Ginger Compress Late Night Movie			
<b>THURSDAY</b> <b>August 13</b> Do-In Exercises <i>Nini Kossen</i> Aikido <i>Lander Zabalza Benaran</i> Yoga <i>Ina Poljak</i> Nordic Walking <i>Urszula Iwanik</i>		<b>BREAKFAST 8.00-9.00 AM</b> A Super Start to the Day: Breakfast Ideas <i>Jeanne van den Heuvel</i> Macro Music Workshop <i>Cyrille van Pouke</i> AL-1 OU <sub>2</sub> - Practice of Macrobiotics in Daily Life <i>Horriah Nelissen</i> AL-2 C <sub>2</sub> - Strengthening Soups and Dishes <i>Wieke Nelissen</i> AL-3 D <sub>2</sub> - Psychological Diagnosis <i>Adelbert Nelissen</i>		<b>TEABREAK 10.30-11.00 AM</b> Traditional Japanese Cooking <i>Patricio Garcia de Paredes</i> The Myth of the Holy Cow <i>Jasmijn Nelissen</i> AL-1 S <sub>2</sub> - Whole Body Massage <i>Nini Kossen</i> AL-2 D <sub>2</sub> - Study of the Different Energy Points <i>Adelbert Nelissen</i> AL-3 C <sub>2</sub> - Family and Party Cooking <i>Horriah Nelissen</i>		<b>LUNCH 12.30-2.00 PM</b> Cooking For Better Eyesight <i>Wieke Nelissen</i> Spiritual Healing <i>Alex Jack</i> AL-1 H <sub>2</sub> - Evaluation of Personal Health Conditions <i>Phillip Jannetta</i> AL-2 S <sub>2</sub> - Whole Body Massage for Personal Condition <i>Nini Kossen</i> AL-3 OU <sub>2</sub> - Discussion on Each Other's Future <i>Patricio Garcia de Paredes</i>		<b>TEABREAK 3.30-4.30 PM</b> 2012 and Beyond <i>Alex Jack</i> Shiatsu for Lower Back Ailments <i>Nini Kossen</i> Japanese Calligraphy & Brush Painting <i>Hiroko Ara</i> Group Palmhealing Session <i>Phillip Jannetta</i>		<b>DINNER 6.00-8.00 PM</b> CAFE de la PAIX <b>GREAT TALENT SHOW &amp; PARTY</b>			
<b>FRIDAY</b> <b>August 14</b> 7.00-8.00 AM BREAKFAST		<b>FAREWELL &amp; DEPARTURE</b>		• Reception open daily: 8.15-9.00 am 12.30-2.00 pm, 6.00-7.45 pm		• Cafe de la Paix open daily: 10.00 am - 12.00 pm • Deshima Shop open daily: 10.00 am - 8.00 pm							