

First day

Afternoon 15:00 – 18:00

Arrival, Welcome & Registration

Grand Café de la Paix

Evening session 20:00 – 21:30

Introduction Evening

room - A

Late evening 22:00 – 24:00

Cafè de la Paix



Menu

Dinner
18:00 - 19:00

Soup
Creamy sweet chickpea soup

Meal
Calasparra rice with sweet rice
Summer evening tofu
Hiziki with daikon and shitake
Sauerkraut carrot apple salad
Crispy Chinese cabbage

Dessert
Fresh fruit kanten

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

The recipes of the dishes served for breakfast, lunch and dinner during last year's Summer Conferences, including soups and desserts, are available in a cookbook:

The International Macrobiotic Summer Cookbook

by Wieke Nelissen

is available in **Deshima Shop**

We will announce during the week when Wieke will be available, together with other authors, for signing the books.

The greatness of a nation can be judged by the way it's animals are treated
- Ghandi

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 Discharging shoyu broth with shitake Meal Soft brown rice and barley Crispy greens Steamed sourdough bread and a variety of spreads Pickles and toasted seeds
WS - T'ai Chi Chuan	Bob Carter	room -	
WS - Yoga	Ryan Shiotani	room -	
WS - Aikido	Jos Kops	room -	
Morning session I		09:00 – 10:30	
AL I C1 - Introduction to Macrobiotic Cooking	Wieke Nelissen	room -	Lunch 12:30 - 13:30 Meal La Gallinela brown rice Sweet azuki and chestnuts Fresh green salad with "mayo" Onion carrot tempura with ginger dip Dessert Cooked apple-orange Dinner 18:00 - 19:00 Soup Italian white bean soup Meal Calasparra brown rice Fu with vegetables and mushrooms Nori condiment Crispy greens with daikon tofu dressing Pickles
AL III S1 - Back Position Techniques and Yü Points	Nini Kossen	room -	
AL IV OU1 - The Top 10 Macrobiotic Myths	Alex Jack	room -	
C - Teenager's Favorites	Horriab Nelissen	room -	
L - The Magic and Mystery of Food	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 La Gallinela brown rice Sweet azuki and chestnuts Fresh green salad with "mayo" Onion carrot tempura with ginger dip Dessert Cooked apple-orange Dinner 18:00 - 19:00 Soup Italian white bean soup Meal Calasparra brown rice Fu with vegetables and mushrooms Nori condiment Crispy greens with daikon tofu dressing Pickles
AL III OU1 - Personal and Universal Macrobiotics	Alex Jack	room -	
AL IV C1 - Cooking Presentations	Jeanne van den Heuvel	room -	
WS - Shiatsu to Release Stress and Fatigue	Jarka Adamcova	room -	
C - Get Hip on Healing Foods	Sheri-Lynn DeMaris	room -	
Afternoon session I		14:00 – 15:30	
AL I S1 - Introduction to Shiatsu Massage	Nini Kossen	room -	Lunch 12:30 - 13:30 Meal La Gallinela brown rice Sweet azuki and chestnuts Fresh green salad with "mayo" Onion carrot tempura with ginger dip Dessert Cooked apple-orange Dinner 18:00 - 19:00 Soup Italian white bean soup Meal Calasparra brown rice Fu with vegetables and mushrooms Nori condiment Crispy greens with daikon tofu dressing Pickles
AL III C1 - Cooking for Bones and Nervous Disorders	Patricio Garcia de Paredes	room -	
AL IV H1 - The Way of Counselling	Adelbert Nelissen	room -	
L - Demistification of Diets	Jasmijn Nelissen	room -	
WS - Dynamic Yoga	Ryan Shiotani	room -	
Afternoon session II		16:30 – 18:00	
AL III WS1 - Menu Planning and Dinner Cooking	Horriab Nelissen	room -	Lunch 12:30 - 13:30 Meal La Gallinela brown rice Sweet azuki and chestnuts Fresh green salad with "mayo" Onion carrot tempura with ginger dip Dessert Cooked apple-orange Dinner 18:00 - 19:00 Soup Italian white bean soup Meal Calasparra brown rice Fu with vegetables and mushrooms Nori condiment Crispy greens with daikon tofu dressing Pickles
C - The Art of Miso Soup	Wieke Nelissen	room -	
WS - Qi Gong Healing Movements	Bob Carter	room -	
L - Easy Tips for Preventive Healthcare	Jeanne van den Heuvel	room -	
Evening session		20:00 – 21:30	
L - Personal Alchemy	Phillip Jannetta	room - A	
Late evening		21:30 – 24:00	
Ginger Compress Treatment		room - D	
Café de la Paix		room - B	

Deshima Food & Book Shop
Grand Café de la Paix
Reception

open daily: 10:00 - 19:45
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 III - Art of Life School level III
AL IV - Art of Life School level IV

Daily Program

Tuesday August 3

Class	Teacher	Room	
<i>Make Your Choice!</i>			
Early morning session		07:00 – 08:00	
WS - Do-In Exercises	Valentina Nelissen	room -	Menu Breakfast 08:00 - 08:30 Soup <i>Sweet relaxing miso soup</i> Meal <i>Soft whole oats</i> <i>Breads and spreads</i> <i>Blanched leeks</i> <i>Pickles and toasted seeds</i>
WS - T'ai Chi Chuan	Bob Carter	room -	
WS - Yoga	Ryan Sbiotani	room -	
WS - Nordic Walking	Jarka Adamcova	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 -	Lunch 12:30 - 13:30 Meal <i>Macaroni with vegetables</i> <i>Temphe sweet and sour with mustard dip</i> <i>Pressed salad of cabbage, cucumber and takuan</i> Dessert <i>Pear crunch</i> Dinner 18:00 - 19:00 Soup <i>Light shoyu broth with ginger tempura</i> Meal <i>Calasparra brown rice with sesame seeds</i> <i>Azuki with pumpkin</i> <i>Shio kombu with vegetables</i> <i>Lemon snow nabe</i> <i>Crispy greens</i> <i>Pickles</i>
AL III C2 - Cooking According to the Five Transformations	Wieke Nelissen	room -	
AL IV C2 - Medicinal Drinks	Jeanne van den Heuvel	room -	
C - Soups for Every Occasion	Patricio Garcia de Paredes	room -	
L - The History of Food & Our Destiny	David McCarthy	room -	
Morning session II		11:00 – 12:30	
AL I OU1 - Introduction to Macrobiotics	Jasmijn Nelissen	room -	
AL III S2 - Face, Neck and Shoulder Massage Techniques	Jarka Adamcova	room -	
AL IV D1 - Expression in Hand-writing	Adelbert Nelissen	room -	
C - Basic Cooking for Total Health	Jeanne van den Heuvel	room -	
L - Health is Your Best Investment	Alex Jack	room -	
Afternoon session I		14:00 – 15:30	
AL I S2 - Massage of the Head, Neck and Shoulders	Nini Kossen	room -	
AL III D1 - Diagnosis of the Total Environment	Adelbert Nelissen	room -	
AL IV WS1 - The Art of the Essay Writing	Phillip Jannetta	room -	
C - The Joy of Tofu	Tomoko Amano	room -	
WS - Body Awareness	Valentina Nelissen	room -	
Afternoon session II		16:30 – 18:00	
AL IV WS2 - Menu Planning & Dinner Cooking	Patricio Garcia de Paredes	room -	
C - Pimp Up Your Blood Sugar Level Naturally	Horriah Nelissen	room -	
L - Healing Emotional Disorders	Adelbert Nelissen	room -	
WS - Palm Healing I	Phillip Jannetta	room -	
Evening session		20:00 – 21:30	
L - The Top 10 Modern Myths	Alex Jack	room - A	
Late evening		21:30 – 24:00	
Ginger Compress Treatment		room - D	
Café de la Paix			

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

C - Cooking class
L - Lecture
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H - Macrobiotic Healthcare
AL I - Art of Life School level I
AL III - Art of Life School level III
AL IV - Art of Life School level IV

Class	Teacher	Room
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Make Your Choice!

Early morning session	07:00 – 08:00
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WS - Do-In Exercises	Jarka Adamcova	room -
WS - T'ai Chi Chuan	Bob Carter	room -
WS - Yoga	Ryan Shiotani	room -
WS - Aikido	Lander Zabazga Benaran	room -

Menu

Breakfast

08:00 - 08:30

Soup

Miso barley soup

Meal

Soft brown rice
Steamed green cabbage
and celery stalks
Breads and spreads
Pickles and toasted seeds

Morning session I	09:00 – 10:30
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AL I C2 - Various Cutting Styles	Wieke Nelissen	room -
AL III H1 - Digestive Disorders	Adelbert Nelissen	room -
AL IV D2 - Diagnosis in Palm Healing	Phillip Jannetta	room -
WS - Hot Stone Massage	Astrid van Dijk	room -
C - Macrobiotic Medicinal Drinks for Health	Horriah Nelissen	room -

Morning session II	11:00 – 12:30
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AL I H2 - The Seven Conditions of Health	Jeanne van den Heuvel	room -
AL III OU2 - The Crossroad of Humanity	Alex Jack	room -
AL IV C3 - Personal Menu Planning	Patricio Garcia De Paredes	room -
L - The Confusing World of Sugars	Jasmijn Nelissen	room -
C - Healthy Lunches Happy Kids	Sheri-Lynn DeMaris	room -

Lunch

12:30 - 13:30

Meal

Risotto with vegetables
and dried tofu
Fresh green salad with
olives
Sweet onions

Afternoon session I	14:00 – 15:30
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AL I OU2 - Evolution of Our Food Pattern	Adelbert Nelissen	room -
AL III OU3 - Learning from Difficulties	Patricio Garcia De Paredes	room -
AL IV H2 - Practical Tips For (Personal) Research	Alex Jack	room -
L - Healthy Skin Care	David McCarthy	room -
C - Cleansing Dishes For Loosing Weight	Wieke Nelissen	room -

Dessert

Strawberry white rice
pudding

Afternoon session II	16:30 – 18:00
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AL I WS1 - The Macrobiotic Kitchen: Tools, Design and Sharpening Knives	Jarka Adamcova	room -
C - New Millet Cooking	Tomoko Amano	room -
WS - Lower Back Shiatsu	Nini Kossen	room -
WS - Palm Healing II	Phillip Jannetta	room -

Dinner

18:00 - 19:00

Soup

French lentil soup with
smoked tofu

Meal

Calasparra brown rice
with ginger pickle
Sauerkraut and seitan
Arame onions and
sesame seeds
Cucumber with pumpkin
seeds dressing
Pumpkin nishime

Evening session	20:00 – 21:30
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Panel Discussion - Development of the Organic Food Movement	speakers to be announced...	room - A
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Late evening	21:30 – 24:00
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Ginger Compress Treatment	room - D
Café de la Paix	

Deshima Food & Book Shop	open daily:	10:00 - 19:45
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C - Cooking class
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S - Shiatsu
H - Macrobiotic healthcare
AL I - Art of Life School level I
AL III - Art of Life School level III
AL IV - Art of Life School level IV

Daily Program

Thursday August 5

Class	Teacher	Room
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Make Your Choice !

Early morning session	07:00 – 08:00
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WS - Do-In Exercises	Valentina Nelissen	room -
WS - T'ai Chi Chuan	Bob Carter	room -
WS - Yoga	Ryan Sbiotani	room -
WS - Nordic Walking	Adelbert Nelissen	room -

Morning session I	09:00 – 10:30
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AL I D2 - The Constitution of Man and Woman	Jeanne van den Heuvel	room -
AL III H2 - Eye and Ear Diseases	Adelbert Nelissen	room -
AL IV WS3 - Teaching Styles	Jasmijn Nelissen	room -
C - Loving Your Liver	Sheri-Lynn DeMaris	room -
WS - Cutting Styles	Tomoko Amano	room -

Morning session II	11:00 – 12:30
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AL I H3 - The Seven Stages of Illnesses Related to Food	Phillip Jannetta	room -
AL III D2 - Diagnosis of Our Ancestors	Alex Jack	room -
AL IV C4 - Cooking Presentations	Wieke Nelissen	room -
C - Mediterranean Fair	Patricio Garcia de Paredes	room -
L - Hidden Facts of Pharma Food	David McCarthy	room -

Afternoon session I	14:00 – 15:30
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AL I C3 - Rice and Other Cereal Dishes	Horriab Nelissen	room -
AL III S3 - 'Kyo' and 'Jitsu' in Massage	Nini Kossen	room -
AL IV H3 - How To Change School Caterings	Sheri-Lynn DeMaris	room -
WS - Ginger Compress At Home	Jarka Adamcova	room -
L - Healthy Heart, Vibrant Spirit	Phillip Jannetta	room -

Afternoon session II	16:30 – 18:00
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AL III WS2 - Menu Planning and Dinner Cooking	Patricio Garcia de Paredes	room -
C - Traditional Bean Dishes	Jeanne van den Heuvel	room -
WS - Foot Reflexology	Nini Kossen	room -
WS - Easy Listening Music Workshop	Gideon Nelissen	room -

Evening session	20:00 – 21:30
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L - Nine Star Ki Games	Adelbert Nelissen	room - A
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Late evening	21:30 – 24:00
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Ginger Compress Treatment	room - D
Café de la Paix	

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Reception	open daily:	08:15 - 09:00 12:30 - 14:00 18:00 - 19:45

Menu

Breakfast

08:00 - 08:30

Soup

Light shoyu soup with vegetables

Meal

Soft barley
Steamed crispy cabbage
Breads and spreads
Pickles and toasted seeds

Lunch

12:30 - 13:30

Meal

Udon with vegetables
Chinese style tofu
Daikon carrot with lemon peel

Dessert

Melon blueberry
mitsumame

Dinner

18:00 - 19:00

Soup

Kimpira miso soup

Meal

Bulgur tabouleh
Chickpea falafel with tahini sauce
Cucumber wakame salad
Pumpkin daikon
summer style nishime

C - Cooking class
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D - Diagnosis
S - Shiatsu
H - Macrobiotic Healthcare
AL I - Art of Life School level I
AL III - Art of Life School level III
AL IV - Art of Life School level IV

Daily Program

Friday August 6

Class	Teacher	Room
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Make Your Choice !

Early morning session	07:00 – 08:00
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WS - Do-In Exercises	Nini Kossen	room -
WS - T'ai Chi Chuan	Bob Carter	room -
WS - Yoga	Ryan Sbiotani	room -
WS - Aikido	Jos Kops	room -

Morning session I	09:00 – 10:30
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AL I OU3 - The Unifying Principles	Jeanne van den Heuwel	room -
AL III H3 - Circulatory and Blood Disorders	Phillip Jannetta	room -
AL IV S1 - Shiatsu For Strengthening	Nini Kossen	room -
C - Wok Meals	Horriah Nelissen	room -
WS - Wild Herbs Tour	Adelbert Nelissen	room -

Morning session II	11:00 – 12:30
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AL I D3 - Diagnosis of the Face		room -
AL III C3 - Cooking for Better Digestion and Breathing	Wieke Nelissen	room -
AL IV WS4 - Body Awareness	Valentina Nelissen	room -
C - Wild Herbs Festival	Adelbert Nelissen	room -
WS - Healing With Whole Grains	Alex Jack	room -

Afternoon session I	14:00 – 15:30
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AL I S3 - Introduction to Back and Belly Massage	Jarka Adamcova	room -
AL III D3 - Diagnosis of Expressions and Behaviour	Phillip Jannetta	room -
AL IV D3 - Diagnosis Photo Shooting		room -
C - Japanese Sweets	Tomoko Amano	room -
WS - Personal Menu Planning	Wieke Nelissen	room -

Afternoon session II	16:30 – 18:00
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AL I WS2 - The Making of Condiments	Jasmijn Nelissen	room -
C - Longevity Dishes from Okinawa	Patricio Garcia De Paredes	room -
WS - The Art of Origami	Horriah Nelissen	room -
WS - Learn to Fall Painless and Fearless	Jos Kops	room -

Evening session	20:00 – 21:30
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WS - International Folk Dance Workshop	Jarka Adamcova	room - A
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Late evening	21:00 – 24:00
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Ginger Compress Treatment		room - D
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Café de la Paix

Deshima Food & Book Shop	open daily:	10:00 - 19:45
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

Summer miso soup

Meal

Soft brown rice and
sweet rice

Crispy greens

Breads and spreads

Pickles and toasted seeds

Lunch

12:30 - 13:30

Meal

Penne with pesto Genovese

Mixed beans salad

Blanched greens

Dessert

French apple pie

Dinner

18:00 - 19:00

Soup

Mexican kidney bean soup

Meal

Calasparra brown rice with
sesame seeds

Seitan tempura in wok
style greens

Hiziki with shiitake

Sauerkraut carrot apple
salad

C - Cooking class
L - Lecture
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H - Macrobiotic Healthcare
AL I - Art of Life School level I
AL III - Art of Life School level III
AL IV - Art of Life School level IV

Class	Teacher	Room
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Make Your Choice !

Early morning session		07:00 – 08:00
WS - Do-In Exercises	Valentina Nelissen	room -
WS - T'ai Chi Chuan	Bob Carter	room -
WS - Yoga	Ryan Shiotani	room -
WS - Nordic Walking	Jarka Adamcova	room -

Menu

Breakfast

08:00 - 08:30

Soup

Kuzu vegetable soup

Meal

Soft sweet millet and

pumpkin

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

Daikon and fish dumpling
soup

Meal

Sweet brown rice
with azuki

Nori tempura

with ginger dip

Blanched crispy greens

Sauerkraut carrot celery
salad

Dessert

Strawberry kanten

OUTDOOR ACTIVITIES

Walking & Bicycling
Swimming, Tennis, Horse Riding
Sports & Games
Lunapark Efteling
Den Bosch City Tour
Sightseeing Amsterdam
and much more...

Afternoon	16:00 – 18:00
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WELCOME & REGISTRATION

new arrivals

room - R

Evening session	21:00 – 22:00
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Summer Night Classical Concert

Gideon Nelissen with guests

room - A

Late evening	22:30 – 24:00
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Ginger Compress Treatment

room - D

Café de la Paix

Deshima Food & Book Shop

Grand Café de la Paix

Reception

open daily:

10:00 - 19:45

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

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WS - Workshop/Demonstration

D - Diagnosis

S - Shiatsu

H - Macrobiotic Healthcare

AL I - Art of Life School level I

AL III - Art of Life School level III

AL IV - Art of Life School level IV

Daily Program

Sunday August 8

Class	Teacher	Room
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Make Your Choice !

Early morning session	07:00 – 08:00
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WS - Do-In Exercises	Nini Kossen	room -
WS - T'ai Chi Chuan	Bob Carter	room -
WS - Yoga	Ryan Shiotani	room -
WS - Aikido	Lander Zabalza Benaran	room -

Menu

Breakfast

08:00 - 08:30

Soup

Sweet vegetable miso soup

Meal

Oat flakes porridge

Crispy greens

Breads and spreads

Pickles and toasted seeds

Morning session I	09:00 – 10:30
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AL I OU4 - How to Eat According to Climates and Seasons	Jasmijn Nelissen	room -
AL III H4 - Hormonal and Lymphatic Disorders	Alex Jack	room -
AL IV C5 - Personal Menu Planning	Wieke Nelissen	room -
C - Elegant Macrobiotic Cooking	Patricio Garcia De Paredes	room -
L - P.P.P. The Impact of Media	Koji Nelissen and Marco van Veen	room -

Lunch

12:30 - 13:30

Meal

La Gallinela brown rice

with kamut

Rucola and broad beans

salad with sweet and sour

tempeh

Daikon with shiro miso

dressing

Morning session II	11:00 – 12:30
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AL I S4 - Massage of the Shoulders, Arms and Hands	Adelbert Nelissen	room -
AL III C4 - Cooking for Hormonal Balance	Horriah Nelissen	room -
AL IV S2 - Massage to Release Stagnation	Nini Kossen	room -
C - Cooking from South-East Asia	Patrick Sturzenegger	room -
L - Healthy Bones and Joints	Phillip Jannetta	room -

Afternoon session I	14:00 – 15:30
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AL I D4 - Diagnosis of Posture, Breathing and Movement	Adelbert Nelissen	room -
AL III H5 - Nervous System and Sexual Disorders	Phillip Jannetta	room -
AL IV WS5 - Qi Gong Healing Movements	Bob Carter	room -
L - Saving China's Rice	Alex Jack	room -
C - Delicious Seitan Dishes	Serge Matev	room -

Dessert

Amazake almond pudding

with strawberry sauce

Afternoon session II	16:30 – 18:00
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AL Ia WS3 - Menu Planning and Dinner Cooking	Horriah Nelissen	room -
C - Cooking with Miso	Tomoko Amano	room -
L - How to Use Multimedia	Koji Nelissen and Marco van Veen	room -
WS - Barefoot Shiatsu	Jarka Adamcova	room -

Dinner

18:00 - 19:00

Soup

Pumpkin barley soup

Meal

Moroccan couscous

Chickpea vegetable stew

Cucumber salad

Shio kombu and carrot

Evening session	20:00 – 21:30
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L - Green Proteins	Adelbert Nelissen	room - A
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Late evening	21:30 – 24:00
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Ginger Compress Treatment		room - D
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Café de la Paix

Deshima Food & Book Shop

open daily: 10:00 - 19:45

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

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D - Diagnosis

S - Shiatsu

H - Macrobiotic Healthcare

AL I - Art of Life School level I

AL III - Art of Life School level III

AL IV - Art of Life School level IV

Class	Teacher	Room
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Make Your Choice !

Early morning session	07:00 – 08:00
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WS - Do-In Exercises	Valentina Nelissen	room -
WS - T'ai Chi Chuan	Bob Carter	room -
WS - Yoga	Ryan Sbiotani	room -
WS - Nordic Walking	Adelbert Nelissen	room -

Morning session I	09:00 – 10:30
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AL I C4 - Beans, Bean Products and Sea Vegetables	Patricio Garcia De Paredes	room -
AL III S4 - Sitting and Side Position Massage Techniques	Nini Kossen	room -
AL IV D4 - Photo Diagnosis I	Adelbert Nelissen	room -
C - Cooking for Fear and Depression	Wieke Nelissen	room -
WS - Living Sustainable	Phillip Jannetta	room -

Morning session II	11:00 – 12:30
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AL I OU5 - How to Eat According to Personal Circumstances	Jasmijn Nelissen	room -
AL III D4 - Diagnosis with All Senses	Jeanne van den Heuwel	room -
AL IV H4 - Various Food Patterns, Various Conditions	Alex Jack	room -
C - Sweets with an Oriental Twist	Patricio Garcia De Paredes	room -
WS - Hot Stone Massage	Astrid van Dijk	room -

Afternoon session I	14:00 – 15:30
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AL I D5 - Diagnosis of Meridian Points	Nini Kossen	room -
AL III OU4 - Credo and Non-Credo	Alex Jack	room -
AL IV WS6 - The Art of Essay Writing	Phillip Jannetta	room -
L - The Five Transformations in Cooking	Wieke Nelissen	room -
WS - Shiatsu for Women	Nini Kossen	room -

Afternoon session II	16:30 – 18:00
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AL III WS3 - Menu Planning and Dinner Cooking	Jeanne van den Heuwel	room -
C - Tempura Delights	Horriah Nelissen	room -
L - Women's Destiny Through Oriental Diagnosis	Adelbert Nelissen	room -
WS - Norimaki Party	Tomoko Amano	room -

Evening session	20:00 – 21:30
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L - Natural Farming in Japan	Patricio Garcia De Paredes	room - A
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Late evening	21:30 – 24:00
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Ginger Compress Treatment	room - D
Café de la Paix	

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Reception	open daily:	08:15 - 09:00 12:30 - 14:00 18:00 - 19:45

Menu

Breakfast

08:00 - 08:30

Soup

Summer vegetable and corn soup

Meal

Soft brown rice and sweet rice

Crispy greens

Breads and spreads

Pickles and toasted seeds

Lunch

12:30 - 13:30

Meal

Jasmin rice and barley risotto

White beans sauce with pesto and vegetables

French "courgette farcie"

Dessert

Apple orange kuzu

Dinner

18:00 - 19:00

Soup

Moroccan harira chickpeas soup

Meal

Sweet millet with sweet potato

Nori condiment

Scallions sweet and sour

Fresh lotus tempura with dip

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 III - Art of Life School level III
AL IV - Art of Life School level IV

Daily Program

Tuesday August 10

Class	Teacher	Room	
<i>Make Your Choice !</i>			
Early morning session		07:00 – 08:00	
WS - Do-In Exercises	Jarka Adamcova	room -	Menu Breakfast 08:00 - 08:30 Soup Discharging miso soup Meal Soft brown rice with barley Crispy greens Breads and spreads Pickles and toasted seeds
WS - T'ai Chi Chuan	Bob Carter	room -	
WS - Yoga	Ryan Sbiotani	room -	
WS - Aikido	Jos Kops	room -	
Morning session I		09:00 – 10:30	
AL I H4 - The Effects of Extreme Food	Jasmijn Nelissen	room -	Lunch 12:30 - 13:30 Meal Sweet rice and azuki with shiso pickle Wok style vegetables Snow nabe with lemon Arame onion and sesame seeds
AL III C5 - Cooking for a Strong Heart	Jeanne van den Heuvel	room -	
AL IV D5 - Photo Diagnosis II	Adelbert Nelissen	room -	
C - Quick and Easy Pickle Making	Horriah Nelissen	room -	
L - Green Energy Solutions	Alex Jack	room -	
Morning session II		11:00 – 12:30	
AL I S5 - Massage of the Hips, Legs and Feet	Jarka Adamcova	room -	Dessert Green tea kanten with lemon garnish
AL III OU5 - Complementary Medicine	Nini Kossen	room -	
AL IV WS7 - Palm Healing for Spiritual Clarity	Phillip Jannetta	room -	
C - Macro Magic: Beating the Sugar Blues	Sheri-Lynn DeMaris	room -	
WS - Correcting Exercises	Valentina Nelissen	room -	
Afternoon session I		14:00 – 15:30	
AL I C5 - Cooking and Cutting Styles	Horriah Nelissen	room -	Dinner 18:00 - 19:00 Soup Brown beans soup with vegetables and kamut
AL III OU6 - Q+A	Phillip Jannetta a.o.	room -	
AL IV H5 - New Trends in Diets	Alex Jack	room -	
WS - Dynamic Yoga	Ryan Sbiotani	room -	
L - Yin and Yang in Architecture	Adelbert Nelissen	room -	
Afternoon session II		16:30 – 18:00	
AL Ib WS3 - Menu Planning and Dinner Cooking	Jeanne van den Heuvel	room -	Meal Soba salad Tempura onion carrot with ginger dip Crispy greens with tempeh Daikon nishime in shiro miso Pickles
C - The Happy Kitchen of the Middle East	Wieke Nelissen	room -	
WS - Learn to Fall Painless and Fearless	Jos Kops	room -	
WS - Easy Listening Music Workshop	Gideon Nelissen	room -	
Evening session		20:00 – 21:30	
Panel Discussion - Macrobiotic Activities in the Whole World by their representatives		room - A	
Late evening		21:30 – 24:00	
Ginger Compress Treatment		room - D	
Café de la Paix			

Deshima Food & Book Shop	open daily:	10:00 - 19:45
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

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Daily Program

Wednesday August 11

Class	Teacher	Room
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Make Your Choice !

Early morning session	07:00 – 08:00
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WS - Do-In Exercises	Valentina Nelissen	room -
WS - T'ai Chi Chuan	Bob Carter	room -
WS - Yoga	Ryan Sbiotani	room -
WS - Nordic Walking	Jarka Adamcova	room -

Menu

Breakfast

08:00 - 08:30

Soup

Light shoyu shitake soup

Meal

Polenta with pumpkin

Crispy greens

Breads and spreads

Pickles and toasted seeds

Morning session I	09:00 – 10:30
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AL I - Q + A	Adelbert Nelissen a.o.	room -
AL III H6 - Macrobiotic Pregnancy, Delivery and Childcare	Jasmijn Nelissen	room -
AL IV OU2 - Spiritual Journey	Alex Jack	room -
C - Quick and Savory Breakfasts	Jeanne van den Heuvel	room -
L - Loosing Weight Naturally	Wieke Nelissen	room -

Lunch

12:30 - 13:30

Meal

Jasmin rice with vegetables

Sweet black beans and chestnuts

Shio kombu with carrots and broad beans

Morning session II	11:00 – 12:30
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AL I D6 - Applied Visual Diagnosis	Phillip Jannetta	room -
AL III D5 - Psychological Diagnosis	Adelbert Nelissen	room -
AL IV WS8 - Qi Gong Healing Movements	Bob Carter	room -
C - International Famous Fish Dishes	Lander Zabalza Benaran	room -
WS - Lower Back Shiatsu	Nini Kossen	room -

Afternoon session I	14:00 – 15:30
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AL I OU6 - Practice of Macrobiotics in Daily Life	Phillip Jannetta	room -
AL III S5 - Massage of the Hips, Legs and Feet	Nini Kossen	room -
AL IV C6 - Cooking Presentations	Wieke Nelissen	room -
WS - Macrobiotic Home Remedies	Jeanne van den Heuvel	room -
L - Returning Home: Now What Do I Cook	Sheri-Lynn DeMaris	room -

Dessert

Melon mousse and strawberries

Dinner

18:00 - 19:00

Soup

Indian dabl soup

Afternoon session II	16:30 – 18:00
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WS - Dynamic Forms of Qi Gong	Bob Carter	room -
C - A Variety of Apple Pies and Desserts	Adelbert Nelissen	room -
WS - The Art of Origami	Horriah Nelissen	room -

Meal

Udon with vegetable sauce

Spring rolls with cabbage seitan filling

Pressed salad green cabbage

cucumber and radish

Carrot daikon sweet and sour

Evening session	20:00 – 21:30
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L - Vaccination and Natural Immunity	Horriah and Adelbert Nelissen	room - A
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Late evening	21:30 – 24:00
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Ginger Compress Treatment	room - D
Café de la Paix	

Deshima Food & Book Shop

Grand Café de la Paix

Reception

open daily: 10:00 - 19:45

open daily: 10:00 - 24:00

open daily: 08:15 - 09:00

12:30 - 14:00

18:00 - 19:45

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Daily Program

Thursday August 12

Class	Teacher	Room	Menu
<i>Make Your Choice !</i>			
Early morning session	07:00 – 08:00		
WS - Meditation and Chanting	Adelbert Nelissen	room - A	Breakfast 08:00 - 08:30 Soup Fresh corn miso soup Meal Soft brown rice and sweet rice Crispy greens Breads and spreads Pickles and toasted seeds Lunch 12:30 - 13:30 Meal Summer style buckwheat salad Tempeh in daikon oroshi Nori condiment with sesame seeds Chinese cabbage takuan roll Dessert Amazake vanilla pudding with pear and orange Dinner 18:00 - 19:00 Soup Sweet potato fish soup Meal Calasparra brown rice with tasty shitake Seitan and tofu "shish kebab" with dressing Assorted sushis Cucumber sea vegetable salad with tahini dressing
WS - T'ai Chi Chuan	Bob Carter	room -	
WS - Yoga	Ryan Sbiotani	room -	
WS - Aikido	Jos Kops	room -	
Morning session I	09:00 – 10:30		
AL I S6 - Whole Body Massage	Nini Kossen	room -	
AL III C6 - Family and Party Cooking	Horriah Nelissen	room -	
AL IV OU3 - Destiny and Will	Phillip Jannetta	room -	
C - Dynamic Chinese Cooking	Wieke Nelissen	room -	
WS - Dynamic Forms of Qi Gong	Bob Carter	room -	
Morning session II	11:00 – 12:30		
AL I C6 - Light Snacks and Lunch Boxes	Sheri-Lynn DeMaris	room -	
AL III D6 - Diagnosis in Personal Interviews	Alex Jack	room -	
AL IV S3 - Massage for Calming and Relaxation	Nini Kossen	room -	
C - Quick and Savory Lunches	Jeanne van den Heuvel	room -	
WS - Body Awareness	Valentina Nelissen	room -	
Afternoon session I	14:00 – 15:30		
AL I H5 - Personal Health Evaluation	Adelbert Nelissen	room -	
AL III S6 - Whole Body Massage for Personal Condition	Nini Kossen	room -	
AL IV WS9 - Group Presentations		room -	
C - Finger Licking Kantens Desserts	Horriah Nelissen	room -	
L - The Top 10 Macrobiotic Myths	Alex Jack	room -	
Afternoon session II	16:30 – 18:00		
AL I H6 - Personal Health Evaluation	Adelbert Nelissen	room -	
WS - Colorful Sushi Making	Karin Baank	room -	
L - Values and Risks of Oils and Salts	Jasmijn Nelissen	room -	
WS - Songs from all over the World		room -	
Evening session & GREAT TALENT SHOW	20:00 – 22:00	room - A	
Late evening PARTY	22:00 – 24:00	Café de la Paix	

Deshima Food & Book Shop
 Grand Café de la Paix
 Reception

open daily: 10:00 - 19:45
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Last day

Morning

07:00 – 08:00

BREAKFAST

Menu

Breakfast

07:00 - 08:00

Soup

Relaxing shiro miso soup

Meal

Soft brown rice and barley

Crispy greens

Breads and spreads

Pickles and toasted seeds

FAREWELL & DEPARTURE

Farewell

Lunch box

Nori rice ball with

umeboshi

Sandwich with tofu burger

and salad

Fresh fruit kanten

About the last day of your stay

- ❖ Please take off & fold the sheets, blanket covers and pillowcases, and leave them with used towels and garbage bags outside of your room until 09:00 am.
- ❖ Please check that you took all your belongings.
- ❖ Leave your room at latest 09:00 am.
Please leave it unlocked !!!
- ❖ Bring the key of your room to the reception, you will receive your deposit back.
- ❖ 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