

HOUR TO HOUR PROGRAM 1ST WEEK AUGUST 1-7

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

| 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 | | | | | |
| <i>Program changes reserved</i> | | | | | | | | | | | | | | | |
| SUNDAY | Legenda Art of Life School: 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 | | WELCOME & REGISTRATION | | | | INTRODUCTION EVENING | CAFÉ de la PAIX | | | | |
| August 1 | | | | | | | | | | | | | | | |
| MONDAY | Do-In Exercises <i>Adelbert Nelissen</i> | BREAKFAST 8.00-9.00 AM | C₁- Introduction to Macrobiotic Cooking <i>Wieke Nelissen</i> | TEABREAK 10.30-11.00 AM | D₁- The Way and Meaning of Visual Diagnosis <i>Adelbert Nelissen</i> | LUNCH 12.30-2.00 PM | S₁- Introduction to Shiatsu Massage <i>Nini Kossen</i> | TEABREAK 3.30-4.30 PM | WS₁- Menu Planning & Dinner Cooking <i>Horriah Nelissen</i> | DINNER 6.00-8.00 PM | Personal Alchemy <i>Phillip Jannetta</i> | | | | |
| | T'ai Chi Chuan <i>Bob Carter</i> | | AL III | | S₁- Back Position Techniques and Yü Points <i>Nini Kossen</i> | | AL III | | OU₁- Personal and Universal Macrobiotics <i>Alex Jack</i> | | AL III | C₁- Cooking for Bones and Nervous Disorders <i>Patricio Garcia de Paredes</i> | AL III | The Art of Miso Soup <i>Wieke Nelissen</i> | Qi Gong Healing Movements <i>Bob Carter</i> |
| | Yoga <i>Ryan Shiotani</i> | | AL IV | | OU₁- The Top 10 Macrobiotic Myths <i>Alex Jack</i> | | AL IV | | C₁- Cooking Presentations <i>Jeanne van den Heuvel</i> | | AL IV | H₁- The Way of Counselling <i>Adelbert Nelissen</i> | AL IV | Easy Tips for Preventive Healthcare <i>Jeanne van den Heuvel</i> | CAFÉ de la PAIX |
| | Aikido <i>Jos Kops</i> | | AL I | | H₁- Origin of Standard Macrobiotic Diet & Ideal Food Pattern <i>Alex Jack</i> | | AL I | | OU₁- Introduction to Macrobiotics <i>Jasmijn Nelissen</i> | | AL I | S₂- Massage of the Head, Neck and Shoulders <i>Nini Kossen</i> | AL I | WS₂- Menu Planning & Dinner Cooking <i>Patricio Garcia de Paredes</i> | The Top 10 Modern Myths <i>Alex Jack</i> |
| TUESDAY | Do-In Exercises <i>Valentina Nelissen</i> | BREAKFAST 8.00-9.00 AM | C₂- Cooking According to the Five Transformations <i>Wieke Nelissen</i> | TEABREAK 10.30-11.00 AM | WS₂- Face, Neck and Shoulder Massage Techniques <i>Jarka Adamcova</i> | LUNCH 12.30-2.00 PM | D₁- Diagnosis of the Total Environment <i>Adelbert Nelissen</i> | TEABREAK 3.30-4.30 PM | Pimp Up Your Blood Sugar Level Naturally <i>Horriah Nelissen</i> | DINNER 6.00-8.00 PM | Healing Emotional Disorders <i>Adelbert Nelissen</i> | | | | |
| | T'ai Chi Chuan <i>Bob Carter</i> | | AL III | | C₂- Medicinal Drinks <i>Jeanne van den Heuvel</i> | | AL III | | D₁- Expression in Hand-writing <i>Adelbert Nelissen</i> | | AL III | WS₂- The Art of the Essay Writing <i>Phillip Jannetta</i> | Palm Healing I <i>Phillip Jannetta</i> | | |
| | Yoga <i>Ryan Shiotani</i> | | AL IV | | H₁- Digestive Disorders <i>Adelbert Nelissen</i> | | AL IV | | OU₂- The Crossroad of Humanity <i>Alex Jack</i> | | AL IV | OU₂- Evolution of Our Food Pattern <i>Adelbert Nelissen</i> | AL IV | WS₂- Design & Kitchen Tools <i>Jarka Adamcova</i> | Panel Discussion Development of the Organic Food Movement <i>speakers to be announced...</i> |
| | Nordic Walking <i>Jarka Adamcova</i> | | AL I | | D₂- Diagnosis in Palm Healing <i>Phillip Jannetta</i> | | AL I | | H₂- The Seven Conditions of Health <i>Jeanne van den Heuvel</i> | | AL I | OU₂- Learning from Difficulties <i>Patricio Garcia De Paredes</i> | AL I | New Millet Cooking <i>Tomoko Amano</i> | CAFÉ de la PAIX |
| WEDNESDAY | Do-In Exercises <i>Jarka Adamcova</i> | BREAKFAST 8.00-9.00 AM | D₂- Diagnosis in Palm Healing <i>Phillip Jannetta</i> | TEABREAK 10.30-11.00 AM | C₃- Personal Menu Planning <i>Patricio Garcia De Paredes</i> | LUNCH 12.30-2.00 PM | H₂- Practical Tips For (Personal) Research <i>Alex Jack</i> | TEABREAK 3.30-4.30 PM | Palm Healing II <i>Phillip Jannetta</i> | DINNER 6.00-8.00 PM | Lower Back Shiatsu <i>Nini Kossen</i> | | | | |
| | T'ai Chi Chuan <i>Bob Carter</i> | | AL III | | D₂- The Constitution of Man and Woman <i>Jeanne van den Heuvel</i> | | AL III | | H₂- The Seven Stages of Illnesses Related to Food <i>Phillip Jannetta</i> | | AL III | C₃- Rice and Other Cereal Dishes <i>Horriah Nelissen</i> | AL III | WS₂- Menu Planning & Dinner Cooking <i>Patricio Garcia de Paredes</i> | |
| | Yoga <i>Ryan Shiotani</i> | | AL IV | | H₂- Eye and Ear Diseases <i>Adelbert Nelissen</i> | | AL IV | | D₂- Diagnosis of Our Ancestors <i>Alex Jack</i> | | AL IV | S₂- 'Kyo' and 'Jitsu' in Massage <i>Nini Kossen</i> | AL IV | Traditional Bean Dishes <i>Jeanne van den Heuvel</i> | Nine Star Ki Games <i>Adelbert Nelissen</i> |
| | Aikido <i>Lander Zabalza Benaran</i> | | AL I | | WS₃- Teaching Styles <i>Jasmijn Nelissen</i> | | AL I | | C₄- Cooking Presentations <i>Wieke Nelissen</i> | | AL I | H₂- How To Change School Caterings <i>Sheri-Lynn DeMaris</i> | AL I | Foot Reflexology <i>Nini Kossen</i> | CAFÉ de la PAIX |
| THURSDAY | Do-In Exercises <i>Valentina Nelissen</i> | BREAKFAST 8.00-9.00 AM | OU₂- The Unifying Principles <i>Jeanne van den Heuvel</i> | TEABREAK 10.30-11.00 AM | D₃- Diagnosis of the Face | LUNCH 12.30-2.00 PM | S₂- Introduction to Back & Belly Massage <i>Jarka Adamcova</i> | TEABREAK 3.30-4.30 PM | WS₂- The Making of Condiments <i>Jasmijn Nelissen</i> | DINNER 6.00-8.00 PM | Easy Listening Music Workshop <i>Gideon Nelissen</i> | | | | |
| | T'ai Chi Chuan <i>Bob Carter</i> | | AL III | | H₃- Circulatory and Blood Disorders <i>Phillip Jannetta</i> | | AL III | | C₅- Cooking for Better Digestion and Breathing <i>Wieke Nelissen</i> | | AL III | D₂- Diagnosis of Expressions and Behaviour <i>Phillip Jannetta</i> | AL III | Longevity Dishes from Okinawa <i>Patricio Garcia De Paredes</i> | |
| | Yoga <i>Ryan Shiotani</i> | | AL IV | | S₁- Shiatsu For Strengthening <i>Nini Kossen</i> | | AL IV | | WS₄- Body Awareness <i>Valentina Nelissen</i> | | AL IV | D₂- Diagnosis Photo Shooting | AL IV | The Art of Origami <i>Horriah Nelissen</i> | International Folk Dance Workshop <i>Jarka Adamcova</i> |
| | Nordic Walking <i>Adelbert Nelissen</i> | | AL I | | | | AL I | | | | AL I | | AL I | Learn to Fall Painless and Fearless <i>Jos Kops</i> | CAFÉ de la PAIX |
| FRIDAY | Do-In Exercises <i>Nini Kossen</i> | BREAKFAST 8.00-9.00 AM | | TEABREAK 10.30-11.00 AM | | LUNCH 12.30-2.00 PM | | TEABREAK 3.30-4.30 PM | | DINNER 6.00-8.00 PM | | | | | |
| | T'ai Chi Chuan <i>Bob Carter</i> | | | | | | | | | | | | | | |
| | Yoga <i>Ryan Shiotani</i> | | | | | | | | | | | | | | |
| | Aikido <i>Jos Kops</i> | | | | | | | | | | | | | | |

| LECTURE | | COOKING CLASS | | WORKSHOP | | SPECIAL EVENT & ENTERTAINMENT | | DISCUSSION AND PANEL | | PERSONAL HEALTH | | | |
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| 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 | |
| SATURDAY August 7 | AL-IV Do-In Exercises Valentina Nelissen | OUTDOOR ACTIVITIES | | | | * Walks & Cycling | | * Den Bosch City Tour | | WELCOME & REGISTRATION new arrivals | | | |
| | T'ai Chi Chuan Bob Carter | | | | | * Luna Park "Efteling" | | * Sight Seeing Amsterdam | | | | | |
| | Yoga Ryan Shiotani | | | | | * Sports & Games | | * And much more... | | | | | |
| | Nordic Walking Jarka Adamcova | | | | | | | | | | | | |
| SUNDAY August 8 | AL-IV Do-In Exercises Nini Kossen | AL-I OU ₂ - How to Eat According to Climates and Seasons Jasmijn Nelissen | AL-I S ₂ - Massage of the Shoulders, Arms and Hands Adelbert Nelissen | AL-I D ₂ - Diagnosis of Posture, Breathing & Movement Adelbert Nelissen | AL-I A WS ₂ - Menu Planning & Dinner Cooking Horriah Nelissen | TEABREAK 3.30-4.30 PM | | DINNER 6.00-8.00 PM | | | | | |
| | T'ai Chi Chuan Bob Carter | AL-III H ₂ - Hormonal and Lymphatic Disorders Alex Jack | AL-III C ₂ - Cooking for Hormonal Balance Horriah Nelissen | AL-III H ₂ - Nervous System and Sexual Disorders Phillip Jannetta | AL-III A WS ₂ - Menu Planning & Dinner Cooking Horriah Nelissen | | | | | | | | |
| | Yoga Ryan Shiotani | AL-IV C ₂ - Personal Menu Planning Wieke Nelissen | AL-IV S ₂ - Massage to Release Stagnation Nini Kossen | AL-IV WS ₂ - Qi Gong Healing Movements Bob Carter | AL-III A WS ₂ - Menu Planning & Dinner Cooking Horriah Nelissen | | | | | | | | |
| | Aikido Lander Zabalza Benaran | AL-III H ₂ - Hormonal and Lymphatic Disorders Alex Jack | AL-III C ₂ - Cooking for Hormonal Balance Horriah Nelissen | AL-III H ₂ - Nervous System and Sexual Disorders Phillip Jannetta | AL-III A WS ₂ - Menu Planning & Dinner Cooking Horriah Nelissen | | | | | | | | |
| MONDAY August 9 | AL-IV Do-In Exercises Valentina Nelissen | AL-I C ₂ - Beans, Bean Products and Sea Vegetables Patricio Garcia De Paredes | AL-I OU ₂ - How to Eat According to Personal Circumstances Jasmijn Nelissen | AL-I D ₂ - Diagnosis of Meridian Points Nini Kossen | AL-III A WS ₂ - Menu Planning & Dinner Cooking Jeanne van den Heuvel | TEABREAK 3.30-4.30 PM | | DINNER 6.00-8.00 PM | | | | | |
| | T'ai Chi Chuan Bob Carter | AL-III S ₂ - Sitting and Side Position Massage Techniques Nini Kossen | AL-III D ₂ - Diagnosis with All Senses Jeanne van den Heuvel | AL-III OU ₂ - Credo and Non-Credo Alex Jack | AL-III A WS ₂ - Menu Planning & Dinner Cooking Jeanne van den Heuvel | | | | | | | | |
| | Yoga Ryan Shiotani | AL-IV D ₂ - Photo Diagnosis I Adelbert Nelissen | AL-IV H ₂ - Various Food Patterns, Various Conditions Alex Jack | AL-IV WS ₂ - The Art of Essay Writing Phillip Jannetta | AL-III A WS ₂ - Menu Planning & Dinner Cooking Jeanne van den Heuvel | | | | | | | | |
| | Nordic Walking Adelbert Nelissen | AL-III S ₂ - Sitting and Side Position Massage Techniques Nini Kossen | AL-III D ₂ - Diagnosis with All Senses Jeanne van den Heuvel | AL-III OU ₂ - Credo and Non-Credo Alex Jack | AL-III A WS ₂ - Menu Planning & Dinner Cooking Jeanne van den Heuvel | | | | | | | | |
| TUESDAY August 10 | AL-IV Do-In Exercises Jarka Adamcova | AL-I H ₂ - The Effects of Extreme Food Jasmijn Nelissen | AL-I S ₂ - Massage of the Hips, Legs and Feet Jarka Adamcova | AL-I C ₂ - Cooking and Cutting Styles Horriah Nelissen | AL-III A WS ₂ - Menu Planning & Dinner Cooking Jeanne van den Heuvel | TEABREAK 3.30-4.30 PM | | DINNER 6.00-8.00 PM | | | | | |
| | T'ai Chi Chuan Bob Carter | AL-III C ₂ - Cooking for a Strong Heart Jeanne van den Heuvel | AL-III OU ₂ - Complementary Medicine Nini Kossen | AL-III OU ₂ - Q & A Phillip Jannetta a.o. | AL-III A WS ₂ - Menu Planning & Dinner Cooking Jeanne van den Heuvel | | | | | | | | |
| | Yoga Ryan Shiotani | AL-IV D ₂ - Photo Diagnosis II Adelbert Nelissen | AL-IV WS ₂ - Palm Healing for Spiritual Clarity Phillip Jannetta | AL-IV H ₂ - New Trends in Diets Alex Jack | AL-III A WS ₂ - Menu Planning & Dinner Cooking Jeanne van den Heuvel | | | | | | | | |
| | Aikido Jos Kops | AL-III C ₂ - Cooking for a Strong Heart Jeanne van den Heuvel | AL-III OU ₂ - Complementary Medicine Nini Kossen | AL-III OU ₂ - Q & A Phillip Jannetta a.o. | AL-III A WS ₂ - Menu Planning & Dinner Cooking Jeanne van den Heuvel | | | | | | | | |
| WEDNESDAY August 11 | AL-IV Do-In Exercises Valentina Nelissen | AL-I Q & A Adelbert Nelissen a.o. | AL-I D ₂ - Applied Visual Diagnosis Phillip Jannetta | AL-I OU ₂ - Practice of Macrobiotics in Daily Life Phillip Jannetta | AL-III A WS ₂ - Menu Planning & Dinner Cooking Jeanne van den Heuvel | TEABREAK 3.30-4.30 PM | | DINNER 6.00-8.00 PM | | | | | |
| | T'ai Chi Chuan Bob Carter | AL-III H ₂ - Macrobiotic Pregnancy, Delivery and Childcare Jasmijn Nelissen | AL-III D ₂ - Psychological Diagnosis Adelbert Nelissen | AL-III S ₂ - Massage of the Hips, Legs and Feet Nini Kossen | AL-III A WS ₂ - Menu Planning & Dinner Cooking Jeanne van den Heuvel | | | | | | | | |
| | Yoga Ryan Shiotani | AL-IV OU ₂ - Spiritual Journey Alex Jack | AL-IV WS ₂ - Qi Gong Healing Movements Bob Carter | AL-IV C ₂ - Cooking Presentations Wieke Nelissen | AL-III A WS ₂ - Menu Planning & Dinner Cooking Jeanne van den Heuvel | | | | | | | | |
| | Nordic Walking Jarka Adamcova | AL-III H ₂ - Macrobiotic Pregnancy, Delivery and Childcare Jasmijn Nelissen | AL-III D ₂ - Psychological Diagnosis Adelbert Nelissen | AL-III S ₂ - Massage of the Hips, Legs and Feet Nini Kossen | AL-III A WS ₂ - Menu Planning & Dinner Cooking Jeanne van den Heuvel | | | | | | | | |
| THURSDAY August 12 | AL-IV Meditation and Chanting Adelbert Nelissen | AL-I S ₂ - Whole Body Massage Nini Kossen | AL-I C ₂ - Light Snacks and Lunch Boxes Sheri-Lynn DeMaris | AL-I H ₂ - Personal Health Evaluation Adelbert Nelissen | AL-III A WS ₂ - Menu Planning & Dinner Cooking Jeanne van den Heuvel | TEABREAK 3.30-4.30 PM | | DINNER 6.00-8.00 PM | | | | | |
| | T'ai Chi Chuan Bob Carter | AL-III C ₂ - Family and Party Cooking Horriah Nelissen | AL-III D ₂ - Diagnosis in Personal Interviews Alex Jack | AL-III S ₂ - Whole Body Massage for Personal Condition Nini Kossen | AL-III A WS ₂ - Menu Planning & Dinner Cooking Jeanne van den Heuvel | | | | | | | | |
| | Yoga Ryan Shiotani | AL-IV OU ₂ - Destiny and Will Phillip Jannetta | AL-IV S ₂ - Massage for Calming and Relaxation Nini Kossen | AL-IV OU ₂ - Group Presentations | AL-III A WS ₂ - Menu Planning & Dinner Cooking Jeanne van den Heuvel | | | | | | | | |
| | Aikido Jos Kops | AL-III C ₂ - Family and Party Cooking Horriah Nelissen | AL-III D ₂ - Diagnosis in Personal Interviews Alex Jack | AL-III S ₂ - Whole Body Massage for Personal Condition Nini Kossen | AL-III A WS ₂ - Menu Planning & Dinner Cooking Jeanne van den Heuvel | | | | | | | | |
| FRIDAY August 13 | 7.00-8.00 AM BREAKFAST | FAREWELL & DEPARTURE | | • Reception open daily: 8.15-9.00 am 12.30-2.00 pm, 6.00-7.45 pm | | • Café de la Paix open daily: 10.00 am - 12.00 pm • Deshima Shop open daily: 10.00 am - 7.45 pm | | | | | | | |