

# HOUR TO HOUR PROGRAM 1<sup>ST</sup> 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		9.30-12.00 PM EVENING SESSION
<p><i>Program changes reserved</i></p>												
<p><b>SUNDAY</b> August 1</p>												
WELCOME & REGISTRATION						WELCOME & REGISTRATION						
<p><b>MONDAY</b> August 2</p>												
Do-In Exercises <i>Adelbert Nelissen</i>		Teenager's Favorites <i>Horriah Nelissen</i>		Shiatsu to Release Stress and Fatigue <i>Jarka Adamcova</i>		Demistification of Diets <i>Jasmijn Nelissen</i>		The Art of Miso Soup <i>Wieke Nelissen</i>		Introduction Evening		CAFÉ de la PAIX
T'ai Chi Chuan <i>Bob Carter</i>		The Magic and Mystery of Food <i>Phillip Jannetta</i>		Get Hip on Healing Foods <i>Sheri-Lynn DeMaris</i>		Dynamic Yoga <i>Ryan Shiotani</i>		Qi Gong Healing Movements <i>Bob Carter</i>		Personal Alchemy <i>Phillip Jannetta</i>		Ginger Compress
Yoga <i>Ryan Shiotani</i>		The History of Food & Our Destiny <i>David McCarthy</i>		Health is Your Best Investment <i>Alex Jack</i>		The Joy of Tofu <i>Tomoko Amano</i>		Easy Tips for Preventive Healthcare <i>Jeanne van den Heuvel</i>		CAFÉ de la PAIX		CAFÉ de la PAIX
Aikido <i>Jos Kops</i>		Hot Stone Massage <i>Astrid van Dijk</i>		The Confusing World of Sugars <i>Jasmijn Nelissen</i>		Healthy Skin Care <i>David McCarthy</i>		Pimp Up Your Blood Sugar Level Naturally <i>Horriah Nelissen</i>		The Top 10 Modern Myths <i>Alex Jack</i>		Ginger Compress
<p><b>TUESDAY</b> August 3</p>												
Do-In Exercises <i>Valentina Nelissen</i>		Macrobiotic Medicinal Drinks for Health <i>Horriah Nelissen</i>		Healthy Lunches Happy Kids <i>Sheri-Lynn DeMaris</i>		Cleansing Dishes For Loosing Weight <i>Wieke Nelissen</i>		Healing Emotional Disorders <i>Adelbert Nelissen</i>		CAFÉ de la PAIX		CAFÉ de la PAIX
T'ai Chi Chuan <i>Bob Carter</i>		Loving Your Liver <i>Sheri-Lynn DeMaris</i>		Mediterranean Fair <i>Patricio Garcia de Paredes</i>		Ginger Compress At Home <i>Jarka Adamcova</i>		Palm Healing I <i>Phillip Jannetta</i>		Panel Discussion Development of the Organic Food Movement <i>speakers to be announced...</i>		Ginger Compress
Yoga <i>Ryan Shiotani</i>		Cutting Styles <i>Tomoko Amano</i>		Hidden Facts of Pharma Food <i>David McCarthy</i>		Healthy Heart, Vibrant Spirit <i>Phillip Jannetta</i>		New Millet Cooking <i>Tomoko Amano</i>		Nine Star Ki Games <i>Adelbert Nelissen</i>		Ginger Compress
Nordic Walking <i>Jarka Adamcova</i>		Wok Meals <i>Horriah Nelissen</i>		Wild Herbs Festival <i>Adelbert Nelissen</i>		Japanese Sweets <i>Tomoko Amano</i>		Lower Back Shiatsu <i>Nini Kossen</i>		Easy Listening Music Workshop <i>Gideon Nelissen</i>		CAFÉ de la PAIX
<p><b>WEDNESDAY</b> August 4</p>												
Do-In Exercises <i>Jarka Adamcova</i>		Wild Herbs Tour <i>Adelbert Nelissen</i>		Healing With Whole Grains <i>Alex Jack</i>		Personal Menu Planning <i>Wieke Nelissen</i>		Palm Healing II <i>Phillip Jannetta</i>		International Folk Dance Workshop <i>Jarka Adamcova</i>		Ginger Compress
T'ai Chi Chuan <i>Bob Carter</i>		Wild Herbs Tour <i>Adelbert Nelissen</i>		Healing With Whole Grains <i>Alex Jack</i>		Personal Menu Planning <i>Wieke Nelissen</i>		Traditional Bean Dishes <i>Jeanne van den Heuvel</i>		CAFÉ de la PAIX		CAFÉ de la PAIX
Yoga <i>Ryan Shiotani</i>		Wild Herbs Tour <i>Adelbert Nelissen</i>		Healing With Whole Grains <i>Alex Jack</i>		Personal Menu Planning <i>Wieke Nelissen</i>		Foot Reflexology <i>Nini Kossen</i>		Learn to Fall Painless and Fearless <i>Jos Kops</i>		CAFÉ de la PAIX
Aikido <i>Lander Zabalza Benaran</i>		Wild Herbs Tour <i>Adelbert Nelissen</i>		Healing With Whole Grains <i>Alex Jack</i>		Personal Menu Planning <i>Wieke Nelissen</i>		Longevity Dishes from Okinawa <i>Patricio Garcia De Paredes</i>		International Folk Dance Workshop <i>Jarka Adamcova</i>		CAFÉ de la PAIX
<p><b>THURSDAY</b> August 5</p>												
Do-In Exercises <i>Valentina Nelissen</i>		Wild Herbs Tour <i>Adelbert Nelissen</i>		Healing With Whole Grains <i>Alex Jack</i>		Personal Menu Planning <i>Wieke Nelissen</i>		The Art of Origami <i>Horriah Nelissen</i>		International Folk Dance Workshop <i>Jarka Adamcova</i>		Ginger Compress
T'ai Chi Chuan <i>Bob Carter</i>		Wild Herbs Tour <i>Adelbert Nelissen</i>		Healing With Whole Grains <i>Alex Jack</i>		Personal Menu Planning <i>Wieke Nelissen</i>		Learn to Fall Painless and Fearless <i>Jos Kops</i>		International Folk Dance Workshop <i>Jarka Adamcova</i>		CAFÉ de la PAIX
Yoga <i>Ryan Shiotani</i>		Wild Herbs Tour <i>Adelbert Nelissen</i>		Healing With Whole Grains <i>Alex Jack</i>		Personal Menu Planning <i>Wieke Nelissen</i>		Learn to Fall Painless and Fearless <i>Jos Kops</i>		International Folk Dance Workshop <i>Jarka Adamcova</i>		CAFÉ de la PAIX
Nordic Walking <i>Adelbert Nelissen</i>		Wild Herbs Tour <i>Adelbert Nelissen</i>		Healing With Whole Grains <i>Alex Jack</i>		Personal Menu Planning <i>Wieke Nelissen</i>		Learn to Fall Painless and Fearless <i>Jos Kops</i>		International Folk Dance Workshop <i>Jarka Adamcova</i>		CAFÉ de la PAIX
<p><b>FRIDAY</b> August 6</p>												
Do-In Exercises <i>Nini Kossen</i>		Wild Herbs Tour <i>Adelbert Nelissen</i>		Healing With Whole Grains <i>Alex Jack</i>		Personal Menu Planning <i>Wieke Nelissen</i>		Learn to Fall Painless and Fearless <i>Jos Kops</i>		International Folk Dance Workshop <i>Jarka Adamcova</i>		Ginger Compress
T'ai Chi Chuan <i>Bob Carter</i>		Wild Herbs Tour <i>Adelbert Nelissen</i>		Healing With Whole Grains <i>Alex Jack</i>		Personal Menu Planning <i>Wieke Nelissen</i>		Learn to Fall Painless and Fearless <i>Jos Kops</i>		International Folk Dance Workshop <i>Jarka Adamcova</i>		CAFÉ de la PAIX
Yoga <i>Ryan Shiotani</i>		Wild Herbs Tour <i>Adelbert Nelissen</i>		Healing With Whole Grains <i>Alex Jack</i>		Personal Menu Planning <i>Wieke Nelissen</i>		Learn to Fall Painless and Fearless <i>Jos Kops</i>		International Folk Dance Workshop <i>Jarka Adamcova</i>		CAFÉ de la PAIX
Aikido <i>Jos Kops</i>		Wild Herbs Tour <i>Adelbert Nelissen</i>		Healing With Whole Grains <i>Alex Jack</i>		Personal Menu Planning <i>Wieke Nelissen</i>		Learn to Fall Painless and Fearless <i>Jos Kops</i>		International Folk Dance Workshop <i>Jarka Adamcova</i>		CAFÉ de la PAIX

LECTURE		COOKING CLASS		WORKSHOP		SPECIAL EVENT & ENTERTAINMENT		DISCUSSION AND PANEL		PERSONAL HEALTH					
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SATURDAY August 7	Do-In Exercises	<b>OUTDOOR ACTIVITIES</b>		<b>* Walks &amp; Cycling * Luna Park "Efteling" * Sports &amp; Games</b>		<b>* Den Bosch City Tour * Sight Seeing Amsterdam * And much more...</b>		<b>WELCOME &amp; REGISTRATION new arrivals</b>		9.00-10.00 pm <b>SUMMER NIGHT CLASSICAL CONCERT</b> Gideon Nelissen with guests		<b>Ginger Compress</b>			
	Tai Chi Chuan													<b>CAFÉ de la PAIX</b>	
	Yoga														
	Nordic Walking														
SUNDAY August 8	Do-In Exercises	<b>BREAKFAST 8.00-9.00 AM</b>		<b>TEABREAK 10.30-11.00 AM</b>		<b>LUNCH 12.30-2.00 PM</b>		<b>TEABREAK 3.30-4.30 PM</b>		<b>DINNER 6.00-8.00 PM</b>		<b>Green Proteins</b>			
	T'ai Chi Chuan													<b>CAFÉ de la PAIX</b>	
	Yoga														
	Aikido														
MONDAY August 9	Do-In Exercises	<b>BREAKFAST 8.00-9.00 AM</b>		<b>TEABREAK 10.30-11.00 AM</b>		<b>LUNCH 12.30-2.00 PM</b>		<b>TEABREAK 3.30-4.30 PM</b>		<b>DINNER 6.00-8.00 PM</b>		<b>Natural Farming in Japan</b>			
	T'ai Chi Chuan													<b>CAFÉ de la PAIX</b>	
	Yoga														
	Nordic Walking														
TUESDAY August 10	Do-In Exercises	<b>BREAKFAST 8.00-9.00 AM</b>		<b>TEABREAK 10.30-11.00 AM</b>		<b>LUNCH 12.30-2.00 PM</b>		<b>TEABREAK 3.30-4.30 PM</b>		<b>DINNER 6.00-8.00 PM</b>		<b>Panel Discussion</b>			
	T'ai Chi Chuan													<b>CAFÉ de la PAIX</b>	
	Yoga														
	Aikido														
WEDNESDAY August 11	Do-In Exercises	<b>BREAKFAST 8.00-9.00 AM</b>		<b>TEABREAK 10.30-11.00 AM</b>		<b>LUNCH 12.30-2.00 PM</b>		<b>TEABREAK 3.30-4.30 PM</b>		<b>DINNER 6.00-8.00 PM</b>		<b>Vaccination and Natural Immunity</b>			
	T'ai Chi Chuan													<b>CAFÉ de la PAIX</b>	
	Yoga														
	Nordic Walking														
THURSDAY August 12	Meditation and Chanting	<b>BREAKFAST 8.00-9.00 AM</b>		<b>TEABREAK 10.30-11.00 AM</b>		<b>LUNCH 12.30-2.00 PM</b>		<b>TEABREAK 3.30-4.30 PM</b>		<b>DINNER 6.00-8.00 PM</b>		<b>GREAT TALENT SHOW &amp; PARTY</b>			
	T'ai Chi Chuan														
	Yoga														
	Aikido														
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								