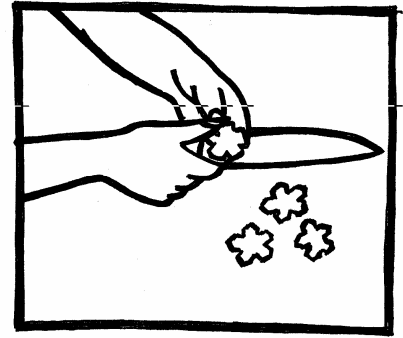


The Art of Cooking School 2010



An Intensive Training Course in Macrobiotic Cooking for Total Health

with Wieke, Adelbert and Horriah Nelissen and others

The Kushi Institute of Europe has designed this four-day cooking course for those who want to improve their skills and develop a clear understanding of the macrobiotic kitchen. This practical course will present food that is delicious, beautiful and easy to prepare at home.

October 7 - 10 **Cooking for Vitality and Stronger Immunity**

November 25 - 28 **Festive Cooking for Family and Friends**

These exciting weekends include

- Daily workshops and demonstrations for cooking healing foods with culinary style
- Group discussions with personal health recommendations from Adelbert Nelissen.
- Daily Do-In or Nordic Walking - morning exercises for better vitality
- Personal, creative menu planning to suit your lifestyle
- You will receive a study guide which includes recipes, cutting and cooking techniques and general information on macrobiotics.

Time: From Thursday 5 pm till Sunday 2 pm.

Costs: Euro 425, 2nd person 10% discount

10% discount in combination with 2 or more programs of the Art of Cooking School

25% discount for the Art of Life School students

Price include: classes, 3 hot meals per day, accommodation free (limited) in 2-3 person bedroom, study materials and certificate of completion.

Place: The Kushi Institute of Europe, Amsterdam

Registration: your registration is final after receiving your registration form and non refundable down payment of Euro 100.

Classes are English spoken.

Note! These courses have limited space, so register early!

Themes and Dates 2010 - 2011

October 7 - 10 2010

Cooking for Vitality and Stronger Immunity

Lack of energy is one of the most common health concerns. This weekend will focus on weakening factors as well as strengthening factors. A sensible choice of food and preparation will help you overcome these problems. This weekend will really give your energy a boost!

November 25 - 28 2010

Festive Cooking for Family and Friends

Entice your family and friends with a more healthy and elegant way of eating. Discover how to replace meat, dairy and sugar with tempting, delicious dishes to suit everyone's tastes, needs and health.

February 2011 – *exact dates to be announced*

Cooking for Emotional and Physical Strength & Balance

This weekend will be focussed on how to maintain a healthy hormonal, emotional and physical balance. Our emotions reflect the physical condition of our organs, weaknesses and strengths. The way we react on our environment, how we experience our social life, is directly influenced by our metabolism. And the working of our metabolism is a direct result of what we eat. To understand this process helps us to create balance, physically and mentally.

April 2011 – *exact dates to be announced*

Purifying Spring Cooking

Spring is *par excellence* the time to purify our body from the excess that could not be discharged during winter. Cleansing the body brings your ideals and goals into clear focus, helping to realize your direction in life.

October 7 - 10

Cooking for Vitality and Stronger Immunity

Thursday

17.00 - 18.00	Registration
18.00 - 19.00	Welcoming Dinner
19.30 - 21.30	Lecture: How to Create Vitality and Stronger Immunity

Friday

07.30 - 08.30	Do-In morning exercises
08.30 - 09.00	Breakfast
09.30 - 12.00	Cooking Class: Immunity Strengthening Dishes <i>Discussion of foods that weaken your immunity. Healing home remedies and special strengthening dishes and cooking styles</i>
12.00 - 13.00	Lunch
13.00 - 15.30	Free time
15.30 - 18.00	Workshop: Warming Winter Cooking <i>Dishes that make you feel warm and strong during the colder time of the year</i>
18.00 - 19.00	Dinner

Saturday

08.00 - 09.00	Do-In morning exercises
09.00 - 09.30	Breakfast
10.00 - 12.30	Cooking Class: Energy Boosting Soups <i>Rich, nourishing bean soups, kinpira-miso soup and noodle soup with mochi. All that you need to feel well in wintertime</i>
12.30 - 13.30	Lunch
13.30 - 14.30	Free time
14.30 - 15.30	Group discussion with Personal Health Recommendations / Menu planning / Question and answer
15.30 - 18.00	Workshop: Macrobiotic Healing Home Remedies <i>Drinks and dishes that make your blood circulate. In no time you will feel warm and energized!</i>
18.00 - 19.00	Dinner

Sunday

08.00 - 09.00	Do-In morning exercises or Nordic Walking
09.00 - 09.30	Breakfast
10.00 - 12.30	Workshop: Healthy, Nourishing Snacks and Desserts <i>Warming, winter desserts and snacks, including special holiday cooking</i>
14.00	Farewell lunch and departure

November 25 – 28

Festive Cooking for Family and Friends

Thursday

17.00 - 18.00	Registration
18.00 - 19.00	Welcoming Dinner
19.30 - 21.30	Lecture: Transition to a Macrobiotic Way of Life

Friday

07.30 - 08.30	Do-In morning exercises
08.30 - 09.00	Breakfast
09.30 - 12.00	Cooking Class: Quick and Easy to prepare Menus <i>Dishes for everyone's tastes and cravings. A complete, delicious meal without struggle or stress</i>
12.00 - 13.00	Lunch
13.00 - 15.30	Free time
15.30 - 18.00	Workshop: International Culinary Cooking <i>Mediterranean, Middle Eastern and Far Eastern traditional dishes which radiate joy, warmth and happiness</i>
18.00 - 19.00	Dinner

Saturday

08.00 - 09.00	Do-In morning exercises
09.00 - 09.30	Breakfast
10.00 - 12.30	Cooking Class: Strong Tastes for Meaty Partners and Friends <i>The secrets to improving your partner's (or other family members and friends) health without the heavy discussions</i>
12.30 - 13.30	Lunch
13.30 - 14.30	Free time
14.30 - 15.30	Group discussion with Personal Health Recommendations / Menu planning / Question and answer
15.30 - 18.00	Workshop: Tempura Festival <i>A variety of vegetable and sea vegetable tempuras, with dips and side dishes, with various cutting techniques for more beautiful results</i>
18.00 - 19.00	Dinner

Sunday

08.00 - 09.00	Do-In morning exercises or Nordic Walking
09.00 - 09.30	Breakfast
10.00 - 12.30	Workshop: Favourite Snacks and Desserts <i>You can be sure that your guests and family members will love these hearty snacks and sweet desserts</i>
14.00	Farewell lunch and departure

Teachers

Adelbert Nelissen

Adelbert Nelissen is the educational director of the Kushi Institute of Europe and one of the pioneers in the natural food movement of Western Europe. Adelbert has over 35 years of experience in macrobiotics and has extensively studied classical Chinese acupuncture in Holland, the UK, China and Japan. Adelbert counsels and educates individuals and families toward a macrobiotic way of life on many levels: health, diet, exercises and shiatsu, 9 star ki astrology and spiritual development. His lectures are exciting, full of humour, eye opening and practical. Adelbert is the father of 5 children and has 6 grandchildren.

Wieke Nelissen

Wieke Nelissen is the co-director of the Kushi Institute of Europe, together with her husband Adelbert. Wieke has been teaching macrobiotic cooking, women's health and family health all over Europe for more than 30 years. She is the author of several columns on cooking for Amberwaves (USA) and Das Grosse Leben (Germany), as well as the Summer Conference Cookbook. Her classes are very practical, focusing on quick, dynamic and tasty dishes for better health. Wieke is the mother of 5 children and has 6 grandchildren.

Horriah van Veen - Nelissen

Horriah has 2 daughters and 1 son. Her experience in macrobiotics is life-long, with 15 years of teaching experience. Horriah cooked for many of her friends during her studies at the Haarlem Business School in Holland, where she met her husband. During her trip to Japan, together with Aveline and Michio Kushi, Horriah taught macrobiotic cooking to Japanese chefs of five-star hotels, who are now offering macro meals on their menus. Horriah is one of the principal cooking teachers at the Kushi Institute of Europe, her cooking is very satisfying and excellent to maintain an active life.

General info

Do-In Early Morning Exercises

An energizing self massage based on specific shiatsu techniques. Start your day fresh, clear your mind and stimulate the flow of your energy! Wear light cotton clothing for easy movement.

Nordic Walking

This new activity is very fascinating; active walking with special poles for balance, using all your muscles and breathing fresh air. Before walking you will do some stretching exercises. Wear light clothes and good walking shoes, the poles will be available.

The Macrobiotic Kitchen

In the macrobiotic kitchen we use organic ingredients. These include whole grains, seasonal vegetables, beans and bean products (tofu, tempeh and natto), sea vegetables, seeds, nuts, seasonal fruits, fish, plant-based oils and various natural condiments. In these macrobiotic cooking classes and discussions you will learn to create tasty, healthy and balanced meals without using dairy, meat, cheese, eggs and refined sugar.

The Kushi Institute of Europe

These courses will be held at the Kushi Institute of Europe, located in the centre of Amsterdam. We have a very comfortable and practical cooking classroom, a quiet Do-In and lecture room, a lunch-service restaurant. Our Deshima macrobiotic food shop is also available for the shopping. The shop carries all the ingredients used in these courses, as well as fresh homemade products.

Accommodation

The Kushi Institute offers free accommodations in 2-3 person rooms (limited rooms available). We can also help to arrange other accommodations, such as staying with macrobiotic friends, or in a hotel in Amsterdam. Hereby extra charge need to be counted with.

The Kushi Institute of Europe

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