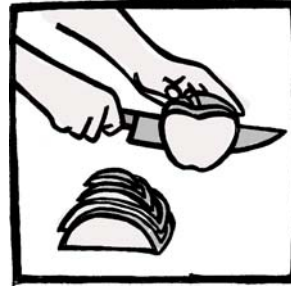


The Art of Life School

Spring - Summer 2010

***A professional training program in 5 levels,
for personal health and development***

*Internationally recognized as one of the most dynamic, practical and comprehensive educational programs on macrobiotics.
The Art of Life School is for everyone who wants to live a life of endless adventure and discovery, enjoy and prepare delicious, healthy meals, manage their health and destiny, and guide others toward greater health, happiness, peace and freedom.*



Personal Training

Lectures, cooking demonstrations & practical workshops

- Level 1 Personal Awareness and Healthcare Training
- Level 2 Personal and Social Awareness and Healthcare Studies
- Level 3 Personal, Social and Global Awareness and Healthcare Studies

Each of the first three Levels includes 12-14 days of intensive training

Main subjects during Level 1, 2 and 3

- The Art of Cooking and Food Processing
- The Principles of Oriental Diagnosis
- Health Care and Home Remedies
- Shiatsu Massage and Do-in
- The Order of the Universe
*the philosophy and principles of macrobiotics
and their application in daily life*

Special topics during Level 1, 2 and 3

- Family Health Topics
- Meditation and Spiritual Exercises
- 9 Star Ki Astrology, 5 transformations and Feng Shui
- Natural Architecture, Farming and Green Ecology

Advanced Training

Lectures, workshops and presentations

- Level 4 Extensive Studies in the Art of Cooking, Home Remedies, Diagnosis, Nutrition and Environmental Subjects

Main subjects during Level 4

- Advanced Diagnosis in Counseling
- Cooking for Chronic and Degenerative Diseases
- Cooking Workshops: Healing Dishes

Special topics during Level 4

- Chinese Medicine and Palm Healing
- Advanced 9 Star Ki
- Outdoor Diagnosis Project
- Workshop Essay Writing
- Workshop Expression & Communication

Teacher's Training

Special projects, presentations and apprenticeships in various faculties

- Level 5 Professional Training in Counseling and Teaching

Teacher's Training Special Topics

- Chinese medicine, Acupuncture and Moxabation
- Ancient Civilizations and the History of Traditional, Green Ecology
- Medicinal and Culinary Cooking
- Workshops in Design, Essay Writing, Movement, Teaching and Counseling

Teacher's Training Special Projects

- African Macrobiotic Sustainable project
- Chinese/Japanese Macrobiotic Student Exchange
- Outdoor Survival Training
- Biological Transmutation Project
- School, Hospital and Prison Project
- Makropedia Project

Certificate of participation will be awarded at the close of each level.

Dates Art of Life School 2010

dates change reserved

Level 1 March 12 - 24
August 1 - 13*
October 1 - 13

Level 3 February 5 - 18
August 1 - 13*
December 6 - 18

Level 2 April 4 - 16
August 1 - 13*
November 6 - 18

Level 4 August 1 - 13*

Level 5 *2011 dates to be announced*

* *classes are at the location of the 11th International European Summer Conference in Conference Center Guldenberg, Helvoirt, NL.*

Art of Life School students follow the late afternoon and evening classes of the Summer Conference program.

The Art of Cooking School, the Women's Health program & other study weekends will take place between the different levels of the Art of Life School program in Amsterdam.

Students of the Art of Life School who would like to participate back-to-back in those programs, will receive a special 25% discount.

Prices

Level 1, 2, 3 or 4 **Euro 1375** *in Spring and Autumn in the Kushi Institute in Amsterdam*
Euro 1425 *during the 11th International European Summer Conference in Conference Center Guldenberg, Helvoirt, NL.*

Prices include

Classes, study material, 3 macrobiotic meals per day, accommodation in Amsterdam (limited) in 2-3 person bedroom.

The accommodation during the Summer Conference is in a 3-star Conference Center in 1, 2 or 3 person bedrooms with toilet, shower and TV. The 1 person room booking requires an extra charge of Euro 180 per week.

Your registration is final after receiving your registration form and non refundable down payment of Euro 250 per level. Classes are English spoken.

Special Offers for combined levels in 2010 - 2011

Level 1 & 2, 2 & 3 or 3 & 4** pay at once the sum of only Euro **2475**
Level 1, 2 & 3 or 2, 3 & 4** pay at once the sum of only Euro **3495**
Level 1, 2, 3 & 4** pay at once the sum of only Euro **4395**

** *classes taken within max. 2 years*

*** *price changes reserved*

A typical daily schedule in Amsterdam

07.30 - 08.30 Do-in morning exercises
09.30 - 11.00 Class or workshop
11.15 - 12.45 Class or workshop
14.30 - 16.00 Class or workshop
16.30 - 18.00 Class or workshop

with time for breakfast, lunch and dinner

A typical daily schedule during the summer conference

07.00 - 08.00 Do-in morning exercises
09.00 - 10.30 Class or workshop
11.00 - 12.30 Class or workshop
14.00 - 15.30 Class or workshop
16.30 - 18.00 Class or workshop
20.00 - 21.30 Lecture
21.30 - 24.00 Ginger compress & Café de la Paix

What is The Art of Life School?

The Art of Life School is an intensive study program that is designed to teach the main aspects of a Macrobiotic Lifestyle. The classes, taught by experienced macrobiotic teachers, counselors and long time macrobiotic practitioners, cover the basic tools you need for successful

application of macrobiotic principles in your daily life, for you, your family and friends.

Each of the first 3 levels includes 12-14 days of intensive training (75-100 hours of intensive study), both theoretical and practical in the macrobiotic healing arts.

Teachings include cooking classes with demonstrations of various cooking methods and explanations about beneficial selection and combination of quality ingredients of the 17 food groups of the Ideal Food Pattern. Lectures include macrobiotic and eastern philosophy, macrobiotic diagnosis methods, and macrobiotic health care. Workshops include macrobiotic cooking, physical and spiritual exercises, Shiatsu massage, the application of the different diagnosis methods and natural gardening (seasonal). Completing the three levels will provide you with all the practical tools and knowledge you need for day to day application of macrobiotic principles, enabling you to grasp your true dreams and to realize your goals.

Who is the course designed for?

The Art of Life School is for anyone who wants to deepen and extend their macrobiotic experience and knowledge. Whether you want to learn more variety in cooking, study macrobiotic philosophy or improve your health, whether you cook for yourself or for your whole family, and whether you study for personal enrichment, or you want to develop a career in the field of macrobiotics, the Art of Life School provides you with the tools you need for personal and spiritual development.

About our students

We invite students from all over the world to come and study. Here you will meet very interesting people from many different backgrounds and countries. Behind each of them there is a fascinating story. Some students have a long time macrobiotic experience, and some are just beginning to discover macrobiotics. The age of our students ranges between 18 and 65. Because of our convenient location in the center of Europe, until now we have had students from Western and Eastern Europe, the Middle East, Asia, the Far East, North and South America, Australia and Africa.

The Ideal Macrobiotic Food Pattern

During all Levels you will learn with playful ease to use, combine and integrate the 17 different food groups, consisting of over 350 different products:

1. Whole cereals and cereal products
2. Leafy, fiberrich green vegetables
3. Round, soil vegetables
4. Root vegetables
5. Beand, peas and lentils, and bean products
6. Seavegetables
7. Pickles
8. Pressed salads
9. Condiments
10. Seasonings and fermented products
11. Oils and vinegars
12. Drinks for daily and medicinal use
13. Fruits and fruit products
14. Sweet and savory snacks
15. Seeds and nuts and their products
16. Natural sweeteners
17. Fish and fish products

The Art of Life School Teachers

***Active in the various aspects of macrobiotics:
Nutrition and health, body work, counseling, science and spirituality***

Adelbert and Wieke Nelissen, Nini Kossen, Horriah van Veen-Nelissen, Jasmijn Rijkhoff-Nelissen, Karel Becvar, Valentina Zabalza Benaran-Nelissen, Jarka Adamcova
Guest teachers: Alex Jack, Phillip Jannetta, Patricio Garcia de Paredes Jeanne van den Heuvel, Michio Kushi (tentative), and special guest instructors.

The Art of Cooking and Food Processing

Learn how to cook delicious, healthy and wholesome menus. The Art of Life School program offers you demonstration cooking classes. Each class has a specific topic. Level I offer more basic classes such as: soups, grains, beans, seaweed, and different vegetable cooking styles. In level II and III more advanced subjects like medicinal dishes, cooking for specific conditions (i.e. allergies or cancer) are introduced.

The Principles of Oriental Diagnosis

In these lively classes you will learn the basics of "how to see your health". We will teach you the integral theory based on the yin yang principle that originated with the ancient practice of Oriental Diagnosis. A person's physical features reveal his constitution and condition. What you can observe by seeing (as well as hearing, smelling, touching and feeling) is an expression of the inner constitution and condition of organs and tissues and of someone's past. We are the living books of our history. Understanding the principles of Oriental diagnosis you can start to read these 'books'. You will learn all about constitution and condition, ancestral influence, the meaning of the dates of conception and birth, the influence of the physical, social and cultural environment, the influence of the food that was eaten by the mother during pregnancy and the food that was eaten during the growing period. In workshops you will have a chance to practice your diagnostic skills with your fellow students. In shiatsu classes you will learn diagnosis by touching and application of acupressure.

Macrobiotic Health Care and Home Remedies

The macrobiotic health care classes have strong links to diagnosis and cooking classes. In macrobiotics, the understanding of health and sickness is different than that of western medicine. You will learn what good health is, what sickness is and how it is created. You will learn about the connection between your diet and your health condition. You will be able to see the dietary causes of illnesses, through understanding of yin and yang and the energetic quality of the food we take in. You will learn to see how we unknowingly create cancer, heart disease, allergies, asthma, arthritis and other conditions and how to change illness into good health. You will learn about the different dietary needs of man and woman, children and the elderly, what are the effects of vaccinations and medications.

Shiatsu Massage

Practical hands on classes in the ancient art of massage. Shiatsu (literally finger pressure) originated from the oldest human art of massage and means the manual channelling and harmonization of the Ki-life force. Like acupuncture, it involves stimulating and unblocking the invisible pathways which channel energy throughout the body: the meridians and chakra's. The body's energies can become blocked or stagnated through the accumulation of mucus, fats, or

toxins in the blood, organs, or joints. That is commonly experienced as stiffness or pain. Blockages are caused by dietary imbalances, a lack of proper activity, lifestyle habits and mental problems. They interfere with the flow of energy and contribute to illness. Shiatsu massage technique uses hands and fingertips and also the feet. The basic techniques are simple and can be learned in a few hours. With practice and study the student can develop his or her ability and make massage into a comprehensive and effective healing art. Shiatsu can be done at any time and at any place. It is effective to use on both children and adults.

Do-In Exercises

Every morning you are kindly invited to join the Do-in exercise class. Do-in is a combination of meridian stretching exercises, breathing exercises, Ki-energy exercises and self massage. It is a centuries old practice of exercise and self-massage that promotes rejuvenation and longevity. And it is a great way to start the day. After Do-in you will feel relaxed but energized, ready for whatever the day may bring and naturally hungry for a breakfast. It's better than coffee!

Palm Healing workshop

Our hands have the power to heal. From the beginning of history, humankind has used this natural ability. Everyone knows the power of touch. A friend or relative places a hand on our shoulder and immediately a feeling of reassurance flows through us.

A child cries, and we place a hand on her back to give a feeling of calm comfort. We do this even without thinking, instinctively using our healing ability. By following some simple rules and basic principles, you can learn to use this wonderful universal practice.

Philosophy and the Order of the Universe

Where do we come from and what is our destiny? What is life? What is the meaning of yin and yang? What is food? What is the meaning of life? Why is the sky blue and the grass green? What is the order in all that we experience? What is the connection between all visible and invisible phenomena? Why do we create war? What is peace? What is health? These and other questions are the subjects in the classes on macrobiotic philosophy. Your view of life may be fundamentally changed during these classes, as you start to develop a subtle understanding of these basic principles.

Macrobiotic theory is also very practical – you can apply it on anything at any given time, in order to solve problems, make decisions and understand the nature of your surrounding.

About the food

You will receive 3 nutritious and delicious macrobiotic meals per day. Only top quality foods are used: organic grains, beans, vegetables, fruits, seaweeds and other products, that are supplied freshly every day by Dëshima macrobiotic food store. The menus change around the year, using seasonal vegetables, and are balanced according to the seasons and the weather conditions.

A sample menu (spring/summer)

Breakfast

Miso soup

Soft cooked rice
Condiments & Pickles
Blanched broccoli flowers
Bread & Spreads

Lunch

Barley soup
Nori condiment
Blanched green vegetable salad with tahini dressing
Pickles

Dinner

Chickpea mochi soup
Rice with roasted sesame seeds
Carrot – apple – sauerkraut salad
Fruit kanten

A variety of snacks, desserts and sushis are available in Dëshima Freshop.

Accommodation

During your study in Amsterdam:

accommodation (limited availability) in 2-3 person rooms with shared toilet and shower. We can help you to find reasonably cheap accommodation with macrobiotic friends, or in a hotel. The center of Amsterdam is small, all walking or bicycling distance.

During the Summer Conference:

accommodation is in the 3star Conference Center Guldenberg. The Conference Center has 1, 2 or 3 person bedrooms with toilet, shower and TV.

Study-Training Program 2010 - 2011

For those who want to pursue a career in macrobiotics we offer a full-time Study-Training Program in which the Art of Life School and other studies are included, as well as practical experience in macrobiotic food production at the Dëshima natural food shop and lunch service, and the Kushi Institute office.

Ask our office for detailed information and prices.

Refunds

In case of cancellation, more than 2 weeks prior to a course, full refund is granted except for the (non-refundable) down payment. Less than two weeks prior to a course, or if interrupting a course, no refund is possible.

The Kushi Institute of Europe

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