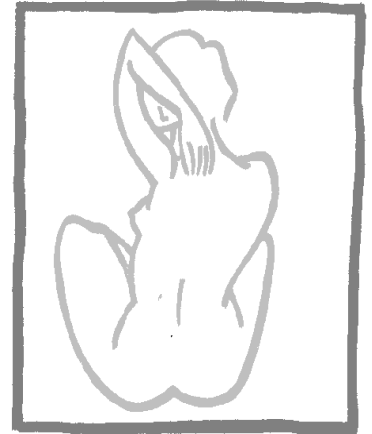


Women's Health Program

For natural health, beauty, vitality and well-being

*Allow yourself time for a healthy,
macrobiotic way of life.
Awake your own healing abilities!
After five days of personal attention
in a friendly atmosphere, you will feel reborn!*

with Adelbert & Wieke Nelissen



November 3 - 7 2010

Lectures will focus on your personal health questions. You will learn how to prepare delicious and healing dishes, snacks and drinks. Shiatsu massage and ginger compress will be available. With arrival on this study week, we will give you a list of subjects on which you can mark your interests.

The various conditions which can be discussed include

- The macrobiotic diet for women's physical, emotional and spiritual health
- The macrobiotic approach to cancer and cysts in breasts and reproductive organs
- Hormonal balance, menopause and osteoporosis
- Allergies, candida and digestive disorders
- Natural weight
- Hypoglycemia
- Premenstrual syndrome (PMS) and other disorders
- Varicose veins, cellulite and skin problems
- Stress and lack of energy
- Men, women and sexuality
- Questions and Answers

Costs: Euro 475

from Saturday 5.00 pm till Wednesday 5 pm

2nd person 10% discount; 25% discount for the Art of Life School students

Place: The Kushi Institute of Europe, Amsterdam

Classes are English spoken.

Prices include: classes, study material, 3 hot meals per day, accommodation free (limited) in 2-3 person bedroom.

Your registration is final after receiving your non refundable down payment of Euro 100.

A comprehensive five days program

The Women's Health and Vitality Program offers a dynamic approach to women's health and beauty from a traditional macrobiotic and contemporary holistic perspective. Modern science and medicine are increasingly documenting the importance of a balanced diet centered on whole foods and living in harmony with nature as the keys to health and happiness, and longevity.

This program is designed to make women aware of the tremendous benefits that a macrobiotic way of life can offer to preventing and relieving diseases and awakening to their own healing ability.

Many women have already successfully overcome similar problems and developed confidence in knowing that they can enhance and maintain their health naturally. They have become conscious of the choices available to them, and they have taken responsibility for the future health and happiness of themselves and their families, contributing to self-realization and fulfillment at many levels.

Nowadays, modern women seem to be freer because of the industrialization of the food industry, but the price they pay for consuming this diet is a loss of grip on their own health and the health of their families. Fast food is a fast ticket to medicalization.

For a fresh, new start, join these magic study days. Through the classes and workshops, eating together and getting to know one another you will gain a wealth of practical information and insight that you can immediately begin to apply at home.

Do-in early morning 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!

Lectures

This program will be devoted to a clear, practical explanation of the Macrobiotic way of life and food pattern with an accent on your own personal experience and health questions. There will be time for questions and answers to answer your personal interests, including relationships, family and career.

Cooking classes

Daily cooking classes will show you how to prepare everyday meals that are balanced and delicious, as well as how to create medicinal dishes and drinks. Since women today have often little time to balance cooking with their busy lifestyles, the classes will include tips and suggestions on how to prepare an appealing meal quickly and without stress. These sessions will include time for your personal questions on health and beauty.

Personal Health & Life Style Consultation session

During the course you can sign up for a personal macrobiotic dietary and lifestyle advice with Wieke or Adelbert Nelissen. A Shiatsu massage or Hot Stone massage session may be possible to book as well.

Sample Daily program

8:00 – 9:00	Do-In Exercises or Nordic walking for Women
9:00 – 10:00	Breakfast
10:00 – 12:30	Lecture - How to Release Stress & Fatigue
12:30 – 13:30	Lunch
15:00 – 15:30	Teatime
15:30 – 18:00	Cooking Class - Cooking for Vitality
18:00 – 19:00	Dinner
20:00 – 21:00	Ginger Compress workshop

About the meals

As a student, you will receive three nutritious and delicious macrobiotic meals including dessert every day. We are using only top quality, organic grains, beans, vegetables, fruit, seaweed and other products, that are supplied freshly every day directly by Deshima – our own macrobiotic food store. In our meals you will find a balanced food combination that are promoting health, tasty, delicious, beautiful and never boring. Our menu changes around the year because we use seasonal vegetables, and we balance our menus according to the time of year and climate conditions.

Accommodation

The free accommodations of limited availability are 2-3 person rooms of comfortable surroundings with our staff and students. Otherwise, we can help you to find reasonably cheap lodging with our friends, or in a hotel. The available places are easily reached by walking or by public transportation.

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.

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