

LECTURE		COOKING CLASS		WORKSHOP		SPECIAL EVENT & ENTERTAINMENT		DISCUSSION AND PANEL		ART OF LIFE SCHOOL LEVEL I, II, III	
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	
<b>SUNDAY</b> July 24		<i>Legenda Art of Life School: C - Cooking Class L - Lecture OU - Order of the Universe</i>		<i>WS - Workshops or Demonstration D - Diagnosis S - Shiatsu H - Macrobiotic Health Care</i>		With free time for classes of the Summer Conference Program		WELCOME & REGISTRATION		INTRODUCTION EVENING	
<b>MONDAY</b> July 25		BREAKFAST 8.00-9.00 AM		TEABREAK 10.30-11.00 AM		LUNCH 12.30-2.00 PM		DINNER 6.00-8.00 PM		CAFÉ de la PAIX	
AL-III	Do-In Exercises Adelbert Nelissen	ALI	C <sub>1</sub> - Introduction to Macrobiotic Cooking Wieke Nelissen	ALI	D <sub>1</sub> - The Way and Meaning of Visual Diagnosis Adelbert Nelissen	ALI	S <sub>1</sub> - Introduction to Shiatsu Massage Nini Kossen	AL-III	WS <sub>1</sub> - Menu Planning & Dinner Cooking Horriah Nelissen	Panel Discussion: The Best Prevention for Radiation Adelbert Nelissen Phillip Jannetta Alex Jack Patricio Garcia de Paredes	
	Aikido Jos Kops	AL-II	OU <sub>1</sub> - What is Macrobiotics Jasmijn Nelissen	AL-II	C <sub>1</sub> - Medicinal Drinks Tomoko Amano	AL-II	H <sub>1</sub> -The Study of Blood and Circulation Phillip Jannetta		C - Cooking with Miso Jeanne van den Heuvel	Ginger Compress*	
	Yoga Ryan Shiotani	AL-III	S <sub>1</sub> - Back Position Techniques and Yü Points Nini Kossen	AL-III	OU <sub>1</sub> - Personal and Universal Macrobiotics Alex Jack	AL-III	C <sub>1</sub> - Cooking for Bones and Nervous Disorders Patricio Garcia de Paredes		L - Vanishing Nutrients Alex Jack	CAFÉ de la PAIX	
	Alexander Technique Ayumi Matsuda								WS - Learn to Fall Painless and Fearless Jeanne van den Heuvel		
<b>TUESDAY</b> July 26		BREAKFAST 8.00-9.00 AM		TEABREAK 10.30-11.00 AM		LUNCH 12.30-2.00 PM		DINNER 6.00-8.00 PM		CAFÉ de la PAIX	
AL-III	Do-In Exercises Valentina Nelissen	ALI	OU <sub>1</sub> - Introduction to Macrobiotics Jasmijn Nelissen	ALI	H <sub>1</sub> - Origin of the Standard Macrobiotic Diet & Ideal Food Pattern Alex Jack	ALI	S <sub>2</sub> - Massage of the Head, Neck and Shoulders Nini Kossen	AL-II	WS <sub>2</sub> - Menu Planning & Dinner Cooking Karin Baank	Power Point Presentation: The Wonderful World of Wild Mushrooms Rob Chrispijn	
	Aikido Jos Kops	AL-II	D <sub>1</sub> - Study of the Feet, Hands and Nails Phillip Jannetta	AL-II	H <sub>2</sub> - The Physiology of the Digestive System Adelbert Nelissen	AL-II	OU <sub>2</sub> - Yin Yang Classifications David McCarthy		C - Let's Enjoy Pasta! Patricio Garcia de Paredes	Ginger Compress*	
	Yoga Ryan Shiotani	AL-III	C <sub>2</sub> - Cooking According to the Five Transformations Patricio Garcia de Paredes	AL-III	S <sub>2</sub> - Face, Neck, Shoulders Massage Techniques Jarka Adamcova	AL-III	D <sub>1</sub> - Diagnosis of the Total Environment Adelbert Nelissen		L - Recovery from Radiation and Chemotherapy Jeanne van den Heuvel	CAFÉ de la PAIX	
	Nordic Walking Jarka Adamcova								WS - Palm Healing 1 Phillip Jannetta		
<b>WEDNESDAY</b> July 27		BREAKFAST 8.00-9.00 AM		TEABREAK 10.30-11.00 AM		LUNCH 12.30-2.00 PM		DINNER 6.00-8.00 PM		CAFÉ de la PAIX	
AL-III	Do-In Exercises Jarka Adamcova	ALI	C <sub>2</sub> - Various Cutting and Cooking Styles Wieke Nelissen	ALI	H <sub>2</sub> - The Seven Conditions of Health David McCarthy	ALI	H <sub>3</sub> - The Seven Stages of Illnesses Related to Food Alex Jack	ALI	WS - Macrobiotic Kitchen Design & Kitchen Tools Jarka Adamcova	L - Alzheimer's Brain Secrets Adelbert Nelissen	
	Aikido Jos Kops	AL-II	S <sub>1</sub> - Diagnosis and Massage of Yü Points Nini Kossen	AL-II	C <sub>2</sub> - Medicinal Use of Pickles & Condiments Patricio Garcia de Paredes	AL-II	D <sub>2</sub> - Diagnosis of the Facial Openings 1 Patricio Garcia De Paredes		WS - Macrobiotic Kitchen Design & Kitchen Tools Jarka Adamcova	Ginger Compress*	
	Yoga Ryan Shiotani	AL-III	OU <sub>2</sub> - The Crossroad of Humanity Alex Jack	AL-III	H <sub>1</sub> - Digestive Disorders Adelbert Nelissen	AL-III	D <sub>2</sub> - Diagnosis of Our Ancestors Jeanne van den Heuvel		WS - Body Alignment Ryan Shiotani	CAFÉ de la PAIX	
	Alexander Technique Ayumi Matsuda								L - Traveling with Macrobiotic Food Jasmijn Nelissen		
<b>THURSDAY</b> July 28		BREAKFAST 8.00-9.00 AM		TEABREAK 10.30-11.00 AM		LUNCH 12.30-2.00 PM		DINNER 6.00-8.00 PM		CAFÉ de la PAIX	
AL-III	Do-In Exercises Valentina Nelissen	ALI	D <sub>2</sub> - The Constitution of Man and Woman Jeanne van den Heuvel	ALI	OU <sub>2</sub> - How to Eat According to Our Evolution Adelbert Nelissen	ALI	C <sub>3</sub> - Rice and Other Cereal Dishes Horriah Nelissen	AL-III	WS <sub>2</sub> - Menu Planning & Dinner Cooking Horriah Nelissen	L - The Turning Point 2011 - 2013 Alex Jack	
	Aikido Jos Kops	AL-II	S <sub>2</sub> - Diagnosis and Massage of Boh Points Nini Kossen	AL-II	OU <sub>3</sub> - The Spiral of Life Alex Jack	AL-II	D <sub>3</sub> - Diagnosis of the Facial Openings 2 Patricio Garcia de Paredes		C - Healing Soups Patricio Garcia de Paredes	Ginger Compress*	
	Yoga Ryan Shiotani	AL-III	OU <sub>3</sub> - Learning from Difficulties Patricio Garcia de Paredes	AL-III	D <sub>3</sub> - Diagnosis of Expressions Phillip Jannetta	AL-III	H <sub>2</sub> - Circulatory and Blood Disorders Phillip Jannetta		WS - Beginning Aikido 2 Jos Kops	CAFÉ de la PAIX	
	Nordic Walking Jarka Adamcova								WS - The Most Efficient Way of Ginger Compress Jarka Adamcova		
<b>FRIDAY</b> July 29		BREAKFAST 8.00-9.00 AM		TEABREAK 10.30-11.00 AM		LUNCH 12.30-2.00 PM		DINNER 6.00-8.00 PM		CAFÉ de la PAIX	
AL-III	Do-In Exercises Nini Kossen	ALI	OU <sub>3</sub> - The Order of the Unifying Principles Jeanne van den Heuvel	ALI	D <sub>3</sub> - Diagnosis of the Face Adelbert Nelissen	ALI	S <sub>3</sub> - Introduction to Back & Belly Massage Petronella van der Hallen	ALI	WS <sub>2</sub> - Menu Planning & Dinner Cooking Karin Baank	8-8.30pm Power Point Presentation: Kushi Institute Activities in Amsterdam	
	Aikido Jos Kops	AL-II	C <sub>3</sub> - Cooking for Cravings Wieke Nelissen	AL-II	S <sub>3</sub> - Lower Back Disorders Nini Kossen	AL-II	H <sub>3</sub> - Study of the Lymphatic System Phillip Jannetta		WS - 'Creative' Rice Balls Tomoko Amano	Ginger Compress*	
	Yoga Ryan Shiotani	AL-III	S <sub>3</sub> - 'Kyo' and 'Jitsu' Massage Nini Kossen	AL-III	C <sub>3</sub> - Cooking for Better Digestion and Breathing Patricio Garcia de Paredes	AL-III	H <sub>3</sub> - Eye & Ear Diseases Adelbert Nelissen		L - Preventing & Healing Cancer David McCarthy	CAFÉ de la PAIX	
	Alexander Technique Ayumi Matsuda								WS - The Art of Origami Horriah Nelissen		

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Program changes reserved															
<b>SATURDAY</b>		<b>OUTDOOR ACTIVITIES</b>		<b>* Walks &amp; Cycling</b>		<b>* Den Bosch City Tour</b>		<b>WELCOME &amp; REGISTRATION</b> new arrivals		<b>9.00-10.00 pm</b> Deshima Trio Classical Concert		<b>Ginger Compress*</b>			
July 30				<b>* Luna Park "Efteling"</b>		<b>* Sight Seeing Amsterdam</b>				<b>CAFÉ de la PAIX</b>					
Do-In Exercises Valentina Nelissen		<b>OU<sub>4</sub>- How to Eat According to Climates and Seasons</b> Jasmijn Nelissen		<b>S<sub>5</sub>- Massage of the Shoulders, Arms and Hands</b> Karel Becvar		<b>D<sub>4</sub>- Diagnosis of Posture, Breathing &amp; Movement</b> Adelbert Nelissen		WS2 - The Making of Condiments Petronella van der Hallen		<b>L - The Spiritual Meaning of Food</b> Adelbert Nelissen		<b>Ginger Compress*</b>			
Aikido Jos Kops		<b>H<sub>4</sub>- Study of the Endocrine System</b> Phillip Jannetta		<b>OU<sub>4</sub>- The Seven Levels of Consciousness</b> Adelbert Nelissen		<b>S<sub>4</sub>- Techniques of Barefoot Shiatsu</b> Jarka Adamcova		C - Wrap Your Food! Horriah Nelissen		<b>L - Personal Alchemy</b> Phillip Jannetta		<b>CAFÉ de la PAIX</b>			
Yoga Ryan Shiotani		<b>C<sub>4</sub>- Cooking for Hormonal Balance</b> Jeanne van den Heuvel		<b>H<sub>4</sub>- Hormonal &amp; Lymphatic Disorders</b> Alex Jack		<b>H<sub>5</sub>- Nervous System and Sexual Disorders</b> Patricio Garcia de Paredes		WS - Tango Saloon Winnifred-Sanae Schrijver		<b>WS<sub>5</sub>- Menu Planning &amp; Dinner Cooking</b> Karin Baank		<b>L - Living in Japan Today</b> Patricio Garcia De Paredes		<b>Ginger Compress*</b>	
Nordic Walking Jarka Adamcova										<b>C - Cooking for Mind and Spiritual Development</b> Patricio Garcia de Paredes		<b>L - Vaccination &amp; Natural Immunity</b> Horriah Nelissen		<b>CAFÉ de la PAIX</b>	
<b>SUNDAY</b>		<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>					
July 31															
Do-In Exercises Nini Kossen		<b>D<sub>5</sub>- Diagnosis of Meridian Points</b> Nini Kossen		<b>C<sub>5</sub>- Beans, Bean Products &amp; Sea Vegetables</b> Horriah Nelissen		<b>H<sub>4</sub>- The Effects of Extreme Food</b> Phillip Jannetta		<b>OU<sub>6</sub>- Introduction to 5 Transformations</b> Alex Jack		<b>WS<sub>5</sub>- Menu Planning &amp; Dinner Cooking</b> Karin Baank		<b>L - Living in Japan Today</b> Patricio Garcia De Paredes		<b>Ginger Compress*</b>	
T'ai Chi Chuan Bob Carter		<b>C<sub>4</sub>- Discharging Soups &amp; Dishes</b> Wieke Nelissen		<b>OU<sub>5</sub>- Modern, Traditional &amp; Macrobiotic Education</b> Jasmijn Nelissen		<b>OU<sub>6</sub>- Introduction to 5 Transformations</b> Alex Jack		<b>OU<sub>5</sub>- Introduction to Nine Star Ki</b> Adelbert Nelissen		<b>C - Nourishing Summer Salads</b> Horriah Nelissen		<b>L - Nine Star Ki Games</b> Adelbert Nelissen		<b>Ginger Compress*</b>	
Yoga Ryan Shiotani		<b>OU<sub>4</sub>- Credo and Non-Credo</b> Alex Jack		<b>D<sub>4</sub>- Diagnosis with all Senses</b> Jeanne van den Heuvel		<b>OU<sub>5</sub>- How to Eat According to Personal Circumstances</b> Alex Jack		<b>OU<sub>5</sub>- How to Eat According to Personal Circumstances</b> Alex Jack		<b>WS - Beginning Aikido 1</b> Jos Kops		<b>L - Nine Star Ki Games</b> Adelbert Nelissen		<b>CAFÉ de la PAIX</b>	
Aikido Jos Kops										<b>WS - Tango Saloon</b> Winnifred-Sanae Schrijver		<b>L - Nine Star Ki Games</b> Adelbert Nelissen		<b>CAFÉ de la PAIX</b>	
<b>MONDAY</b>		<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>					
August 1															
Do-In Exercises Valentina Nelissen		<b>C<sub>5</sub>- Cooking &amp; Cutting Styles for Vegetables</b> Tomoko Amano		<b>S<sub>5</sub>- Massage of the Hips, Legs and Feet</b> Jarka Adamcova		<b>S<sub>5</sub>- Shiatsu of Arms and Legs</b> Nini Kossen		<b>WS<sub>5</sub>- Menu Planning &amp; Dinner Cooking</b> Karin Baank		<b>C - Wild Herb Festival</b> Adelbert Nelissen		<b>8-8.30pm</b> Power Point Presentation: Kushi Institute Activities in Amsterdam		<b>Ginger Compress*</b>	
T'ai Chi Chuan Bob Carter		<b>D<sub>4</sub>- Diagnosis of the Skin and Hair</b> Alex Jack		<b>C<sub>5</sub>- Relaxing Soups &amp; Dishes</b> Horriah Nelissen		<b>S<sub>5</sub>- Shiatsu of Arms and Legs</b> Nini Kossen		<b>C - Nourishing Summer Salads</b> Horriah Nelissen		<b>WS - Beginning Aikido 1</b> Jos Kops		<b>8.30-10pm</b> Panel Discussion: Macrobiotics in Daily Life Travelling Job Schools Vaccination Friends & Family		<b>CAFÉ de la PAIX</b>	
Yoga Ryan Shiotani		<b>S<sub>4</sub>- Corrective Exercises &amp; Dynamic Shiatsu</b> Nini Kossen		<b>H<sub>6</sub>- Macrobiotic Pregnancy, Delivery and Childcare</b> Jasmijn Nelissen		<b>D<sub>5</sub>- Diagnosis in Personal Interviews</b> Phillip Jannetta		<b>WS - Chinese Water Color Painting</b> Winnifred-Sanae Schrijver		<b>WS - Healing Qi Gong Movements</b> Bob Carter		<b>CAFÉ de la PAIX</b>			
Nordic Walking Adelbert Nelissen										<b>WS - Tango Saloon</b> Winnifred-Sanae Schrijver		<b>CAFÉ de la PAIX</b>			
<b>TUESDAY</b>		<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>					
August 2															
Do-In Exercises Jarka Adamcova		<b>D<sub>6</sub>- Applied Visual Diagnosis</b> Phillip Jannetta		<b>C<sub>6</sub>- Light Snacks and Lunchboxes</b> Horriah Nelissen		<b>H<sub>5</sub>- Question &amp; Answer</b> Adelbert Nelissen		<b>WS<sub>5</sub>- Menu Planning &amp; Dinner Cooking</b> Petronella van der Hallen		<b>WS<sub>5</sub>- Menu Planning &amp; Dinner Cooking</b> Karin Baank		<b>L - Living in Japan Today</b> Patricio Garcia De Paredes		<b>Ginger Compress*</b>	
T'ai Chi Chuan Bob Carter		<b>S<sub>6</sub>- Whole Body Massage for Personal Condition</b> Nini Kossen		<b>H<sub>5</sub>- Study of the Nervous System</b> Phillip Jannetta		<b>D<sub>5</sub>- Study of Astrological Characters</b> Alex Jack		<b>C - Wild Herb Festival</b> Adelbert Nelissen		<b>WS - Beginning Aikido 1</b> Jos Kops		<b>L - Living in Japan Today</b> Patricio Garcia De Paredes		<b>CAFÉ de la PAIX</b>	
Yoga Ryan Shiotani		<b>C<sub>5</sub>- Corrective Exercises &amp; Dynamic Shiatsu</b> Nini Kossen		<b>H<sub>6</sub>- Macrobiotic Pregnancy, Delivery and Childcare</b> Jasmijn Nelissen		<b>D<sub>5</sub>- Study of Astrological Characters</b> Alex Jack		<b>WS - Chinese Water Color Painting</b> Winnifred-Sanae Schrijver		<b>WS - Tango Saloon</b> Winnifred-Sanae Schrijver		<b>L - Living in Japan Today</b> Patricio Garcia De Paredes		<b>CAFÉ de la PAIX</b>	
Aikido Jos Kops										<b>WS - Tango Saloon</b> Winnifred-Sanae Schrijver		<b>L - Living in Japan Today</b> Patricio Garcia De Paredes		<b>CAFÉ de la PAIX</b>	
<b>WEDNESDAY</b>		<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>					
August 3															
Do-In Exercises Valentina Nelissen		<b>OU<sub>6</sub>- Practice of Macrobiotics in Daily Life</b> Phillip Jannetta		<b>S<sub>6</sub>- Whole Body Shiatsu Massage</b> Nini Kossen		<b>H<sub>6</sub>- Evaluation of Each Personal Health Conditions</b> Alex Jack		<b>WS<sub>5</sub>- Menu Planning &amp; Dinner Cooking</b> Petronella van der Hallen		<b>WS - Songs from All Over the World</b> Horriah Nelissen		<b>L - Living in Japan Today</b> Patricio Garcia De Paredes		<b>Ginger Compress*</b>	
T'ai Chi Chuan Bob Carter		<b>C<sub>6</sub>- Strengthening Soups and Dishes</b> Jeanne van den Heuvel		<b>H<sub>6</sub>- Study of Emotional and Psychological Disorders</b> Phillip Jannetta		<b>D<sub>6</sub>- Study of the Different Energy Points</b> Adelbert Nelissen		<b>C - Wild Herb Festival</b> Adelbert Nelissen		<b>WS - New, Dynamic Forms of Qi Gong</b> Bob Carter		<b>L - Living in Japan Today</b> Patricio Garcia De Paredes		<b>CAFÉ de la PAIX</b>	
Yoga Ryan Shiotani		<b>S<sub>6</sub>- Whole Body Massage for Personal Condition</b> Nini Kossen		<b>C<sub>6</sub>- Light Snacks and Lunchboxes</b> Horriah Nelissen		<b>D<sub>6</sub>- Psychological Diagnosis</b> Jeanne van den Heuvel		<b>WS - Chinese Water Color Painting</b> Winnifred-Sanae Schrijver		<b>WS - Colorful Sushi Making</b> Tomoko Amano & Karin Baank		<b>L - Living in Japan Today</b> Patricio Garcia De Paredes		<b>CAFÉ de la PAIX</b>	
Nordic Walking Jarka Adamcova										<b>WS - Tango Saloon</b> Winnifred-Sanae Schrijver		<b>L - Living in Japan Today</b> Patricio Garcia De Paredes		<b>CAFÉ de la PAIX</b>	
<b>THURSDAY</b>		<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>					
August 4															
Do-In Exercises & Mantra's Adelbert Nelissen		<b>OU<sub>6</sub>- Practice of Macrobiotics in Daily Life</b> Phillip Jannetta		<b>S<sub>6</sub>- Whole Body Shiatsu Massage</b> Nini Kossen		<b>H<sub>6</sub>- Evaluation of Each Personal Health Conditions</b> Alex Jack		<b>WS<sub>5</sub>- Menu Planning &amp; Dinner Cooking</b> Petronella van der Hallen		<b>WS - Songs from All Over the World</b> Horriah Nelissen		<b>L - Living in Japan Today</b> Patricio Garcia De Paredes		<b>Ginger Compress*</b>	
T'ai Chi Chuan Bob Carter		<b>C<sub>6</sub>- Strengthening Soups and Dishes</b> Jeanne van den Heuvel		<b>H<sub>6</sub>- Study of Emotional and Psychological Disorders</b> Phillip Jannetta		<b>D<sub>6</sub>- Study of the Different Energy Points</b> Adelbert Nelissen		<b>C - Wild Herb Festival</b> Adelbert Nelissen		<b>WS - New, Dynamic Forms of Qi Gong</b> Bob Carter		<b>L - Living in Japan Today</b> Patricio Garcia De Paredes		<b>CAFÉ de la PAIX</b>	
Yoga Ryan Shiotani		<b>S<sub>6</sub>- Whole Body Massage for Personal Condition</b> Nini Kossen		<b>C<sub>6</sub>- Light Snacks and Lunchboxes</b> Horriah Nelissen		<b>D<sub>6</sub>- Psychological Diagnosis</b> Jeanne van den Heuvel		<b>WS - Chinese Water Color Painting</b> Winnifred-Sanae Schrijver		<b>WS - Colorful Sushi Making</b> Tomoko Amano & Karin Baank		<b>L - Living in Japan Today</b> Patricio Garcia De Paredes		<b>CAFÉ de la PAIX</b>	
Aikido Jos Kops										<b>WS - Tango Saloon</b> Winnifred-Sanae Schrijver		<b>L - Living in Japan Today</b> Patricio Garcia De Paredes		<b>CAFÉ de la PAIX</b>	
<b>FRIDAY</b>		<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>					
August 5															
7.00-8.00 AM BREAKFAST		FAREWELL & DEPARTURE										<b>GREAT TALENT SHOW &amp; PARTY</b>			

• Reception open daily: 8.15 - 9.00 am / 12.30 - 2.00 pm / 6.00 - 7.45 pm  
\* Ginger Compress: for costs & reservation visit our reception

• Café de la Paix open daily: 10.00 am - 12.00 pm  
• Deshima Shop open daily: 10.00 am - 7.45 pm