

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>SUNDAY July 24</p>															
WELCOME & REGISTRATION						WELCOME & REGISTRATION									
<p>MONDAY July 25</p>		Do-In Exercises <i>Adelbert Nelissen</i>		C – Tofu in Many Varieties <i>Horriah Nelissen</i>		WS – Shiatsu to Release Stress and Fatigue <i>Jarka Adamcova</i>		L – Healthy Skin Care <i>David McCarthy</i>		C – Cooking with Miso <i>Jeanne van den Heuvel</i>		<p>Panel Discussion: The Best Prevention for Radiation <i>Adelbert Nelissen Phillip Jannetta Alex Jack Patricio Garcia de Paredes</i></p>	CAFÉ de la PAIX		
		Aikido <i>Jos Kops</i>		L – The Magic and Mystery of Food <i>Phillip Jannetta</i>		C – Bringing Magic into Your Kitchen <i>Sheri-Lynn DeMaris</i>		WS – Dynamic Yoga <i>Ryan Shiotani</i>		L – Vanishing Nutrients <i>Alex Jack</i>			Ginger Compress*		
		Yoga <i>Ryan Shiotani</i>		<p>BREAKFAST 8.00-9.00 AM</p>		<p>TEABREAK 10.30-11.00 AM</p>		<p>LUNCH 12.30-2.00 PM</p>		<p>TEABREAK 3.30-4.30 PM</p>			<p>DINNER 6.00-8.00 PM</p>		CAFÉ de la PAIX
		Alexander Technique <i>Ayumi Matsuda</i>													CAFÉ de la PAIX
<p>TUESDAY July 26</p>		Do-In Exercises <i>Valentina Nelissen</i>		C – Daikon Dishes for Discharging <i>Wieke Nelissen</i>		C – Oriental Seitan Dishes <i>Tomoko Amano</i>		C – Cooking for Pure Skin <i>Horriah Nelissen</i>		C – Let's Enjoy Pasta! <i>Patricio Garcia de Paredes</i>		<p>Power Point Presentation: The Wonderful World of Wild Mushrooms <i>Rob Chrispijn</i></p>	Ginger Compress*		
		Aikido <i>Jos Kops</i>		L – Cool Fusion <i>Alex Jack</i>		WS – Beginning Aikido 1 <i>Jos Kops</i>		L – Healthy Heart, Vibrant Spirit <i>Phillip Jannetta</i>		L – Recovery from Radiation and Chemotherapy <i>Jeanne van den Heuvel</i>			CAFÉ de la PAIX		
		Yoga <i>Ryan Shiotani</i>		<p>BREAKFAST 8.00-9.00 AM</p>		<p>TEABREAK 10.30-11.00 AM</p>		<p>LUNCH 12.30-2.00 PM</p>		<p>TEABREAK 3.30-4.30 PM</p>			<p>DINNER 6.00-8.00 PM</p>		CAFÉ de la PAIX
		Nordic Walking <i>Jarka Adamcova</i>													CAFÉ de la PAIX
<p>WEDNESDAY July 27</p>		Do-In Exercises <i>Jarka Adamcova</i>		C – Basic Cooking for Total Health 1 <i>Petronella van der Hallen</i>		C – Lighten up – Refreshing Soups and Salads for the Summertime! <i>Sheri-Lynn DeMaris</i>		C – Chinese Dim Sum <i>Horriah Nelissen</i>		WS – Macrobiotic Kitchen Design & Kitchen Tools <i>Jarka Adamcova</i>		<p>L – Alzheimer's Brain Secrets <i>Adelbert Nelissen</i></p>	Ginger Compress*		
		Aikido <i>Jos Kops</i>		WS – Songs from All Over The World <i>Horriah Nelissen</i>		WS – Palm Healing 2 <i>Phillip Jannetta</i>		L – Healthy Bones & Joints <i>Phillip Jannetta</i>		WS - Body Alignment <i>Ryan Shiotani</i>			CAFÉ de la PAIX		
		Yoga <i>Ryan Shiotani</i>		<p>BREAKFAST 8.00-9.00 AM</p>		<p>TEABREAK 10.30-11.00 AM</p>		<p>LUNCH 12.30-2.00 PM</p>		<p>TEABREAK 3.30-4.30 PM</p>			<p>DINNER 6.00-8.00 PM</p>		CAFÉ de la PAIX
		Alexander Technique <i>Ayumi Matsuda</i>													CAFÉ de la PAIX
<p>THURSDAY July 28</p>		Do-In Exercises <i>Valentina Nelissen</i>		C – One Person Meals <i>Wieke Nelissen</i>		C – Seaweed Delights <i>Tomoko Amano</i>		L – A Dietary Approach to Diabetes 1 & 2 <i>Adelbert Nelissen</i>		C – Healing Soups <i>Patricio Garcia de Paredes</i>		<p>L – The Turning Point 2011 – 2013 <i>Alex Jack</i></p>	Ginger Compress*		
		Aikido <i>Jos Kops</i>		L – The Hidden Facts of Medication <i>David McCarthy</i>		WS – Alexander Technique for Everyone <i>Ayumi Matsuda</i>		WS – Shiatsu for Women <i>Nini Kossen</i>		WS – Beginning Aikido 2 <i>Jos Kops</i>			CAFÉ de la PAIX		
		Yoga <i>Ryan Shiotani</i>		<p>BREAKFAST 8.00-9.00 AM</p>		<p>TEABREAK 10.30-11.00 AM</p>		<p>LUNCH 12.30-2.00 PM</p>		<p>TEABREAK 3.30-4.30 PM</p>			<p>DINNER 6.00-8.00 PM</p>		CAFÉ de la PAIX
		Nordic Walking <i>Jarka Adamcova</i>													CAFÉ de la PAIX
<p>FRIDAY July 29</p>		Do-In Exercises <i>Nini Kossen</i>		C – International Bean Dishes <i>Horriah Nelissen</i>		C – Cooking for Diabetes <i>Jeanne van den Heuvel</i>		C – Quick and Easy Sweets <i>Patricio Garcia de Paredes</i>		WS – 'Creative' Rice Balls <i>Tomoko Amano</i>		<p>8-8.30pm Power Point Presentation: Kushi Institute Activities in Amsterdam</p>	Ginger Compress*		
		Aikido <i>Jos Kops</i>		L – Whole Grain and Human Evolution <i>Alex Jack</i>		WS – Beginning Aikido 3 <i>Jos Kops</i>		WS – Dynamic Yoga <i>Ryan Shiotani</i>		L – Preventing & Healing Cancer <i>David McCarthy</i>			CAFÉ de la PAIX		
		Yoga <i>Ryan Shiotani</i>		<p>BREAKFAST 8.00-9.00 AM</p>		<p>TEABREAK 10.30-11.00 AM</p>		<p>LUNCH 12.30-2.00 PM</p>		<p>TEABREAK 3.30-4.30 PM</p>			<p>DINNER 6.00-8.00 PM</p>		CAFÉ de la PAIX
		Alexander Technique <i>Ayumi Matsuda</i>													CAFÉ de la PAIX

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SATURDAY July 30	Do-In Exercises	OUTDOOR ACTIVITIES		* Walks & Cycling * Luna Park "Efteling" * Sports & Games		* Den Bosch City Tour * Sight Seeing Amsterdam * And much more...		WELCOME & REGISTRATION new arrivals		9.00-10.00 pm Deshima Trio Classical Concert		Ginger Compress* CAFÉ de la PAIX	
	Aikido												
	Yoga												
	Nordic Walking												
SUNDAY July 31	Do-In Exercises	C - Delicious Tempeh Dishes		C - Delightful Sea Vegetables		C - The Making of Sourdough Bread		C - Wrap Your Food!		L - The Spiritual Meaning of Food		Ginger Compress* CAFÉ de la PAIX	
	T'ai Chi Chuan												
	Yoga												
	Aikido												
MONDAY August 1	Do-In Exercises	C - Basic Cooking for Total Health 2		C - Deep Fried Treats		L - Eating in Different Climate Zones & How to Adjust		C - Cooking for Mind and Spiritual Development		L - Living in Japan Today		Ginger Compress* CAFÉ de la PAIX	
	T'ai Chi Chuan												
	Yoga												
	Nordic Walking												
TUESDAY August 2	Do-In Exercises	C - Cooking for Gluten and Other Allergies		L - Stress and Fatigue Program 1		L - Stress and Fatigue Program 2		C - Nourishing Summer Salads		L - Nine Star Ki Games		Ginger Compress* CAFÉ de la PAIX	
	T'ai Chi Chuan												
	Yoga												
	Aikido												
WEDNESDAY August 3	Do-In Exercises	C - Beat the Sugar Blues		C - International Famous Fish Dishes		C - Japanese Pickles and Fermented Foods		C - Wild Herb Festival		8-8.30pm Power Point Presentation: Kushi Institute Activities in Amsterdam		Ginger Compress* CAFÉ de la PAIX	
	T'ai Chi Chuan												
	Yoga												
	Nordic Walking												
THURSDAY August 4	Do-In Exercises & Mantra's	C - The Art of Making Miso Soups		C - New Noodle Dishes		C - The Magic of Macrobiotic Home Remedies		WS - Songs from All Over the World		8.30-10pm Panel Discussion: Macrobiotics in Daily Life Travelling Job Schools Vaccination Friends & Family		GREAT TALENT SHOW & PARTY	
	T'ai Chi Chuan												
	Yoga												
	Aikido												
FRIDAY August 5	7.00-8.00 AM BREAKFAST	FAREWELL & DEPARTURE		<ul style="list-style-type: none"> • 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 		<ul style="list-style-type: none"> • Café de la Paix open daily: 10.00 am - 12.00 pm • Deshima Shop open daily: 10.00 am - 7.45 pm 							