

		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	14.30-16.00 PM AFTERNOON SESSION I	16.30-18.00 PM AFTERNOON SESSION II	20.00-21.30 PM EVENING SESSION	21.30-24.00 PM EVENING SESSION				
Sunday July 29		Legenda Art of Life School: C - Cooking Class L - Lecture WS - Workshop or Demonstration OU - Order of the Universe D - Diagnosis S - Shiatsu H - Macrobiotic Health Care PPP - Powerpoint Presentation <i>With free time for classes of the Summer Conference Program</i>			WELCOME & REGISTRATION		INTRODUCTION EVENING	CAFÉ de la PAIX				
Monday July 30	AL-III	Do-In Exercises <i>Adelbert Nelissen</i>	C - Chinese Style Macrobiotic Dishes <i>Wieke Nelissen</i>	C - Healthy Food on the Go/Picnic <i>Sheri-Lynn DeMaris</i>	L - Loving your Liver <i>Sheri-Lynn DeMaris</i>	C - Bouillabaise and other Sea Food Dishes <i>Horriah Nelissen</i>	DINNER 18.00-20.00 PM	L - The Spirit of Macrobiotics <i>Phillip Jannetta</i>	Ginger Compress*			
	AL-I	T'ai Chi Chuan <i>Bob Carter</i>	L - Food is Destiny <i>Phillip Jannetta</i>	WS - How to overcome Stress & Fatigue 1 <i>Adelbert Nelissen</i>	WS - How to overcome Stress and Fatigue 2 <i>Adelbert Nelissen</i>	L - The Tao of Traveling <i>Alex Jack</i>				DINNER 18.00-20.00 PM	CAFÉ de la PAIX	
	AL-II	Yoga <i>Ryan Shiotani</i>	C₁ - Introduction to Macrobiotic Cooking <i>Horriah Nelissen</i>	D₁ - The Way & Meaning of Visual Diagnosis <i>Jeanne van den Heuvel</i>	S₁ - Introduction to Shiatsu Massage <i>Nini Kossen</i>	WS - Cranio-Sacral Therapy 1 <i>Vera Blahova</i>						DINNER 18.00-20.00 PM
	AL-III	Alexander Technique <i>Ayumi Matsuda</i>	OU₁ - What is Macrobiotics <i>Alex Jack</i>	C₁ - Medicinal Drinks <i>Patricio Garcia de Paredes</i>	H₁ - The Study of Blood and Circulation <i>Phillip Jannetta</i>	WS - Healing Qi Gong Movements 1 <i>Bob Carter</i>						
AL-I		S₁ - Back Position Techniques and Yü Points <i>Nini Kossen</i>	OU₁ - Personal and Planetary Macrobiotics <i>Alex Jack</i>	C₁ - Cooking for Bones and Nervous Disorders <i>Patricio Garcia de Paredes</i>								
Tuesday July 31	AL-III	Do-In Exercises <i>Valentina Nelissen</i>	C - Quick Lunches for One <i>Horriah Nelissen</i>	C - A Beauty Trip in the Kitchen <i>Wieke Nelissen</i>	C - Relaxing and Discharging Soups <i>Karin Baank</i>	C - The Wonderful 'Dried Foods' World <i>Jarka Adamcova</i>	DINNER 18.00-20.00 PM	L - Can Seven Billion People Be Nourished Organically? <i>Adelbert Nelissen</i>	Ginger Compress*			
	AL-I	T'ai Chi Chuan <i>Bob Carter</i>	L - Grow Rice in your Backyard or Window-sill <i>Alex Jack</i>	WS - Restorative Yoga 1 <i>Ryan Shiotani</i>	L - The Energetics of Health and Longevity <i>Phillip Jannetta</i>	L - Vaccinations & Natural Immunity <i>Jeanne van den Heuvel</i>				DINNER 18.00-20.00 PM	CAFÉ de la PAIX	
	AL-II	Yoga <i>Ryan Shiotani</i>	OU₁ - Introduction to Macrobiotics <i>Jeanne van den Heuvel</i>	H₁ - Origin of the Standard Macrobiotic Diet & Ideal Food Pattern <i>Alex Jack</i>	S₂ - Massage of the Head, Neck and Shoulders <i>Nini Kossen</i>	WS - Palm Healing 1 <i>Phillip Jannetta</i>						DINNER 18.00-20.00 PM
	AL-III	Nordic Walking <i>Jarka Adamcova</i>	D₁ - Study of the Feet, Hands and Nails <i>Phillip Jannetta</i>	H₂ - The Physiology of the Digestive System <i>Adelbert Nelissen</i>	OU₂ - Yin Yang Classifications <i>Patricio Garcia de Paredes</i>	WS - Menu Planning & Dinner Cooking <i>Karin Baank</i>						
AL-I		C₂ - Cooking for Emotional Disorders <i>Patricio Garcia de Paredes</i>	S₂ - Face, Neck, Shoulders Massage Techniques <i>Nini Kossen</i>	D₂ - Diagnosis of the Total Environment <i>Adelbert Nelissen</i>								
Wednesday August 1	AL-III	Do-In Exercises <i>Nini Kossen</i>	C - Basic Macrobiotic Cooking 1 <i>Jeanne van den Heuvel</i>	C - Temeph Dishes <i>Wieke Nelissen</i>	C - Fresh Fruit Desserts <i>Karin Baank</i>	L - The Seven Stages of Happiness <i>Adelbert Nelissen</i>	DINNER 18.00-20.00 PM	L - From Nuclear Power to Cool Fusion <i>Alex Jack</i>	Ginger Compress*			
	AL-I	T'ai Chi Chuan <i>Bob Carter</i>	WS - Songs from All Over The World <i>Horriah Nelissen</i>	WS - Palm Healing 2 <i>Phillip Jannetta</i>	L - Get Hip on Healing Foods <i>Sheri-Lynn DeMaris</i>	WS - Macrobiotic Kitchen Design & Kitchen Tools <i>Jarka Adamcova</i>				DINNER 18.00-20.00 PM	CAFÉ de la PAIX	
	AL-II	Yoga <i>Ryan Shiotani</i>	C₂ - Various Cutting and Cooking Styles <i>Karin Baank</i>	H₂ - The Seven Conditions of Health <i>Adelbert Nelissen</i>	H₂ - The Seven Stages of Illnesses Related to Food <i>Alex Jack</i>	WS - Healing Qi Gong Movements 2 <i>Bob Carter</i>						DINNER 18.00-20.00 PM
	AL-III	Alexander Technique <i>Ayumi Matsuda</i>	S₁ - Diagnosis and Massage of Yü Points <i>Nini Kossen</i>	C₂ - Medicinal Use of Pickles & Condiments <i>Patricio Garcia de Paredes</i>	D₂ - Diagnosis of the Facial Openings 1 <i>Phillip Jannetta</i>	WS₁ - Macrobiotic Kitchen Design & Kitchen Tools <i>Jarka Adamcova</i>						
AL-I		OU₂ - Destiny & Free Will in 9 Star Ki <i>Phillip Jannetta</i>	H₁ - Digestive Disorders <i>Alex Jack</i>	D₂ - Diagnosis of Our Ancestors <i>Jeanne van den Heuvel</i>								
Thursday August 2	AL-III	Do-In Exercises <i>Valentina Nelissen</i>	C - Strengthening Dishes to Overcome Fatigue <i>Wieke Nelissen</i>	C - Macro Magic for Kids <i>Sheri-Lynn DeMaris</i>	L - The Art of Visualization <i>Alex Jack</i>	C - Remembering Aveline Kushi, The Essence of Macrobiotic Cooking <i>Patricio Garcia de Paredes</i>	DINNER 18.00-20.00 PM	L - Emotional & Psychological Diagnosis <i>Adelbert Nelissen</i>	Ginger Compress*			
	AL-I	T'ai Chi Chuan <i>Bob Carter</i>	L - As We Age <i>Phillip Jannetta</i>	WS - Colourful Sushi Making 1 <i>Karin Baank</i>	WS - Reflexology 1 <i>Vera Blahova</i>	L - Healthy Skin Care <i>Jeanne van den Heuvel</i>				DINNER 18.00-20.00 PM	Full Moon Walk <i>Adelbert Nelissen</i>	
	AL-II	Yoga <i>Ryan Shiotani</i>	D₂ - The Constitution of Man and Woman <i>Patricio Garcia de Paredes</i>	OU₂ - How to Eat According to Our Evolution <i>Adelbert Nelissen</i>	S₂ - Introduction to Back & Belly Massage <i>Nini Kossen</i>	WS - Dance Improvisation 1 <i>Sophie Everaerts</i>						DINNER 18.00-20.00 PM
	AL-III	Nordic Walking <i>Jarka Adamcova</i>	S₂ - Diagnosis and Massage of Boh Points <i>Nini Kossen</i>	OU₂ - The Spiral of Life <i>Alex Jack</i>	D₂ - Diagnosis of the Facial Openings 2 <i>Phillip Jannetta</i>	WS₂ - Menu Planning & Dinner Cooking <i>Karin Baank</i>						
AL-I		OU₂ - Learning from Difficulties <i>Jeanne van den Heuvel</i>	D₂ - Diagnosis of Expressions <i>Phillip Jannetta</i>	H₂ - Circulatory and Blood Disorders <i>Jeanne van den Heuvel</i>								
Friday August 3	AL-III	Do-In Exercises <i>Jarka Adamcova</i>	C - Healing Bean Dishes <i>Horriah Nelissen</i>	C - A Variety of Grain Dishes <i>Jeanne van den Heuvel</i>	C - Stylish Mediterranean Dishes <i>Patricio Garcia de Paredes</i>	L - Crash Course Enlightenment <i>Tijn Touber</i>	DINNER 18.00-20.00 PM	Memorial Lander Zabalza Beñaran & Meditation Concert	Ginger Compress*			
	AL-I	T'ai Chi Chuan <i>Bob Carter</i>	L - Commercial Sweeteners & Their Healthy Alternatives <i>Alex Jack</i>	WS - Lower Back Massage <i>Nini Kossen</i>	WS - Exercises for Better Balance <i>Jos Kops</i>	WS - Cranio-Sacral Therapy 2 <i>Vera Blahova</i>				DINNER 18.00-20.00 PM	CAFÉ de la PAIX	
	AL-II	Yoga <i>Ryan Shiotani</i>	OU₂ - The Order of the Unifying Principles <i>Phillip Jannetta</i>	D₂ - Diagnosis of the Face <i>Adelbert Nelissen</i>	C₂ - Rice & Other Cereal Dishes <i>Horriah Nelissen</i>	WS - Aikido: The 'Gentle' Martial Art <i>Jakub Stoklasa</i>						
	AL-III	Alexander Technique <i>Ayumi Matsuda</i>	C₂ - Cooking for Cravings <i>Sheri-Lynn DeMaris</i>	S₂ - Lower Back Disorders <i>Nini Kossen</i>	H₂ - Study of the Lymphatic System <i>Alex Jack</i>							
AL-I		S₂ - 'Kyo' and 'Jitsu' Massage <i>Nini Kossen</i>	C₂ - Cooking for Better Digestion and Breathing <i>Wieke Nelissen</i>	H₂ - Eye & Ear Diseases <i>Adelbert Nelissen</i>	WS₂ - The Making of Condiments <i>Jarka Adamcova</i>							

Program changes reserved

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	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	14.30-16.00 PM AFTERNOON SESSION I	16.30-18.00 PM AFTERNOON SESSION II	20.00-21.30 PM EVENING SESSION	21.30-24.00 PM EVENING SESSION	
Saturday August 4	AL III Do-In Exercises <i>Valentina Nelissen</i> T'ai Chi Chuan <i>Bob Carter</i> Yoga <i>Ryan Shiotani</i> Alexander Technique <i>Ayumi Matsuda</i>	OUTDOOR ACTIVITIES	Tennis Walking* Bicycling* Swimming	Horse Riding Sports & Games Lunapark Efteling Den Bosch City Tour	Sightseeing Amsterdam Floriade and much more... <i>* road map of the direct environment and dunes available at the reception</i>	20.30-22.00 pm Classical Concert Summer Evening Classical Concert Deshima Trio	CAFÉ de la PAIX	
Sunday August 5	AL III Do-In Exercises <i>Jarka Adamcova</i> T'ai Chi Chuan <i>Bob Carter</i> Yoga <i>Ryan Shiotani</i> Aikido <i>Jakub Stoklasa</i>	BREAKFAST 8.00-9.00 AM C - Basic Macrobiotic Cooking 2 <i>Aviva Feinerman</i> L - Was Shakespeare Macrobiotic? <i>Alex Jack</i> AL I OU ₁ - How to Eat According to Climates and Seasons <i>Jeanne van den Heuvel</i> AL II H ₂ - Study of the Endocrine System <i>Phillip Jannetta</i> AL III C ₁ - Cooking for Hormonal Balance <i>Wieke Nelissen</i>	TEABREAK 10.30-11.00 AM C - Home-made Natto & Tempeh <i>Patrick Sturzenegger</i> WS - Reflexology 2 <i>Vera Blahova</i> AL I S ₂ - Massage of the Shoulders, Arms & Hands <i>Nini Kossen</i> AL II OU ₂ - The Seven Levels of Consciousness <i>Adelbert Nelissen</i> AL III H ₁ - Hormonal & Lymphatic Disorders <i>Alex Jack</i>	LUNCHTIME 12.30-14.30 PM C - Cooking for Stronger Immunity <i>Jeanne van den Heuvel</i> WS - Healing Qi Gong Movements 3 <i>Bob Carter</i> AL I D ₂ - Diagnosis of Posture, Breathing and Movement <i>Adelbert Nelissen</i> AL II S ₁ - Techniques of Barefoot Shiatsu <i>Nini Kossen</i> AL III H ₂ - Nervous System and Sexual Disorders <i>Patricio Garcia de Paredes</i>	TEABREAK 16.00-16.30 PM C - Making of Seitan & Seitan Dishes <i>Serge Matev</i> L - History in Terms of Yin & Yang <i>Jan Jicha</i> WS - Palm Healing 1 <i>Phillip Jannetta</i> AL II WS ₂ - Menu Planning & Dinner Cooking <i>Karin Baank</i>	DINNER 18.00-20.00 PM L - Prozac Generation <i>Phillip Jannetta</i> CAFÉ de la PAIX	Ginger Compress*	
Monday August 6	AL III Do-In Exercises <i>Valentina Nelissen</i> T'ai Chi Chuan <i>Bob Carter</i> Yoga <i>Ryan Shiotani</i> Nordic Walking <i>Jarka Adamcova</i>	BREAKFAST 8.00-9.00 AM C - Sandwiches, Bruschetta and Mezze <i>Horriah Nelissen</i> L - Gotta keep Moving <i>Phillip Jannetta</i> AL I D ₂ - Diagnosis of Meridian Points <i>Nini Kossen</i> AL II C ₂ - Discharging Soups & Dishes <i>Wieke Nelissen</i> AL III OU ₁ - Credo and Non-Credo <i>Patricio Garcia de Paredes</i>	TEABREAK 10.30-11.00 AM C - Feeding Fussy Teens <i>Sheri-Lynn DeMaris</i> WS - Shiatsu for Women <i>Nini Kossen</i> AL I C ₁ - Beans, Bean Products & Sea Vegetables <i>Jeanne van den Heuvel</i> AL II OU ₂ - Modern, Traditional & Macrobiotic Education <i>Alex Jack</i> AL III D ₁ - Photo Shooting Diagnosis <i>Adelbert Nelissen</i>	LUNCHTIME 12.30-14.30 PM C - Out of Africa, North African Dishes <i>Wieke Nelissen</i> WS - Dynamic Yoga <i>Ryan Shiotani</i> AL I H ₁ - The Effects of Extreme Food <i>Alex Jack</i> AL II OU ₁ - Introduction to 5 Transformations <i>Adelbert Nelissen</i> AL III D ₂ - Diagnosis of Palm Healing <i>Phillip Jannetta</i>	TEABREAK 16.00-16.30 PM C - The Art of Making Miso Soup <i>Patricio Garcia de Paredes</i> L - Literature in Terms of Yin and Yang <i>Jan Jicha</i> WS - Feldenkrais Method 1 <i>Vera Blahova</i> AL I WS ₂ - Menu Planning & Dinner Cooking <i>Jarka Adamcova</i>	DINNER 18.00-20.00 PM L - Election 2012: Obama vs. Romney <i>Alex Jack</i> CAFÉ de la PAIX	Ginger Compress*	CAFÉ de la PAIX
Tuesday August 7	AL III Do-In Exercises <i>Nini Kossen</i> T'ai Chi Chuan <i>Bob Carter</i> Yoga <i>Ryan Shiotani</i> Aikido <i>Jakub Stoklasa</i>	BREAKFAST 8.00-9.00 AM C - Lovely Lemonades and Shakes <i>Horriah Nelissen</i> WS - New Dynamic Forms of Qi Gong 1 <i>Bob Carter</i> AL I C ₂ - Cooking & Cutting Styles for Vegetables <i>Sheri-Lynn DeMaris</i> AL II D ₂ - Diagnosis of the Skin and Hair <i>Phillip Jannetta</i> AL III S ₂ - Corrective Exercises & Dynamic Shiatsu <i>Nini Kossen</i>	TEABREAK 10.30-11.00 AM WS - Oriental Diagnosis in Walking & Movement <i>Adelbert Nelissen</i> WS - Palm Healing 2 <i>Phillip Jannetta</i> AL I S ₂ - Massage of the Hips, Legs and Feet <i>Nini Kossen</i> AL II C ₂ - Relaxing Soups & Dishes <i>Patricio Garcia de Paredes</i> AL III H ₁ - Macrobiotic Pregnancy, Delivery and Childcare <i>Wieke Nelissen</i>	LUNCHTIME 12.30-14.30 PM C - International Bean Dishes <i>Karin Baank</i> WS - Ginger Compresses: The Most Efficient Way <i>Vera Blahova</i> AL I OU ₂ - How to Eat According to Personal Circumstances <i>Alex Jack</i> AL II S ₂ - Shiatsu of Arms and Legs <i>Jarka Adamcova</i> AL III D ₂ - Diagnosis in Personal Interviews <i>Jeanne van den Heuvel</i>	TEABREAK 16.00-16.30 PM C - Pickles & Pressed Salads <i>Wieke Nelissen</i> L/PPP - Yin & Yang applied on Symbols, Flags & Architecture <i>Adelbert Nelissen</i> WS - The Feldenkrais Method 2 <i>Vera Blahova</i> AL II WS ₂ - Menu Planning & Dinner Cooking <i>Karin Baank</i>	DINNER 18.00-20.00 PM Panel Discussion - Reports on Macrobiotics from all representative Countries CAFÉ de la PAIX	Ginger Compress*	CAFÉ de la PAIX
Wednesday August 8	AL III Do-In Exercises <i>Valentina Nelissen</i> T'ai Chi Chuan <i>Bob Carter</i> Yoga <i>Ryan Shiotani</i> Nordic Walking <i>Jarka Adamcova</i>	BREAKFAST 8.00-9.00 AM C - Noodle Dishes for Busy People <i>Patricio Garcia de Paredes</i> L - Macrobiotics and the Bible <i>Jan Jicha</i> AL I D ₂ - Applied Visual Diagnosis <i>Phillip Jannetta</i> AL II S ₂ - Whole Body Massage for Personal Condition <i>Nini Kossen</i> AL III C ₂ - Dishes & Drinks for a Stronger Heart <i>Horriah Nelissen</i>	TEABREAK 10.30-11.00 AM C - Cooking for Depression & Anxiety <i>Wieke Nelissen</i> WS - Active Listening to Music <i>Gideon Nelissen</i> AL I Question & Answer <i>Adelbert Nelissen</i> AL II H ₂ - Study of the Nervous System <i>Alex Jack</i> AL III Communication & Presentation <i>Jeanne van den Heuvel</i>	LUNCHTIME 12.30-14.30 PM C - Creative Sweets <i>Patricio Garcia de Paredes</i> WS - Neck & Shoulder Massage <i>Nini Kossen</i> AL I C ₁ - Light Snacks & Lunch Boxes <i>Horriah Nelissen</i> AL II D ₂ - Study of Astrological Characters <i>Alex Jack</i> AL III D ₂ - Psychological Diagnosis <i>Phillip Jannetta</i>	TEABREAK 16.00-16.30 PM C - Tempura Festival with its Dip Sauces <i>Jeanne van den Heuvel</i> L - Goblins, Gremlins & Other Specters that Haunt our Lives <i>Phillip Jannetta</i> WS - Modern Dance Improvisations 2 <i>Sophie Everaerts</i> AL I WS ₂ - Menu Planning & Dinner Cooking <i>Jarka Adamcova</i>	DINNER 18.00 - 20.00 PM L - The Worldwide Impact of a Macrobiotic Lifestyle & Way of Eating <i>Adelbert Nelissen</i> CAFÉ de la PAIX	Ginger Compress*	CAFÉ de la PAIX
Thursday August 9	AL III Do-In Exercises & Mantra's <i>Adelbert Nelissen</i> T'ai Chi Chuan <i>Bob Carter</i> Yoga <i>Ryan Shiotani</i> Aikido <i>Jakub Stoklasa</i>	BREAKFAST 8.00-9.00 AM C - Environmentally Sensitive Way of Cooking <i>Patricio Garcia de Paredes</i> L - The Secret of the Loaves and Fishes <i>Alex Jack</i> AL I OU ₂ - Practice of Macrobiotics in Daily Life <i>Phillip Jannetta</i> AL II C ₂ - Strengthening Soups & Dishes <i>Horriah Nelissen</i> AL III S ₂ - Whole Body Massage for Personal Condition <i>Nini Kossen</i>	TEABREAK 10.30-11.00 AM C - Leftovers: What to use, What not to use <i>Jeanne van den Heuvel</i> WS - Colourful Sushi Making 2 <i>Karin Baank</i> AL I S ₂ - Whole Body Shiatsu Massage <i>Nini Kossen</i> AL II H ₂ - Study of Emotional and Psychological Disorders <i>Adelbert Nelissen</i> AL III C ₂ - Family and Party Cooking <i>Wieke Nelissen</i>	LUNCHTIME 12.30-14.30 PM C - Tofu 1- 2- 3 <i>Sheri-Lynn DeMaris</i> WS - Songs from all over the World <i>Horriah Nelissen</i> AL I H ₂ - Evaluation of Each Personal Health Conditions <i>Wieke Nelissen</i> AL II D ₂ - Study of the Different Energy Points <i>Nini Kossen</i> AL III H ₂ - Discussions on Each Other's Future <i>Jeanne van den Heuvel</i>	TEABREAK 16.00-16.30 PM L - Dietary Approach to Diabetes & Obesitas <i>Adelbert Nelissen</i> WS - Cranio-Sacral Therapy 3 <i>Vera Blahova</i> WS - New Dynamic Forms of Qi Gong 2 <i>Bob Carter</i> WS - Dynamic Yoga <i>Ryan Shiotani</i>	DINNER 18.00 - 20.00 PM GREAT TALENT SHOW & PARTY		
Friday August 10	7.00-8.00 AM BREAKFAST	8.00-9.00 AM <i>with lunch box</i> FAREWELL & DEPARTURE	• Reception open daily: 8.15 - 9.00 am / 12.30 - 14.00 pm / 18.00 - 19.45 pm * Ginger Compress: for costs & reservation visit our reception		• Café de la Paix open daily: 10.00 am - 24.00 pm • Deshima Shop open daily: 10.00 am - 19.45 pm			