


Program changes reserved

	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>	BREAKFAST 8.00-9.00 AM	C - Chinese Style Macrobiotic Dishes <i>Wieke Nelissen</i>	LUNCHTIME 12.30-14.30 PM	L - Loving your Liver <i>Sheri-Lynn DeMaris</i>	DINNER 18.00-20.00 PM	L - The Spirit of Macrobiotics <i>Phillip Jannetta</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>		C - Bouillabaise and other Sea Food Dishes <i>Horriah Nelissen</i>	WS - How to overcome Stress & Fatigue 2 <i>Adelbert Nelissen</i>	WS - The Tao of Traveling <i>Alex Jack</i>
	Yoga <i>Ryan Shiotani</i>		L - Healthy Food on the Go/Picnic Dishes <i>Sheri-Lynn DeMaris</i>		WS - How to overcome Stress & Fatigue 2 <i>Adelbert Nelissen</i>		L - The Tao of Traveling <i>Alex Jack</i>	WS - Cranio-Sacral Therapy 1 <i>Vera Blahova</i>	WS - Healing Qi Gong Movements 1 <i>Bob Carter</i>
	Alexander Technique <i>Ayumi Matsuda</i>		C - Quick Lunches for One <i>Horriah Nelissen</i>		WS - How to overcome Stress & Fatigue 1 <i>Adelbert Nelissen</i>		L - The Tao of Traveling <i>Alex Jack</i>	WS - Cranio-Sacral Therapy 1 <i>Vera Blahova</i>	WS - Healing Qi Gong Movements 1 <i>Bob Carter</i>
Tuesday July 31	AL-III Do-In Exercises <i>Valentina Nelissen</i>	BREAKFAST 8.00-9.00 AM	C - Quick Lunches for One <i>Horriah Nelissen</i>	LUNCHTIME 12.30-14.30 PM	C - Relaxing and Discharging Soups <i>Karin Baank</i>	DINNER 18.00-20.00 PM	L - Can Seven Billion People Be Nourished Organically? <i>Adelbert Nelissen</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>		C - The Wonderful 'Dried Foods' World <i>Jarka Adamcova</i>	WS - Vaccinations & Natural Immunity <i>Jeanne van den Heuvel</i>	
	Yoga <i>Ryan Shiotani</i>		L - A Beauty Trip in the Kitchen <i>Wieke Nelissen</i>		WS - Restorative Yoga 1 <i>Ryan Shiotani</i>		L - Vaccinations & Natural Immunity <i>Jeanne van den Heuvel</i>	WS - Palm Healing 1 <i>Phillip Jannetta</i>	
	Nordic Walking <i>Jarka Adamcova</i>		C - A Beauty Trip in the Kitchen <i>Wieke Nelissen</i>		WS - Restorative Yoga 1 <i>Ryan Shiotani</i>		WS - Palm Healing 1 <i>Phillip Jannetta</i>	WS - Palm Healing 1 <i>Phillip Jannetta</i>	
Wednesday August 1	AL-III Do-In Exercises <i>Nini Kossen</i>	BREAKFAST 8.00-9.00 AM	C - Basic Macrobiotic Cooking 1 <i>Jeanne van den Heuvel</i>	LUNCHTIME 12.30-14.30 PM	C - Fresh Fruit Desserts <i>Karin Baank</i>	DINNER 18.00-20.00 PM	L - From Nuclear Power to Cool Fusion <i>Alex Jack</i>		
	T'ai Chi Chuan <i>Bob Carter</i>		WS - Songs from All Over The World <i>Horriah Nelissen</i>		L - Get Hip on Healing Foods <i>Sheri-Lynn DeMaris</i>		WS - Macrobiotic Kitchen Design & Kitchen Tools <i>Jarka Adamcova</i>		
	Yoga <i>Ryan Shiotani</i>		WS - Songs from All Over The World <i>Horriah Nelissen</i>		L - Get Hip on Healing Foods <i>Sheri-Lynn DeMaris</i>		WS - Macrobiotic Kitchen Design & Kitchen Tools <i>Jarka Adamcova</i>		
	Alexander Technique <i>Ayumi Matsuda</i>		WS - Songs from All Over The World <i>Horriah Nelissen</i>		L - Get Hip on Healing Foods <i>Sheri-Lynn DeMaris</i>		WS - Macrobiotic Kitchen Design & Kitchen Tools <i>Jarka Adamcova</i>		
Thursday August 2	AL-III Do-In Exercises <i>Valentina Nelissen</i>	BREAKFAST 8.00-9.00 AM	C - Strengthening Dishes to Overcome Fatigue <i>Wieke Nelissen</i>	LUNCHTIME 12.30-14.30 PM	L - The Art of Visualization <i>Alex Jack</i>	DINNER 18.00-20.00 PM	L - Emotional & Psychological Diagnosis <i>Adelbert Nelissen</i>		
	T'ai Chi Chuan <i>Bob Carter</i>		C - Macro Magic for Kids <i>Sheri-Lynn DeMaris</i>		WS - Reflexology 1 <i>Vera Blahova</i>		C - Remembering Aveline Kushi, The Essence of Macrobiotic Cooking <i>Patricio Garcia de Paredes</i>		
	Yoga <i>Ryan Shiotani</i>		L - As We Age <i>Phillip Jannetta</i>		WS - Reflexology 1 <i>Vera Blahova</i>		L - Healthy Skin Care <i>Jeanne van den Heuvel</i>		
	Nordic Walking <i>Jarka Adamcova</i>		C - Macro Magic for Kids <i>Sheri-Lynn DeMaris</i>		WS - Reflexology 1 <i>Vera Blahova</i>		L - Healthy Skin Care <i>Jeanne van den Heuvel</i>		
Friday August 3	AL-III Do-In Exercises <i>Jarka Adamcova</i>	BREAKFAST 8.00-9.00 AM	C - Healing Bean Dishes <i>Horriah Nelissen</i>	LUNCHTIME 12.30-14.30 PM	C - Stylish Mediterranean Dishes <i>Patricio Garcia de Paredes</i>	DINNER 18.00-20.00 PM	Memorial Lander Zabalza Beñaran & Meditation Concert <i>Jakub Stoklasa</i>		
	T'ai Chi Chuan <i>Bob Carter</i>		C - A Variety of Grain Dishes <i>Jeanne van den Heuvel</i>		WS - Excercises for Better Balance <i>Jos Kops</i>		L - Crash Course Enlightenment <i>Tijn Touber</i>		
	Yoga <i>Ryan Shiotani</i>		L - Commercial Sweeteners & Their Healthy Alternatives <i>Alex Jack</i>		WS - Excercises for Better Balance <i>Jos Kops</i>		WS - Cranio-Sacral Therapy 2 <i>Vera Blahova</i>		
	Alexander Technique <i>Ayumi Matsuda</i>		L - Commercial Sweeteners & Their Healthy Alternatives <i>Alex Jack</i>		WS - Excercises for Better Balance <i>Jos Kops</i>		WS - Cranio-Sacral Therapy 2 <i>Vera Blahova</i>		

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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>	WELCOME & REGISTRATION new arrivals	20.30-22.00 pm Classical Concert Summer Evening Classical Concert <i>Deshima Trio</i>	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>	C - Basic Macrobiotic Cooking 2 <i>Aviva Feinerman</i> L - Was Shakespeare Macrobiotic? <i>Alex Jack</i>	C - Home-made Natto & Tempeh <i>Patrick Sturzenegger</i> WS - Reflexology 2 <i>Vera Blahova</i>	C - Cooking for Stronger Immunity <i>Jeanne van den Heuvel</i> WS - Healing Qi Gong Movements 3 <i>Bob Carter</i>	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>	L - Prozac Generation <i>Phillip Jannetta</i>	CAFÉ de la PAIX		
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>	C - Sandwiches, Bruschetta and Mezze <i>Horriah Nelissen</i> L - Gotta keep Moving <i>Phillip Jannetta</i>	C - Feeding Fussy Teens <i>Sheri-Lynn DeMaris</i> WS - Shiatsu for Women <i>Nini Kossen</i>	C - Out of Africa, North African Dishes <i>Wieke Nelissen</i> WS - Dynamic Yoga <i>Ryan Shiotani</i>	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>	L - Election 2012: Obama vs. Romney <i>Alex Jack</i>	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>	C - Lovely Lemonades and Shakes <i>Horriah Nelissen</i> WS - New Dynamic Forms of Qi Gong 1 <i>Bob Carter</i>	WS - Oriental Diagnosis in Walking & Movement <i>Adelbert Nelissen</i> WS - Palm Healing 2 <i>Phillip Jannetta</i>	C - International Bean Dishes <i>Karin Baank</i> WS - Ginger Compresses: The Most Efficient Way <i>Vera Blahova</i>	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>	Panel Discussion - Reports on Macrobiotics from all representative Countries	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>	C - Noodle Dishes for Busy People <i>Patricio Garcia de Paredes</i> L - Macrobiotics and the Bible <i>Jan Jicha</i>	C - Cooking for Depression & Anxiety <i>Wieke Nelissen</i> WS - Active Listening to Music <i>Gideon Nelissen</i>	C - Creative Sweets <i>Patricio Garcia de Paredes</i> WS - Neck & Shoulder Massage <i>Nini Kossen</i>	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>	L - The Worldwide Impact of a Macrobiotic Lifestyle & Way of Eating <i>Adelbert Nelissen</i>	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>	C - Environmentally Sensitive Way of Cooking <i>Patricio Garcia de Paredes</i> L - The Secret of the Loaves and Fishes <i>Alex Jack</i>	C - Leftovers: What to use, What not to use <i>Jeanne van den Heuvel</i> WS - Colourful Sushi Making 2 <i>Karin Baank</i>	C - Tofu 1- 2- 3 <i>Sheri-Lynn DeMaris</i> WS - Songs from all over the World <i>Horriah Nelissen</i>	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>				
Friday August 10	7.00-8.00 AM BREAKFAST	8.00-9.00 AM with lunch box 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				