

## **HOLISTIC NUTRITION for BODY and SOUL**

(One year foundation course)

Bringing together an understanding of food, how to cook it and its effects on the body. This is a transformative year that will support you in deepening your understanding of life and health. It can be taken as a stand-alone year or as a foundation for our two and three year courses that will enable you to offer macrobiotic cooking, health coaching and macrobiotic health consultations. As well as offering solid personal development, it also lays the foundation for the most in-depth and comprehensive professional training in macrobiotic health counselling in Europe. It is unique in offering thorough training in practical skills over 3 to 4 years, to develop competent and experienced health consultants. It fully prepares its students for professional accreditation with the UK national professional body.

Dates: March - December 2018  
Course: 03.18/1



## Course Overview

The First Year course is a powerful way of transforming your health and life, helping you move forward to actively create the life you want. We study life on a physical, energetic, emotional, mental and spiritual level, and use a wide range of activities including Do-in exercises and bodywork, classes in macrobiotic philosophy, medicine and health assessment, lots of practical work learning interviewing and emotional counselling skills, life coaching, and 20 cooking classes.

Many people are attracted to this course because of its holistic nature. We look at five different aspects of life - a person's physical health, their diet, predominant emotions, lifestyle including work and relationships, and overall life direction and purpose. We then create a 'Gestalt' or holistic picture of how these five areas of life are interconnected and are affecting each other. This gives a profound understanding of a person and how their life is working.

We teach ways of healing on different levels – through food and how to cook to bring healing, with a variety of energetic and physical exercises, lifestyle changes, emotional healing, and tuning into one's deeper life purpose. Creating changes in any one of these aspects can be powerful, but changes in all of them can be deeply transformative.

By the end of the First Year course, most students have gone through many changes in their health and understanding of their life. Students have a comprehensive understanding of all the essential elements of creating health, are great cooks able to prepare a wide range of both healing and delicious soups, main courses and desserts to suit different needs, know the 12 classical meridians and how to stimulate them with Do-in exercise, and how to interview and offer basic emotional counselling and life direction guidance to others.

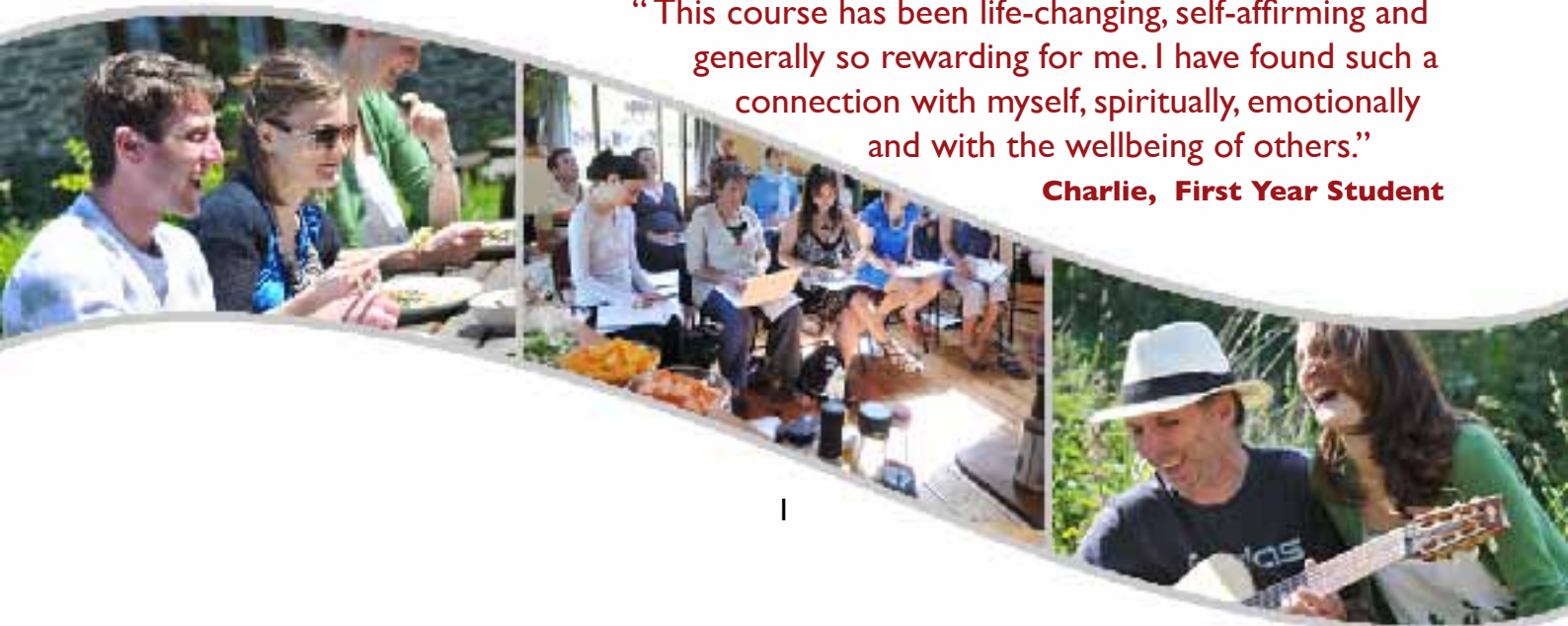
Some people join the First Year course mainly for their own benefit, and others use it as a foundation year for further study leading to professional qualifications.

The Second Year course leads to qualification as a professional Macrobiotic Cook and Health Coach, enabling you to work in catering for individuals, families or groups, cooking in restaurants or offering pop up dinners, and offer individual coaching in cooking, healthy eating and living.

The Third Year Course focuses on healing a very wide variety of health problems and leads to professional qualification as a Medicinal Cook able to work cooking and guiding people with particular illnesses, and as a Macrobiotic Health Counsellor giving individual health consultations.

**“This course has been life-changing, self-affirming and generally so rewarding for me. I have found such a connection with myself, spiritually, emotionally and with the wellbeing of others.”**

**Charlie, First Year Student**



## Course Structure

The First Year course is made up of 7 modules spread over 10 months. The modules are mostly 4 days long, with one 7 day module in the middle. This format, in contrast to an intensive, gives more time for personal transformation, and for developing strong skills in macrobiotic cooking, Oriental diagnosis, interviewing and emotional counselling.

Each module is very full, and gives you plenty to go home and put into practice over the next 6 weeks or so. In between modules students practice Do-in and learn the classical meridian system, develop their cooking skills, and interview people to develop their interviewing, Oriental diagnosis and emotional counselling skills. On the next module students get feedback on their written homework, cooking etc, to strengthen their learning and development.

The size of the First Year class is limited to 12 students, so everyone gets lots of personal guidance and support with their health and personal development. Each module there are also tutorials in small groups to give students time for individual help in their personal development.

The course uses a mixture of activities to help your health on all levels. There are physical and energetic forms of exercise in the mornings and in some workshops, lots of practical learning of how to cook well with 20 cooking classes, study of many aspects of macrobiotic and Oriental diagnosis and medicine, emotional work and learning basic counselling skills, all within a spiritual context. It is designed to give you a holistic picture of your life, health and healing, with lots of practical methods for you to use.

Because this course is the first year of a three and a half year professional training course, there is a fair amount of homework to do between weekends, which is an essential part of the course, and at the end of the course there are theory and practical assessments. If you have not done any exams or assessments for a long time, do not be alarmed! These will be of a relatively simple nature in the first year, laying a foundation for more in-depth assessments in the second and third year courses.

You will be well looked after by our teaching team, with Oliver Cowmeadow and Emma Cunis leading the course, with additional teaching from Viviane Van Dyck and Bini Sharman teaching cooking, Keith Belliss teaching anatomy and physiology, and Kirsty Hurd-Thomas teaching morning exercises and the meridian system. There will also be a Teaching Assistant to give students additional support in their learning and personal development.





## Dates for 03.18/I Course

There is a total of 30 full days of teaching in seven modules on the following dates. (Roughly equivalent to level 1 and 2 of the 2 week intensives offered by some other macrobiotic centres).

All modules are 4 days long, except the fourth module which is 6 days so we can teach a day on each of the Five Transformations.

Dates: March - December 2018

### 2018

1. March 21 - 25	Wednesday - Sunday
2. May 2 - 6	Wednesday - Sunday
3. June 13 - 17	Wednesday - Sunday
4. July 16 - 22	Monday - Sunday
5. September 5 - 9	Wednesday - Sunday
6. October 24 - 28	Wednesday - Sunday
7. December 5 - 9	Wednesday - Sunday

For those who intend to continue their studies through the Second and Third Year courses to gain professional qualification, the next Second Year Course will start in January of 2019.

### Times

Each teaching block begins with supper at 6.00 pm on the first day, and ends promptly at 3.30 pm on the last day.

### Fees and Paying in Instalments

The full fee for the course, including all teaching and meals, not including accommodation, is £3500. This is payable as a deposit of £600 which will secure your place on the course, due as soon as you receive an offer of a place on the course. Then by February 5<sup>th</sup> you need to either pay the balance of £2900 or have set up with your bank a monthly instalment scheme, with 10 monthly instalments of £295 payable from March 5<sup>th</sup> to December 5<sup>th</sup> 2018 inclusive. The instalments include a £50 administration fee.

If you want to pay by instalments you can tell us on the acceptance form, which we send you after your interview, and we will provide you with the information you need to set up a standing order with your bank.

Please note the following conditions of enrolment:

1. Deposits are not refundable after February 5<sup>th</sup> (as we might not be able to fill your place).  
Before this date the balance is returnable, less £150 to cover administration and interviewing costs.
2. The balance of the course fees must be paid, or standing order agreement set up, by February 5<sup>th</sup>.
3. Once the course has started students are financially committed to paying the whole course fee, whether the balance of fees have been paid in one payment or are being paid in instalments. Refunds cannot be given should a student leave the course.
4. Course fees are not normally transferable to another course.
5. All bank fees incurred by overseas transfers are to be paid by you, (both your bank fee and our bank fee).

## Accommodation

We do not have our own student accommodation at the school, at present, so you will need to arrange your own. You can either book into local bed and breakfast accommodation (please see the list of places on the 'Accommodation' page of our website [www.macroschool.co.uk](http://www.macroschool.co.uk)). Or our neighbours Mark and Jane Evers have a limited number of beds – please contact our office for further details. A third option to help those on limited incomes is to sleep on futons in the school teaching room. For further information on this low cost option, talk to Martin in our office.

The school will be moving to new premises in the Totmes area in the next year, which will have its own accommodation. This may happen before or during this course. Please ask the school for the latest details.

## Meals

During all modules all meals are provided, with the highest quality organic and local foods possible. These are prepared by a macrobiotic chef, or during a cooking class.

We welcome students inviting partners or close family members to lunch or supper, so they get a taste of what is being taught at the school. If you want to invite family this needs to be pre-booked with the school office at least 5 days ahead so we can tell the cook and order extra food. There is a charge of £6.00 for a breakfast and £12.00 for a lunch or supper.

**“I would suggest this course to others straight away! It is a great course for self-healing, macrobiotic understanding and to make the base for a business.”**  
**Silvia, First Year Student**



## Applying For A Place On This Course

Entrance to the course is by interview. We want to ensure that taking part in the course is the right thing for you at this time, that you will be able to fully participate in the whole course, and there are no foreseeable problems with you completing the First Year Course successfully.

If after reading through these Course Details you decide you want to join this course, please complete the application form at the end of these Course Details and send it to us. We will then telephone you to arrange a mutually convenient time and place for an interview with Oliver Cowmeadow. We prefer that this is in person, but if you are living at a great distance it may be by Skype. You will normally be told the outcome at the end of the interview. On being accepted, you can then pay the deposit to reserve your place on the course.

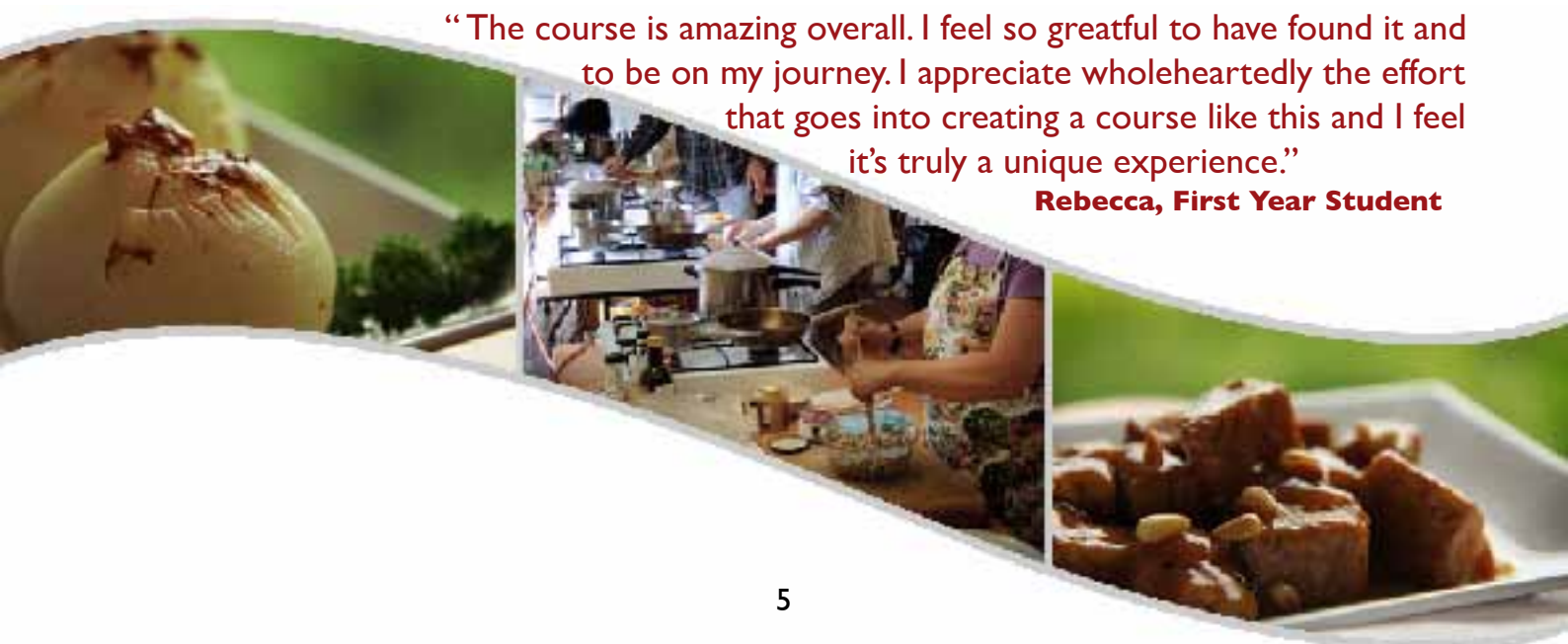
Please note that if there is a shortage of places on the course, we will consider applications in the order that we receive fully completed application forms, including a photograph.

The main qualities we are looking for in prospective students are:

1. That you have already made a start studying macrobiotics, and have been applying its philosophy and healing to developing yourself and your health, including cooking and eating using macrobiotic principles. This may have been on a weekend or longer course, through attending macrobiotic cooking classes or receiving macrobiotic consultations. If you have not studied macrobiotics at all, we recommend that you attend a Looking After Your Health course at the school before joining the First Year Course. Please have a look at our website for our current programme. This requirement is to ensure that you have an understanding of what you are going to study, as joining the First Year Course is a strong commitment of time, energy and money. If you need any clarification on whether you have studied enough, please ask us.
2. An enthusiasm and passion for this training and for learning about macrobiotics, and an appetite for going through change and inner development. These qualities will mean that you will get more from this course, and the student group will be dynamic, enthusiastic and fun!
3. That you have the time, energy, money, childminders or whatever other practical means you need to attend and participate fully in the course, including home study.

**“The course is amazing overall. I feel so grateful to have found it and to be on my journey. I appreciate wholeheartedly the effort that goes into creating a course like this and I feel it’s truly a unique experience.”**

**Rebecca, First Year Student**



## Course Layout

The layout of a typical teaching module will look like this, with some variations according to the group's particular needs.

First day	6.00 - 7.30	Sharing supper together
	7.30 - 9.30	Introducing the module, checking on progress with homework, and a personal sharing from all students
Intermediate days	8.00 - 9.00	Morning exercises
	9.00 - 10.00	Breakfast
	10.00 - 1.00	Classes or workshops
	1.00 - 3.00	Lunch and break
	3.00 - 6.00	Classes or workshops
	6.00 - 7.30	Supper
	7.30 - 9.30	Possible evening class or tutorial group
Last day	8.00 - 9.00	Morning exercises
	9.00 - 10.00	Breakfast
	10.00 - 1.00	Classes or workshops
	1.00 - 2.00	Lunch
	2.00 - 3.30	Homework setting, personal sharings
	3.30	Farewells until the next time!

Some evenings are free and on some there is a class. Please do not book anything else during modules, as the timetable may change at short notice according to your group's particular needs.



## First Year Syllabus

Please note that all teaching is in English, so you need to be conversant in this language. We do also make every effort to help students whose first language is not English. In the following list, each subject is taught as practically as possible, so that you build direct personal experience of this teaching.

### PHILOSOPHY

- o George Ohsawa's original philosophy of macrobiotics and approach to healing, including the Seven Theorems and Twelve Principles, the creation and purpose of life, the use of yin and yang, and the stages of development of illness.
- o Michio and Aveline Kushi's broad contribution to macrobiotics, including past and future worlds, creation of world peace, Oriental Diagnosis, Standard Macrobiotic Diet and yin yang approach to healing illness.
- o The human energetic constitution including the central channel, seven primary chakras, the oriental organs and meridians, and their functions and the subtle bodies - etheric, emotional, mental and soul bodies.

### HEALTH STUDIES

- o Understanding the causes of illness within a person's diet, lifestyle, emotions, thoughts and personal life history.
- o Yin and yang used to create balance in diet, life style, exercise, emotions and thoughts.
- o The theory of the Five Transformations of Energy, the five energies in nature, our bodies and psychology, foods, cooking styles and activities.
- o Using Five Transformation theory to understand how to choose a balanced diet that nourishes all our bodily organs and functions, and our emotional expression and life activities.
- o Using Five Transformation theory to design specific healing diets and give lifestyle recommendations.
- o In depth study of common non-serious health problems, their underlying energetic and physical imbalances, deeper causes, healing, and specific remedies, with a particular look at skin problems.
- o Throughout the course there is time given to looking at the healing of physical and emotional problems of students, giving individual help to each student, and also helping the class see how to heal a wide variety of health concerns.
- o How to write a Food Diary, and how to analyse these and make constructive changes for better health.
- o Developing the skills to be a Health Coach, including interviewing and communication skills, and forming a holistic picture of a person's food, health, emotions and life.

### DIAGNOSIS

- o Overview of the four main methods of Oriental Diagnosis, visual, listening, questioning and touch.
- o Diagnosis of a person's constitutional character using yin and yang, and looking at their individual strengths, weaknesses and unique characteristics and gifts by looking at the whole body, the face, hands and feet.



- o Visual diagnosis of a person's condition using yin and yang, facial colour and facial diagnostic areas, and the hair.
- o Listening diagnosis of the quality of the voice and by smell.
- o Questioning diagnosis using yin and yang, the Five Transformations, the energetic and physical functions of organs, and prevalent moods and emotions.
- o Touch diagnosis of meridians and abdominal organs.

## COOKING

Most cooking classes are demonstration or a combination of demonstration and hands-on cooking, with five or six fully hands-on classes so we can see how you are progressing and give individual guidance.

- o Setting up a macrobiotic kitchen, use and sharpening of knives, cutting styles etc.
- o The cooking of a wide variety of grain dishes.
- o Cooking beans, tofu, seitan, tempeh and other vegetarian high protein foods.
- o Cooking the full range of vegetable cooking styles.
- o Using the ingredients and cooking styles of the Five Transformations to create meals with five different energies, for seasonal eating and for healing specific imbalances and health problems.
- o Cooking fish and seafood.
- o Cooking a range of sea vegetables.
- o Making a range of delicious and healthy desserts.
- o Making seasonings, sauces and dressings.
- o Cooking quick meals.
- o Cooking for parties and buffets.

**“Life changing! It has opened my eyes to a more holistic happy life and sense of well-being. Fab tools to use for myself and family to enrich existence. Thank You.”**

**Suzy, Third Year Student**



## WESTERN STUDIES

- o Basic human anatomy and physiology of the main systems of the body, the chemical building blocks of the body, and the structure and functioning of cells.

## EMOTIONAL HEALING

- o An introduction to what are emotions, what is emotional health, how do we do emotional healing for ourselves and others?
- o The relationship between food and emotions - how our emotions lead us to eat certain foods, and how our food affects our moods and emotions.
- o Basic skills of listening well and emotional counselling.
- o Ethics and responsibilities when seeing clients. Creating a safe environment for clients with clear boundaries, confidentiality, clear communication etc.
- o Learning to feel and express your own emotions in a safe environment.
- o Developing an awareness of your own emotional patterns, their causes and how to transform them.
- o How to use the breath to release old stuck emotional patterns.

## PHYSICAL AND ENERGETIC EXERCISES AND BODY WORK

- o Learning the system of Do-in exercise, which works on the energy flow in the body, including the meridian system, for greater physical health and wellbeing.
- o Learning the position of the 12 classical meridians and particularly useful points on them, for both diagnosis and treatment of common imbalances and health problems.
- o Makko Ho meridian stretching exercises.
- o Deep abdominal massage, and palpation of the abdomen to diagnose the condition of the internal organs.
- o Abdominal and chakra breathing exercises.
- o Meditation practice for greater peace, calm and mindfulness.

Please note that this syllabus may be varied slightly according to the needs and progress of particular groups.

**“This course is transformative from a personal perspective - it enables you to develop the skill to nourish yourself and others deeply in a physical, spiritual way - I would recommend it to anyone who has reached a place in life where they are ready to heal.”**

**Celia, Third Year Student.**



## Other Opportunities to Study and Practice

On our modules we have one or two volunteer Kitchen Helpers assisting the Head Cook with preparing daily meals. This is a great opportunity to learn about macrobiotic cooking and master some new recipes, as well as be a part of the training groups.

Some people like to come and be a Kitchen Helper before joining our First Year course, to try out the school and get a better idea of how it works and feels. If you would like to do this, we would be very happy to welcome you.

If you are interested in helping out in this way, please contact the office for available dates and further details.

“I have a feeling of gratefulness and of being blessed. Being here on the course is a gift for me. I appreciate deeply your work Oliver, thank you very much!”  
**Lola, First Year Student**



## **What to Bring**

### **Clothing**

As well as your normal daily wear, please bring loose, comfortable cotton clothing for doing exercises in – jeans, tight trousers, skirts or dresses are not suitable.

Bring an apron, anything needed to tie your hair back, and closed shoes for cooking in.

You may also want to bring walking boots and warm clothing for outside walks.

### **Writing Materials**

You will be provided with extensive course notes, but you will also need A4 file paper or a book to write in for additional notes.

### **These Course Details**

Please bring these Course Details every weekend as we will be referring to the practical information they contain. This is especially important on the first weekend when we shall be running through how the whole course will work.

### **A Sharp Vegetable Cutting Knife and Apron**

These will be needed on the first module, and on some others when you will be doing hands on cooking classes. Especially important to bring on the 7<sup>th</sup> module for the cooking assessment. You can also buy excellent knives at the school shop, which is open every module.

### **Your Diary**

As you may need to book in times for extra activities.

### **A Camera**

On the 6<sup>th</sup> module, for taking photos of interviewees.

**“I found this course very informative, not just in a way of practical knowledge but also learning about life, emotions, feelings. It has opened door to me to explore and it feels really good.”**

**Zdenka, First Year Student**





## The Teaching Team

The main teachers for this course are Oliver Cowmeadow, Emma Cunis and Bini Sharman. Oliver has been studying, practising and teaching macrobiotics since 1980, and is an experienced macrobiotic counsellor and shiatsu therapist. He has written five books on macrobiotics and shiatsu, and has led work within the Macrobiotic Association UK in setting up training standards in macrobiotic healing arts. Emma is an inspiring teacher in theory classes and practical workshops. She has trained at the IMS has a macrobiotic counselling practice in Totnes, and runs outdoor courses on Dartmoor.

The cooking and teaching classes are taught by Bini Sharman and Viviane Van Dyke from Belgium, both very experienced chefs. The western anatomy, physiology and pathology is taught by Keith Belliss, an experienced sports therapist and shiatsu practitioner who teaches AP&P widely in the south west, and is well known for his enthusiastic and easily understood approach. The morning exercises, Do-in and meridian system are taught by Kirsty Hurd-Thomas, an experienced shiatsu practitioner and Chi Gong teacher.



Oliver Cowmeadow  
School Principal &  
Main Tutor



Emma Cunis  
Theory &  
Workshop Teacher



Kirsty Hurd-  
Thomas  
Do-in Teacher



Vivian Van Dyke  
Cooking Teacher



Keith Belliss  
A & P Teacher



Bini Sharman  
Head Cook &  
Cooking Teacher

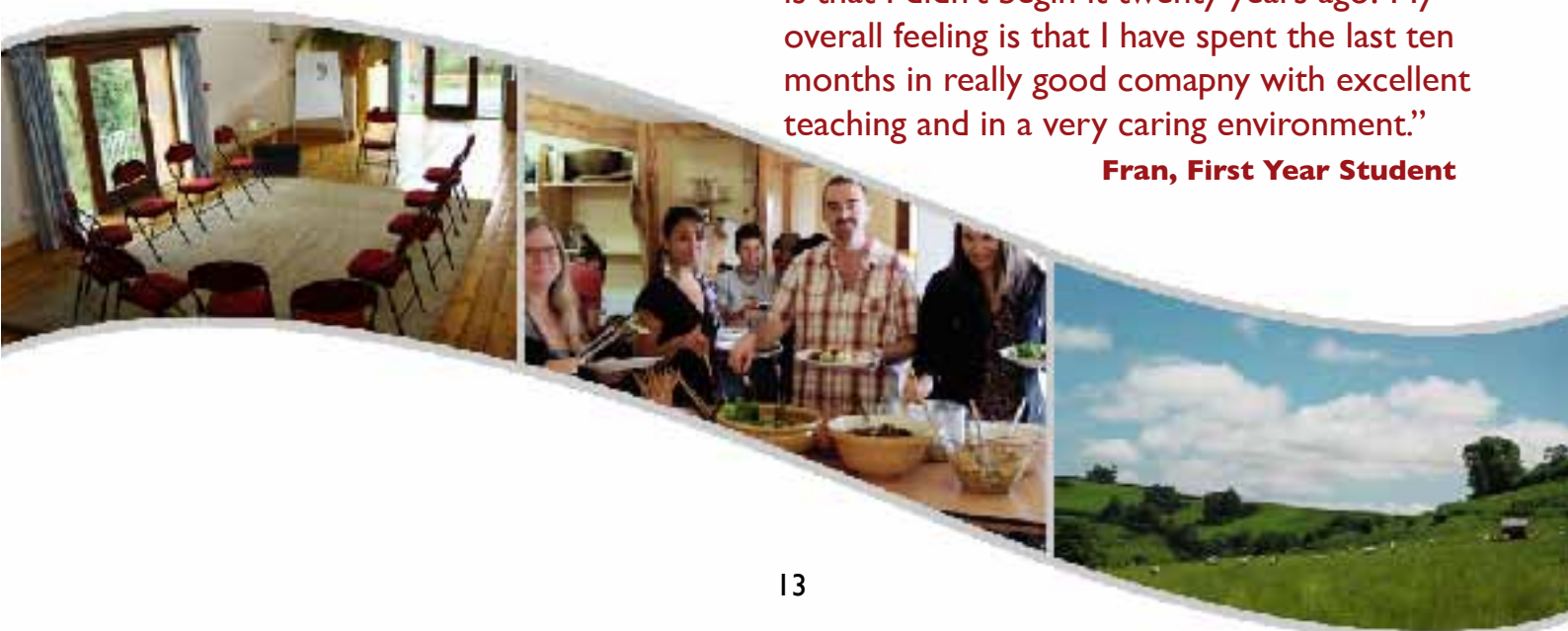
## What Is Special About This Training?

All macrobiotic education is based on the original teachings of George and Lima Ohsawa and Michio and Aveline Kushi, but will also vary according to the particular personalities, skills and life experiences of the people teaching it. You may well ask, what is the character and content of this particular training course? This comes primarily from the two directors of the training, Oliver Cowmeadow and Marijke De Coninck, as well as of all the other teachers involved.

1. We use a person-centred approach, we are interested in the deep transformation of our students. You will be given a lot of support in your personal growth, which to us is a central purpose of macrobiotics.
2. We feel that emotional healing is vitally important, and must be included in any personal development course or professional healer training. This course gives ample space for students sharing, and releasing old stuck emotions and limiting beliefs, and specific training to learn and master basic emotional counselling skills.
3. We give solid training in the various aspects of Oriental medicine, including diagnosis, use of yin and yang and Five Transformation theories, and the giving of dietary and lifestyle recommendations, learning the meridian system and Do-in exercises. This includes thorough practical and theoretical assessments and feedback at the end of each year of study.
4. We are passionate about training people to a high professional level, and giving them the means and support to set up successful cooking, health coaching and macrobiotic counselling businesses.
5. We will be encouraging the students' personal spiritual opening, through a variety of practices. We are all at different stages of personal growth and awareness, so we will encourage everyone to make progress from where they are. The clearer and more open a student's internal energy is, the easier they will find practising diagnosis, emotional sensitivity and other aspects of macrobiotic counselling.
6. If you are wanting to train to practice macrobiotic health counselling and healing cooking, please note that while there are many excellent courses taught in Europe, few offer the 3 to 4 years of training which is standard in professional complementary medicine training. Our courses not only offer an opportunity for strong personal development, but are also focused on helping its students develop solid practical skills, including many guided practice sessions with the public, and regular assessments and feedback. This training also fully prepares its graduates for professional accreditation with the UK national professional body, the Macrobiotic Association UK.

**“I think this course is fantastic, my only regret is that I didn't begin it twenty years ago! My overall feeling is that I have spent the last ten months in really good company with excellent teaching and in a very caring environment.”**

**Fran, First Year Student**



## Course Requirements

At the end of the first year course you will receive a completion certificate on satisfying the following requirements.

1. A minimum of 90% attendance on the 30 teaching days.
2. Completion of all homework.
3. A pass in the end of year theory assessment.
4. A pass in the end of year cooking assessment.
5. A pass in the end of year interview.

It is necessary for a student to have obtained their First Year certificate before beginning the Second Year training course. Should one or more assessment not be passed, guidance will be given on what work is needed to achieve the certificate, and they can be retaken after sufficient time for further study or practice.

## Attendance

Hopefully students will be able to fully attend all of the course, however if some days have to be missed due to illness etc. this should not exceed 10% of the course, or 3 teaching days. If you miss days, it is your responsibility to make up the missed work. This is most easily done by getting together with other students who attended the missed days. The Teaching Assistant may also be willing to help.

If more than 3 days are missed, you will need to book extra tuition time with teachers or Teaching Assistants to cover the missed work, which will be charged at their normal hourly consultation rate.

## Homework

Between modules there will be various kinds of work to be completed by the following module. This is mostly practical, in which you put what you have learnt on a module into practice, so that you learn it thoroughly and make the knowledge your own. It includes recording food diaries, cooking, and interviewing and diagnosing people, plus some self-development exercises. **The amount of work will be approximately 6 hours per week.** Please make sure that you have the time to do this homework, as it forms an essential part of your learning.

There is also some homework on western anatomy and physiology. Students who have previously completed a course within the last 5 years covering the same syllabus to at least the same depth may be exempted from the anatomy and physiology homework on producing evidence of their previous studies. If this applies to you, please submit evidence of your previous studies to Oliver Cowmeadow including the syllabus covered, the number of hours of teaching, and a completion certificate.

All homework must be completed on time. There is an extra charge for marking any homework handed in after the last module of £5 per piece.

## Assessments

There will be a variety of assessments during the first year of training. These will be of a lighter and simpler nature in this First Year, and will become more in-depth and comprehensive in the Second and Third Years. Assessments not only let us know how you are progressing, but also give us the opportunity to give you feedback in how you are getting on in developing practical skills and knowledge to facilitate your further learning.

There are various types of assessments. During the course there will be practical assessments for example on your cooking skills. At the end of the year there will be a theory paper assessing your knowledge, and a practical cooking assessment. There is also an interview to see how you are progressing in applying what you have learnt in your own life, and in your own personal healing.

If you do not pass an assessment, we will guide you on what extra study or practice you need, before retaking the assessment. The fee for retaking assessments is £50 for a cooking or theory assessment, and £25 for an interview.

## Personal Development During This Course

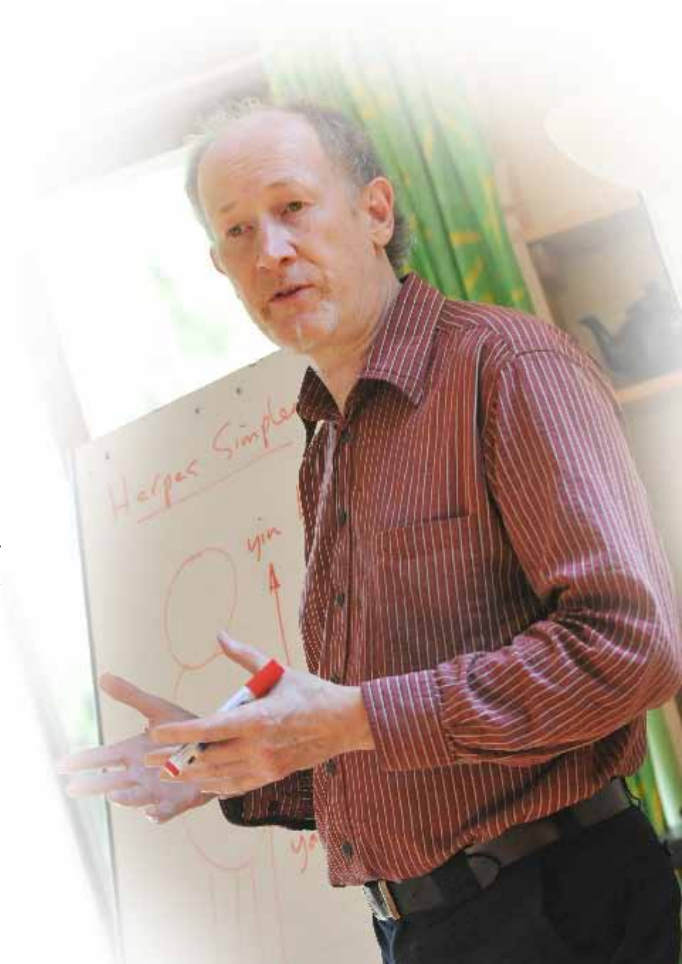
This course is intended to aid your own physical, emotional and spiritual development, as well as teaching you the knowledge, skills and techniques of healing others. You will most likely find yourself going through changes during the course, which for some can be dramatic. Changing your way of eating can bring about deep physical changes and healing, and can also throw up old emotions that need healing. If you feel you need additional help with emotional work it can be advisable to find a suitable counsellor, psychotherapist or other emotional worker.

We spend time with everyone sharing personally in the group sharings, and individuals are given time to share more deeply in the personal development workshops. You are likely to touch places of pain or vulnerability within you, and you may find yourself reassessing aspects of your life. Please don't be alarmed if this happens to you, it is a natural part of healing and growing. Please DO ask for help or support from the teachers or assistants (or your peers on the course) as we are here to help you with your own healing as well as your learning of how to help others.

All the teachers are very willing to answer questions and discuss any difficulties with your studies. If you are wanting in-depth advice on your health please book a consultation with Oliver. If you want a shiatsu treatment please ask Kirsty or Oliver. If possible please book these sessions before the module starts.

**“An amazing course, amazing teachers. This course helps you in your path towards growth and self-development.”**

**Mamen, First Year Student**





## Book List

Below are books that you will find useful to read during this course. You may want to buy some of them, as you will find yourself wanting to refer to them frequently, but others you may want to borrow. Most of these books will be on sale at the school.

### PHILOSOPHY

Macrobiotics: An Invitation to Health and Happiness, George Ohsawa. GOMF.

The Order of the Universe, George Ohsawa. GOMF.

The Book of Macrobiotics, Michio Kushi & Alex Jack. Japan Publications.

### HEALTH STUDIES

Natural Healing Through Macrobiotics, Michio Kushi. Japan Publications.

Macrobiotic Home Remedies, Michio Kushi. Japan Publications.

The Macrobiotic Path to Total Health, M Kushi & A Jack. Ballantine Books.

Traditional Acupuncture: The Law of the Five Elements, D Connelly.

Healing Your Emotions: Angela & John Hicks. Thorsons.

### DIAGNOSIS

Your Face Never Lies, Michio Kushi. Avery Publishers.

Reading The Body, Wataru Ohashi. Penguin Compass.

Your Body Never Lies: The Complete Book of Oriental Diagnosis, Michio Kushi. Square One.

### COOKING

The Self-Healing Cookbook, Kristina Turner. Earthtones Press.

Healthy Eating Simple Cooking, Montse Bradford.

Cooking with Sea Vegetables, Montse Bradford.

Food Children Enjoy, Peta Jane Gulliver. Cornish Connection.

Aveline Kushi's Complete Guide to Macrobiotic Cooking, Aveline Kushi.

Macrobiotic Desserts, Michele Cowmeadow. Cornish Connection.

### WESTERN MEDICINE

Human Form & Function, Minett, Wayne & Rubenstein. Collins Educational.

The Anatomy Colouring Book, Kapit & Elson. Harper Collins.

Black's Medical Dictionary, Ed G Macpherson. A & C Black Publishers.

New Optimum Nutrition Bible, Patrick Holford. Piatkus.

### EMOTIONAL HEALING

Helping the Client, John Heron. Sage Publications.

### BODYWORK

Mind Your Body, A. Scott and S. Wale. Devon School of Shiatsu.

The Book of Do-in, Michio Kushi. Japan Publications.

The Fourteen Classical Meridians, Sue Hix.

Shiatsu A Practical Introduction, Oliver Cowmeadow. Ebury Press.



## The Library

The school has a small library of books. These can be used on the modules, and can be taken out until the next module. Details of all books borrowed must be recorded by the Teaching Assistant. Please remember to bring your books back on the next module, as others may be waiting to read it!

## Your Feedback to the School

At the end of every module we will be asking you for written feedback on the course and the teaching, so that we can make improvements to the quality of your training. Of course, if there is anything you are unhappy about or if you have any suggestions to make, you do not have to wait for this written feedback - tell us as soon as possible so that we can remedy or improve the situation quickly.

“The school gave me an opportunity to look inside of my life and being. I wouldn’t have been able to start my emotional work without the school’s support and encouragement. I feel safer and grounded, although I have to go through a lot more, I’m confident that I can do it. The support from all the teachers, course mates, kitchen assistants, teaching assistants were amazing. I want to keep in touch with everyone!”

**Yuko, Second Year Student**



## **Gaining Qualifications with the International Macrobiotic School**

At the end of the First Year course students receive a Completion Certificate showing that they have studied macrobiotic approaches to health and healing, macrobiotic cooking, Do-in exercise and the meridian system, interviewing and basic emotional counselling skills.

At the end of the Second Year course students receive a Certificate as a Macrobiotic Cook & Health Coach, and are able to cook professionally in a number of settings, and offer Health Coaching to individual clients.

At the end of the Third Year course students receive a Diploma as a Macrobiotic & Life Counsellor, enabling you to give individual health consultations and prepare special healing food for clients.

## **Accreditation with the Macrobiotic Association UK**

People who train in complementary medicine generally join a professional organisation to support them in their practice, offer further education, and promote them to the public. In the UK the Macrobiotic Association UK offers professional accreditation in the following healing arts. The IMS fully prepares its students for accreditation in these two areas.

### **1. Macrobiotic Cook & Health Coach**

Graduates of the International Macrobiotic School Second Year Course can apply to become accredited as a Macrobiotic Cook & Health Coach.

### **2. Macrobiotic Counsellor**

Graduates of the International Macrobiotic School Third Year course can apply to become accredited as a Macrobiotic Counsellor.

For students who live outside the UK, you can still become accredited with the Macrobiotic Association as an Overseas Member, and will need to follow local laws on the practice of complementary medicine. For further information of how to become accredited, look at the extensive information on the association's website [www.macrobiotics.org.uk](http://www.macrobiotics.org.uk).

**“I’m really grateful, I feel I’m more myself and this way I enjoy relating to others. There was more than food in this course and I really appreciated the spiritual side of it. It has also empowered my creativity.”**

**Violeta, First Year Student**

## Directions to the School

The location and directions to the school can be seen on our website [www.macroschool.co.uk](http://www.macroschool.co.uk).

## Getting In Contact

There are a number of ways of contacting us before or during the course. For administrative matters such as dates, payment of fees etc. please contact the school administrator, Martin Hope,.

Telephone 01803 762598

Email [info@macroschool.co.uk](mailto:info@macroschool.co.uk)

Address: International Macrobiotic School, Little Stable, Buckyette Farm, Littlehempston, Totnes, Devon TQ9 6ND, UK.

To contact Oliver please phone the office number above or email at [oliver@macroschool.co.uk](mailto:oliver@macroschool.co.uk)

In emergencies only, you can call him at home on 01803 762393.

Other email addresses:

Emma Cunis: [emma@hotmail.com](mailto:emma@hotmail.com)

Bini Sharman: [binisharman@hotmail.com](mailto:binisharman@hotmail.com)

Keith Belliss: [keithbelliss@gmail.com](mailto:keithbelliss@gmail.com)

Kirsty Thomas-Hurd: [kirsty.shiatsu@btinternet.com](mailto:kirsty.shiatsu@btinternet.com)

## Message from Oliver Cowmeadow, Principal of the School

We live in strange times where the majority of people in the developed world have forgotten the basics of how to create and maintain their health and happiness. As a result we are seeing ever increasing levels of illness, degenerative disease, and disconnection. Macrobiotics is a great teaching on how to become more conscious of ourselves and our lives, and how to create health through our daily food, activity and self-awareness.

At the International Macrobiotic School we are committed to training excellent cooks and health practitioners who are able to go out and help the many, many people who are waiting for good guidance. If you would like to become a guide for the future of humanity, we would love to welcome you onto our training programme.





**APPLICATION FORM**  
**First Year of the Macrobiotic Cooking & Life Counselling Course**  
**03.18/1**

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ Post Code \_\_\_\_\_

Email address: \_\_\_\_\_

Tel. No. \_\_\_\_\_ Mobile No. \_\_\_\_\_

Date of birth \_\_\_\_\_ Family Situation \_\_\_\_\_

Current Work \_\_\_\_\_

please attach a recent head and shoulders photo of yourself here (applications are NOT accepted without a photo). This can be holiday snap.

Educational achievements: please list your main qualifications in formal and any other education.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What kinds of work have you done?

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\_\_\_\_\_  
\_\_\_\_\_

What courses have you done studying macrobiotics?

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\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What courses, workshops, or therapies have you used in your own development?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Why do you want to join this course?

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Do you have any particular concerns or difficulties with joining this course?

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Do you have any physical or mental health problems?

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Do you have any special dietary or other needs that we should be aware of?

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How did you first hear about this training course?

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Signed

Date

Please send your completed application form to the address below, and we will contact you by telephone or email to arrange a time and place for an interview.

International Macrobiotic School, Buckyette Farm, Littlehempston, Totnes, Devon TQ9 6ND, UK  
01803 762598      info@macroschool.co.uk