



Four Day

# LOOKING AFTER YOUR HEALTH PART 2

2018 PROGRAMME

15th - 18th March 2018



[www.macroschool.co.uk](http://www.macroschool.co.uk)

Tel. 01803 762598 Email: [info@macroschool.co.uk](mailto:info@macroschool.co.uk)

## Introduction

After running our very successful 5 day Looking After Your Health course for 14 years, we have had a lot of requests for a follow-on course, so here it is!

This 4 day course is designed to give you new inspiration in making positive changes in your cooking and life, and give lots of new recipes and ideas to put into practice.

As well as appealing to people who have completed the Looking After Your Health course, the part 2 course could be useful to anyone practicing macrobiotics wanting further support and a deeper understanding.

## The Purpose

Practicing a macrobiotic way of eating and living can take a lot of energy and focus, and sometimes it is great to get some new inspiration and guidance on how to make it work for you. This course is designed to help you find ways of overcoming things getting in the way of you following your healing path and gain a deeper understanding of how to use macrobiotic principles in your daily life.

Please don't feel that you have to be 'eating perfectly' to come on this course, its purpose is to help you take your next steps in supporting your health and enjoying your life, wherever you are right now.

## The Course

The course will be taught by Oliver Cowmeadow, Emma Cunis and Bini Sharman, and will include some exercise every day, theory classes, and of course some practical cooking classes to expand your repertoire when you get back home.

With our usual small class size, there will be plenty of time for answering your questions and helping you move forward with your personal goals.

The course will include:

- Daily Do-in exercises
- New soups and main course recipes, looking at how to make your food look attractive and taste fantastic with some tasty extras making delicious sauces, dressings, desserts and condiments.
- How to plan your day's cooking and meals to create food that you will enjoy and strengthen you, and at the same time fit into your daily routine.
- How to heal any health problems that are still bugging you.
- How to make cooking for spouses, children, friends and others work for you and them.
- How to eat out in a healthy way to bring variety to your regular way of eating.



## COURSE PROGRAMME

This timetable will vary according to the group's particular needs, but will give you a general idea of the content and format.

### DAY ONE

9.00 – 9.45	Do-in exercises
10.00 - 12.30	Morning classes
1.00 – 3.00	Lunch and break time
3.00 – 5.30	Cooking class
6.00 – 7.00	Supper

### DAY TWO and THREE

8.30 – 9.00	Do-in exercises
9.00 – 10.00	Breakfast
10.00 - 12.30	Morning classes
1.00 – 3.00	Lunch and break time
3.00 – 5.30	Cooking class
6.00 – 7.00	Supper

### DAY FOUR

8.30 – 9.00	Do-in exercises
9.00 – 10.00	Breakfast
10.00 - 12.30	Cooking class
12.30 – 2.00	Lunch and break time
2.00 – 4.00	Personal health plans and final questions



*Aptly titled, 'Looking After Your Health', it could not have been more appropriate. A huge thank you!*

**Ann**



## What to Bring

- Pen and notepad - you will be provided with a file of notes, but you may also want to make some of your own.
- A favourite knife – we also have plenty of knives at the school.
- Food containers, in case there is food left over from cooking classes.
- Boots or walking shoes plus outdoor clothing for walking after lunch.

## Accommodation and Travel

Please go to our website for a full list of local B&B accommodation. If travelling by train, Totnes train station is approximately 3 miles from the school. As we are located in the countryside, a taxi or car is required as there are no bus connections close by; when choosing your accommodation please bear this in mind.

## Personal Consultations

Oliver Cowmeadow and Emma Cunis will be available should you want to receive a personal health consultation or shiatsu treatment during the course. Please email them beforehand if possible so we can work out how to fit these in.

## Cost

£395, including lunch and supper on the first day, 3 meals on the second and third days, and breakfast and lunch on the last day.

A deposit of £200 holds a place on the course until 3 weeks before the start, after which time payment of the full fee is required.

## How to Book

There are a number of ways to book and pay:

- Complete the attached booking form and send with a deposit of £200 or the full fee to: International Macrobiotic School, Buckyette Farm, Littlehempston, Totnes, Devon TQ9 6ND. Please make cheques payable to 'International Macrobiotic School'.
- Complete the enclosed booking form (post to the above address) and pay by BACS (please contact [martin@macroschool.co.uk](mailto:martin@macroschool.co.uk) for our bank details) and use your surname/LAYH as the reference.
- Use Paypal on the website [www.macroschool.co.uk](http://www.macroschool.co.uk) under Short Courses and use the 'postal instructions' within Paypal to say if you have any special dietary needs.

The balance is payable at least three weeks prior to the start of the course (reminders are routinely sent). We will confirm receipt of your payments.

## Cancellation Policy

We hope you don't need to cancel your booking, however as stated in our brochure, deposits are non-refundable. If you cancel your place less than 3 weeks before the date of the course, we regret that no refund can be made as it is too late to fill your place. If you cancel more than 3 weeks before, we will retain your deposit and refund the balance.

Parking: Please do not park directly in front of the school, only in the allocated spaces on the left as you enter the car park, or alternatively on the lane outside.

Residents of Buckyette Farm: Please respect the privacy of the other residents living either side of the school.

## Further Queries

If you have any questions about the course, please ring the International Macrobiotic School Office on 01803 762598, or email [info@macroschool.co.uk](mailto:info@macroschool.co.uk)

International Macrobiotic School  
COURSE BOOKING FORM

Looking After Your Health Part 2

PARTICIPANT NAME.....

ADDRESS .....

.....POSTCODE .....

TEL (landline) .....(mobile) .....

EMAIL .....

I wish to book for \_\_\_\_\_ people for this course on

15th - 18th March 2018

I enclose a deposit of £200 per person

I enclose the full fee of £395 per person

Do you have any health problems that you think we should be aware of?

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

Please note that all our food is dairy and sugar-free. We can provide wheat and gluten-free food and cater for some other needs but cannot always adapt for every individual's needs in a class setting, in which case you may need to avoid eating some dishes. Please be as specific as possible, as we cannot make further adjustments once the course has begun.

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How did you first hear of the International Macrobiotic School ?

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Send this form with a cheque made payable to "International Macrobiotic School" to:  
Little Stable, Buckyette Farm, Littlehempston, Totnes, Devon TQ9 6ND.