



Plant Based Cooking

Seasonal Cooking Course

Upcoming Dates

3rd October 2020 (1 day course)

5th & 6th December 2020 (2 day course)

www.macroschool.co.uk

Tel. 01803 762598 Email: info@macroschool.co.uk



Love Health, Love Cooking

An inspiring weekend of balanced wholefood vegan cookery

Course Summary

Learn to cook delicious soups, main courses and desserts using wholesome ingredients, to boost your health and everyone you are cooking for. You will learn how to plan balanced meals that are satisfying and nutritious, and turn wholefoods into colourful and tasty dishes. We will be using whole grains, vegetables, beans, tofu and tempeh, sea vegetables for their rich mineral content, seeds and nuts, fruits and natural sweeteners. We will not be using any dairy, refined sugar, meat or fish in these classes.

We can cater for people on a gluten free diet and people with most special dietary requirements. Please let us know when you book.

Class sizes are restricted to 10, so that you get lots of personal guidance and there is plenty of time to answer all your questions.

You will be provided with all the recipes and notes on the theory.



Course Description

Saturday

9.45 - 10.00	Arrival
10.00 - 10.15	Introductions
10.15 - 11.15	The Macrobiotic approach to health and cooking
11.15 - 11.30	Tea Break
11.30 - 1.00	Cooking demonstration preparing a two course lunch
1.00 - 2.30	Lunch and break
2.30 - 3.00	How to plan healthy meals including breakfast, lunch, supper and snacks
3.00 - 5.00	Hands on cooking of main course and desserts

Sunday

9.00 - 10.00	Shared breakfast with lots of healthy choices
10.00 - 10.30	Eating with the seasons, making healthy choices when travelling and eating out.
10.30 - 12.30	Hands on cooking – preparing a two course lunch
12.30 - 2.00	Lunch and break
2.00 - 3.30	Making desserts

Your Teachers

A variety of our experienced teachers support and oversee the cooking and healthy eating lessons.

Bini Sharman is a macrobiotic chef, counsellor, and shiatsu therapist who first became interested in the healing powers of food after witnessing family and friends getting sick and having no alternatives to Western medicine.

Being a vegan, she was naturally attracted to macrobiotics and the school's three year professional training course was a perfect fit. In 2011, Bini began studying at the International Macrobiotic School and is now a qualified Macrobiotic Health Counsellor and Wholefoods Cook.

Emma is an inspiring teacher in the theory classes. She has trained at the IMS as a macrobiotic health counsellor, and has a practice in South Devon. Having transformed her own health Emma is passionate about offering the same opportunity to others.



Personal Consultations

If you require a personal health consultation with Oliver Cowmeadow or Emma Cunis, either before or after the course, giving you an individual health assessment and health advice, this can be arranged at a suitable time. Please email or ring the school well beforehand to book a time for an appointment.

Recommended Reading

The following books will be helpful reading to support your learning.

Yin & Yang: A Guide to Eating a Balanced & Healthy Diet

Oliver Cowmeadow, Cornish Connection
(basic theory plus menu plans and recipes)

Macrobiotics for Beginners

John Sandifer, Piatkus
(theory plus recipes)

The Self Healing Cookbook

Kristina Turner, Earthtones Press
(theory and lots of recipes)

Practical Information

Venue

The International Macrobiotic School, Murtwell House, Diptford, Totnes, TQ9 7NQ.
There are directions on our website www.macroschool.co.uk

Times

Saturday arrive 9.45 am for prompt 10.0am start, finish 5pm. Sunday 9am – 3.30pm

Fee

£190 including wholefood Vegan meals, deposit £80. Payment is by PayPal via our website, or cheque to the International Macrobiotic School or by bank transfer (please request details from info@macroschool.co.uk)

What To Bring

You will be cooking and sharing lunch during the day. Course notes and aprons, etc are provided, but bring a pad and pencil for additional notes, and a couple lunch boxes with you to take away any food that might be left over. There is a small shop at the school where you can buy books and some items and ingredients that are specific to our particular style of food preparation.

Accommodation If you need to stay locally overnight, then we can offer an on-site B&B package. See our website for full details.

Parking

Parking is available at the school, upon approach you will see a sign 'Murtwell Parking' (full details will be sent post booking)



International Macrobiotic School

COURSE BOOKING FORM

Plant Based Cooking

PARTICIPANT NAME:

ADDRESS

.....**POSTCODE**

TEL (day)(evening)

EMAIL

COURSE DATES

- 3rd October 2020 @ £95 (1 day only)
- 5th & 6th December 2020 @ £190 (deposit £80)

How did you first hear of the International Macrobiotic School?

- Facebook
- School E-Newsletter
- School Leaflet
- Website
- Reconnect
- Green Events
- Web Search
- Friend

Other please give details

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Send this form to:
International Macrobiotic School.Murtwell House Diptford.Totnes.TQ9 7NQ

Our Cancellation Policy
Every booking is subject to our current cancellation policy, the latest details can be found on the course website page.