



# Foundation Certificate

Holistic Nutrition for Body and Soul

Standard Course Details

March 2021 - January 2022

Course Code: 03.21/1

## Course Overview

The Foundation Certificate 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 good listening and emotional supportive skills, and 20 cooking classes.

Many people are attracted to this course because of its holistic nature. We look at ve 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 ve 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 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 listen well and offer basic emotional support and life direction guidance to others.

Some people join the course for their own benefit, and others use it as a foundation year for further study leading to professional qualifications. Either is fine, and some joining for just one year get hooked and do the whole three year training to begin a new career.

*“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, Foundation Certificate Student.

## Course Structure

The Foundation Certificate is made up of 7 modules spread over 9 or 10 months. The modules are mostly 4 days long, with one 6 day module in the middle. There is an average of 6 or 7 weeks between modules, giving time for students to absorb what they have learnt and apply it to their daily lives.

Each module is very full, and gives you plenty to go home and put into practice, using Do-in “self-shiatsu” bodywork, learning the classical meridian system, developing healthy cooking skills, and interviewing people

to develop their Oriental diagnosis and emotional supportive skills. On the next module students get feedback on their written homework, cooking etc, to strengthen their learning and development.

The size of the group 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 balanced plant based meals with 20 cooking classes, study of many aspects of macrobiotic and Oriental diagnosis and medicine, emotional work and learning good listening skills in support of others, 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.

There is some homework to do between weekends, to help you practice what you have learnt, 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 on our Diploma Course..

You will be well looked after by our teaching team, with Oliver Cowmeadow and Emma Cunis leading the course, with additional teaching from Bini Sharman and Lara Holmes teaching cooking 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 2021-2022 Course (Course Code: 03.21/1)

There are 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 and run Wednesday to Sunday, except the fourth module which is 6 days (Monday to Sunday) so we can teach a day on each of the Five Transformations.

1. March 24th - 28th
2. May 5th - 9th
3. June 9th - 13th
4. July 12th - 18th
5. September 15th - 19th
6. November 3rd - 7th
7. January 12th - 16th 2022

For those who intend to continue their studies through the Diploma Course to gain professional qualifications, the next Diploma Course will start in September of 2022.

## Times

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

## Fees and Paying in Installments

The full fee for the course, including all teaching and meals, not including accommodation, is £3750. This is payable as a deposit of £750 which will secure your place on the course, due as soon as you receive an offer of a place on the course.

There are two payment plan options, either paying the balance of £3000 in full by February 24th, or setting up a standing order with your bank to pay a monthly instalment with 10 monthly payments of £305.00 payable from April 2nd 2021 to January 2nd 2022 inclusive. The instalments include a £50 administration fee.

Please note the following conditions of enrolment:

1. Deposits are not refundable after February 24th as we may not be able to fill your place. Before this date the balance is returnable, less £150 to cover administration costs.
2. The balance of the fees must be paid, or standing order agreement set up, by February 24th.
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 have on site accommodation at Murtwell in twin or single rooms for students travelling from a distance. These are offered to students on the longer training courses at a reduced price of £27 per night for a shared room (£22 if you bring your own bedding) or £45 for a single room (£40 with your own bedding).

Once you have paid your deposit or full fee for the course, if you require this accommodation please book by contacting the school, or on-line using the school's website.

## Meals

During 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. As well as nourishing students well, they also give very good examples of how to prepare delicious balanced wholefood meals.

We welcome students inviting partners or close family members to lunch or supper on occasion, 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 of ce at least 5 days ahead so we can tell the cook and order extra food. There is a charge of £6.00 for breakfast and £12.00 for a lunch or supper.

## Covid Safety

We have put in a number of measures to keep everyone safe during the current pandemic. Our measures are in line with current government guidelines. We'll send you all you need to know after you book, but check out our most up to date information on our website.

*"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, Foundation Certificate Student

## Booking A Place On This Course

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 course successfully so we recommend a Skype or an in-person meeting prior to booking.

Then, when you decide you want to join this course, please complete the booking form on our website. We will then be in touch to confirm your place.

Ideally, you will:

1. 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. 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 is a strong commitment of time, energy and money. If you need any clarification on whether you have studied enough, please ask us.
2. Have 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, Foundation Certificate 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 - 9.00 Introducing the module, checking on progress with homework, and a personal sharing

### Intermediate days

- 8.00 - 9.00 Morning Do-in 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 – 9.00 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.

## Foundation Certificate Syllabus

Please note that all teaching is in English, so you need to be conversant in this language. We 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

- George Ohsawa's original philosophy of macrobiotics and approach to life and 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.
- 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.
- 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

- Understanding the causes of illness within a person's diet, lifestyle, emotions, thoughts and personal life history.
- Yin and yang used to create balance in diet, lifestyle, exercise, emotions and thoughts.
- The theory of the Five Transformations or Five Elements of Energy, the energies in nature, our bodies and psychology, foods, cooking styles and activities.
- Using Five Transformation theory to understand how to choose a balanced diet that nourishes all our bodily organs and functions, our emotional expression and life activities.
- Using Five Transformation theory to design specific healing diets and give lifestyle recommendations.
- 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.
- 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.
- How to write a Food Diary, and how to analyse these and make constructive changes for better health.

## DIAGNOSIS

- Overview of the four main methods of Oriental Diagnosis, visual, listening, questioning and touch.
- 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.
- Visual diagnosis of a person's condition using yin and yang, facial colour and facial diagnostic areas, sclera diagnosis, the hands, feet, and the hair.
- Listening diagnosis of the quality of the voice and by smell.
- Questioning diagnosis using yin and yang, the Five Transformations, the energetic and physical functions of organs, and prevalent moods and emotions.
- Touch diagnosis of meridians and abdominal organs.

## COOKING

There is a combination of demonstration and hands-on cooking classes, in our purpose built teaching kitchen with 12 individual work stations.

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

## EMOTIONAL HEALING

- An introduction to what are emotions, what is emotional health, how do we do emotional healing for ourselves and others?
- The relationship between food and emotions - how our emotions lead us to eat certain foods, and how our food affects our moods and emotions.
- Basic skills of listening well and giving emotional support.
- Learning to feel and express your own emotions in a safe environment.
- Developing an awareness of your own emotional patterns, their causes and how to transform them.
- How to use the breath to release old stuck emotional patterns.

## PHYSICAL AND ENERGETIC EXERCISES AND BODY WORK

- 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.
- 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.
- Makko Ho meridian stretching exercises.
- Deep abdominal massage, and palpation of the abdomen to diagnose the condition of the internal organs. o Abdominal and chakra breathing exercises.
- 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 often have a volunteer Kitchen Helper 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. We do ask that you have attended at least a short course on macrobiotic cooking either with us or another macrobiotic cooking teacher, so you have the basic skills to help with the cooking. If you have not studied macrobiotic cooking before, please look at the short courses available on our website.

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, Foundation Certificate 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 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 7th module for the cooking assessment. You can also buy excellent knives at the school shop.

## Your Diary

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

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

Zdenka, Foundation Certificate 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 health consultant and shiatsu therapist. He has written several books on macrobiotics and shiatsu, and also teaches in Belgium and Spain.

Emma is an inspiring and very supportive teacher in theory classes and practical workshops. She has trained at the IMS, and has a macrobiotic counselling practice in Devon. She also runs an exciting range of outdoor walks and courses in the wilds of Dartmoor.

The cooking classes are primarily taught by Bini Sharman who has many years experience of conventional cooking before discovering the balanced plant based approach of macrobiotic cooking. She brings enormous enthusiasm and great attention to detail to her cooking teaching. Some teaching may also be with another teacher such as Lara Holmes, an enthusiastic health consultant and cook, living and working in Exeter.

The Do-in and meridian system are taught by Kirsty Hurd-Thomas, an experienced shiatsu practitioner and Chi Gong teacher. She is fantastic at helping students get in touch with their bodies and the energy flowing through it, and develop a range of rejuvenating and vitalizing exercises for inner wellbeing.

Further information on these and other teachers can be found on our website.

## What Is Special About This Training?

- We use a person-centred approach, we are interested in the health and deep transformation of our students. You will be given a lot of support in your personal growth and learning, which to us is a central purpose of macrobiotics.

- 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.
- 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, releasing old stuck emotions and limiting beliefs, and specific training to learn good listening and emotional supportive skills.
- 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.
- 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.
- If you want to train to practice giving macrobiotic health consultations and healing cooking, we offer a further two years of study on our Diploma Course.

If you want to continue your studies to attain professional cooking and health counselling qualifications, note that our Foundation Certificate and Diploma Course offer a full 3 ½ 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, Foundation Certificate Student

## Course Requirements And Certification

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.

It is necessary for you to have obtained your Foundation Certificate before beginning the Diploma Course. Should one or more assessments 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 teaching or 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. 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 course. Assessments not only let us know how you are progressing, but also give us the opportunity to give you feedback on 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 a review session 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.

## Personal Development During This Course

This course is intended to aid your own physical, emotional and spiritual development, as well as teaching you the basic knowledge, skills and techniques of healing others. You will most likely and 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 end 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 or Emma. 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, Foundation Certificate 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.  
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, Diploma Course Student

## Gaining Qualifications And Accreditation

At the end of the Foundation Course you will receive a Completion Certificate showing that they have studied macrobiotic approaches to health and healing, macrobiotic cooking, Do-in exercise and the meridian system, listening and basic emotional supportive skills. Should you chose to continue with the Diploma Course, then accreditation through the Macrobiotic Association is possible after both year one *and* year two of the course:

1. Macrobiotic Cook & Health Coach - after completing the first year of the Diploma Course students can apply to become accredited as a Macrobiotic Cook & Health Coach.
2. Macrobiotic Health Consultant - after completing the second year of the Diploma Course graduates can apply to become accredited as a Macrobiotic Consultant.

In 2018 the International Macrobiotic School had its training and assessments ratified by the Macrobiotic Association. This means that its graduates are exempted from the Macrobiotic Association theory and cooking exams, and only need to sit an interview.

*“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, Foundation Certificate Student

## Directions to the School

The location and directions to the school can be seen on our website [macroschool.co.uk](http://macroschool.co.uk) or you can use our postcode to find us: TQ9 7NQ.

## 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, Karen Evans.

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

International Macrobiotic School, Murtwell House, Diptford, Totnes, Devon, TQ9 7NQ, UK

Other email addresses:

Oliver Cowmeadow	<a href="mailto:oliver@macroschool.co.uk">oliver@macroschool.co.uk</a>
Emma Cunis	<a href="mailto:emma@hotmail.com">emma@hotmail.com</a>
Bini Sharman	<a href="mailto:binisharman@hotmail.com">binisharman@hotmail.com</a>
Kirsty Thomas-Hurd	<a href="mailto:kirsty.shiatsu@btinternet.com">kirsty.shiatsu@btinternet.com</a>

## A 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 mental illness, degenerative disease and disconnection.

Macrobiotics is a fantastic teaching on how to become more conscious of ourselves and our lives, and how to create balance and health through our daily food, activities and lifestyle. I have personally found it a fascinating study and a very effective way of maintaining my health and guiding my life, and I have seen thousands of people transform their lives using macrobiotic teachings.

At the International Macrobiotic School we are committed to helping as many people as possible find their path in life, and create the health and fulfillment they want. We also aim to train 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 want to find a new way of living, or want to become a guide for the future of humanity, we would love to welcome you onto our courses.

Wishing health and happiness,

Oliver