



Two Day
Love Health
Love Cooking

2017 – 18 Course Dates

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 size is restricted to 6 people 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

9.00 – 9.30	Arrival
9.30 – 9.45	Introductions to the school by staff and students
9.45 – 11.00	The Macrobiotic approach to health and cooking
11.00 – 12.45	Cooking demonstration - preparing a two course lunch
1.00 – 2.30	Lunch and break
2.30 – 4.00	Planning healthy menus, fitting healthy cooking into your life, how to cook quick healthy meals, cooking with the seasons
4.00 - 4.15	Tea break
4.15 - 6.00	Hands on cookery - preparing a two course dinner
6.00 - 7.00	Dinner

Sunday

9.00 – 10.00	Shared breakfast with lots of health choices
10.00 – 11.00	The macrobiotic approach to healing health problems
11.00 – 12.45	Hands on cooking – preparing a two course lunch
1.00 – 2.30	Lunch and break
2.30 – 4.00	Hands on cooking – sugar and dairy free desserts

Your Cooking Teacher

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, 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, Buckyette Farm, Littlehempston, Totnes.
There is a map on our website www.macroschool.co.uk

Times

Saturday arrive 9.00 for prompt 9.30 start finish 7pm, Sunday 9am – 5pm

Fee

£190 including wholefood Vegan meals, deposit £95 Payment is by paypal from 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 an empty lunch box 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 want to stay locally overnight, bed and breakfast accommodation is available in local villages and in other nearby places. Please visit our website for a list of local providers.

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.



International Macrobiotic School

COURSE BOOKING FORM

Love Health, Love Cooking

PARTICIPANT NAME:

ADDRESS

.....**POSTCODE**

TEL (day)(evening)

EMAIL

COURSE DATES

27th - 28th Jan 2018 @ £190 (deposit £80)

14th - 15th April 2018 @ £190 (deposit £80)

23rd - 24th June 2018 @ £190 (deposit £80)

How did you first hear of the International Macrobiotic School?

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School Leaflet

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Our Cancellation Policy

We hope you don't need to cancel your booking. However if you cancel your place on this course less than 3 weeks before the date of the course, we regret that the full amount is payable and no refund can be made. If you cancel more than 3 weeks before we will retain your deposit and refund the balance.