



Two Day  
**Love Health**  
**Love Cooking**

2018 Course Dates



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

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# 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 are kept small so people get lots of personal guidance and there is plenty of time to answer all your questions.

You will be provided with a booklet 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 healthy choices
10.00 - 11.00	The macrobiotic approach to healing common health problems, travel foods, eating out and for partners
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 - healthy sugar and dairy free desserts

## Your Teachers

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 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](http://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](mailto: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:

**23rd - 24th June 2018 @ £190 (deposit £95)**

**28th - 29th Sep 2018 @ £190 (deposit £95)**

**17th - 18th Nov 2018 @ £190 (deposit £95)**

I wish to book for \_\_\_\_\_ people for this course and enclose the deposit of £95 or the full fee of £190  
ALTERNATIVELY pay by Bank Transfer (request details from info@macroschool.co.uk) or by PAYPAL on  
our website www.macroschool.co.uk

Do you have any health problems or specific dietary needs that you think we should be aware of?

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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

.....

Send this form to:

International Macrobiotic School, Little Stable, Buckyette Farm,  
Littlehempston, Totnes, Devon TQ9 6ND

### 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.