

# MACROBIOTIC HEALTH CONSULTATION TRAINING

## Third Year Course Details

A one and a third year course of training and personal development to become:

a Macrobiotic Health Consultant

and a Macrobiotic Medicinal Cook

and the option of qualification as a Shiatsu Practitioner with some additional study

- The most thorough training in Macrobiotic Health Counselling in Europe
- Lots of practice with real clients during classes and at home to build confidence and professional skills
- Everything you need to step into professional practice as an in-depth healer using food, exercise, emotional healing and life coaching

## Course Overview

This third year course is the most in-depth training in macrobiotic healing that we know of, and will give you some amazing skills in helping others heal themselves physically and emotionally, and become more in touch with their true aliveness and purpose in life. It is spread over 16 months to give enough time for you to learn and practice some very solid medicinal cooking and health counselling skills, as well as giving time for your continuing personal development.

During the course you will be getting plenty of guided practice in cooking for people with specific health problems, and giving a number of health consultations, to build your confidence and skills. From previous experience we have seen students reaching the end of the third year course being able to move straight into building a professional practice, offering their guidance to paying clients.

The course has 36 days of teaching in six 4 day modules, and two 6 day intensives where a small group of Belgian students at the same level will be coming to study with us. The final assessments will be held over two days. Spread over a longer period than the Second Year course means that the monthly instalments for paying the fees is lower, however if finances are an issue for you, please talk to us, we want to make it work for you and will be flexible in finding ways to make it work for you!

In the morning practical sessions there are a variety of activities including – deepening your shiatsu treatments with learning to give shiatsu to the Governing and Conception Vessels and giving shiatsu for specific health problems; meditation and internal Ki development for building your Kidney Ki and strengthening Ming Men, particular chakras and your Central Channel; further teaching practice; and palm healing using the chakras for physical, emotional and spiritual healing.

In the cooking the main emphasis will be on refining your cooking skills and learning how to cook for those who are ill, including in depth use of Five Transformational theory in cooking for yin and yang imbalances in each Transformation, refining your awareness of the energetics of cooking, and a mastery of all the details that affect the final outcome of a dish and meal. The cooking classes will again be a combination of demonstration classes and hands-on cooking, including some teaching from the vastly experienced Anna MacKenzie who will be teaching healing cooking and cooking for those who are dying, from her long experience of cooking for those who are ill.

We shall continue with Health Studies covering illnesses in all the major systems of the body that were not covered during the second year course, as well as taking a detailed look at how to have a healthy pregnancy, a natural birth, how to feed babies, and dealing with babies' and children's health problems. We will study further methods of Oriental diagnosis, including postural and movement, tongue, tsubo, destiny diagnosis, and reading grandparent and ancestor influences.

On an emotional level there will be further study and practice of western counselling skills including how to counsel people with strongly held fear, anger, sadness and grief, guilt and shame; and the emotional patterns and life experiences underlying imbalances in the 10 Organs. We will also be exploring and strengthening the energies of our own sex, and looking at how to create healthy communication within relationships, and how to help when things go wrong.

The homework will mainly be practical cooking assignments and giving full consultations including full recommendations, to case studies under our supervision. For students wishing to develop their shiatsu to a professional level a number of shiatsu case studies will also be required to further your learning. You will receive full feedback on all your work and sessions, so you learn the most from each one. This will enable you to build your skills and confidence in Macrobiotic Health Counselling, Medicinal Cooking and Shiatsu over the 16 months so that by the end you are fully ready to start charging clients in a professional practice.

When you have fully completed the Third Year Course you will be able to apply to the Macrobiotic Association UK to join their register of Macrobiotic Practitioners and as a Macrobiotic Consultant, and to advertise yourself and any classes you are running on the Association website. With a little extra work you will also have fulfilled the requirements of the Shiatsu Society for becoming a full Shiatsu Practitioner, with the option of becoming accredited with this professional body.

## Dates

There are 36 days of teaching in eight teaching modules, 6 of 4 days, and 2 of 6 days, on the following dates. In addition there is a ninth module of 2 days, for all the final assessments.

### 2019

June 12-16 (Wednesday to Sunday)

July 17-21 (Wednesday to Sunday)

October 2-6 (Wednesday to Sunday)

November 4-11 (shared with a third year course from Belgium)

### 2020

January 15-19 (Wednesday to Sunday)

March 25-29 (Wednesday to Sunday)

June 15-22 (shared with a third year course from Belgium)

Sept 2-6 (Wednesday to Sunday)

Assessments – 2 days to be arranged in October or November 2020

## Times

Each teaching block begins at 6.00pm with supper on the first day, and ends at 2.00 pm on the last day. We know that some of you have big distances to travel, but please make sure that you are able to attend fully for all of these times. Please do not plan other events during the course modules, as it is sometimes necessary to change the programme around according to the needs of the group, or add extra workshops.

## Venue

Will be at the school's new venue, Murtwell House, 5 miles south of Totnes. There will be a variety of accommodation options on site – please ask the office for further details. The full address is: Murtwell House, Diptford, Totnes TQ9 7NQ. You can find the exact location on Google maps, Satnavs usually get you within ½ mile and then stop, so are not good to rely on.

Directions from Totnes: Take the A381 Kingsbridge road south, in 3 miles you will reach the village of Harbertonford. There is a garage on your left, then a church on your right – turn right straight after the church, signed Diptford.

After 1 mile take a left turn signed Diptford into a small lane. After 1.1 miles take a right turn into another lane – there is no sign.

Go down the lane for 0.4 of a mile and Murtwell House is on your right. You can either park in the drive or go on for another 50 yards and there is additional parking on the right through a gate.

## Fees and Paying in Instalments

The full fee for the course, including all teaching and meals, not including accommodation, is £4395. This is payable as a deposit of £650 which will secure your place on the course, and then either one payment of £3745 paid a minimum of FOUR WEEKS before the first day of the course, or by 16 monthly instalments of £236.56 payable by standing order, this includes a £40 administration fee. (This is less than the second year instalments of £265.42.) If you have problems with paying the course fees, please get in touch with us to discuss other options.

The two day assessment is charged separately at £200.

If you want to pay by instalments tell us on the Application Form. The attached Payment Schedule shows the information you need to set up a standing order with your bank.

Please note the following conditions of enrolment:

1. The balance of the course fees must be paid, or standing order set up with your bank, **4 weeks before the course starts**.
2. Once a 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.
3. Refunds cannot be given if a student leaves the course.
4. Course fees are not normally transferable to another course.
5. All charges from overseas bank transfers to be paid by you.

## Accommodation

There is a variety of accommodation at Murtwell House, standard bed in twin rooms is £25 per night, with a cheaper option of £20 if you bring your own bedding.

## Applying For A Place On This Course

You are eligible to apply for the Third Year Course once you have satisfied all the requirements of the Second Year Course. Please fill in and send the Application Form at the end of these Course Details to Oliver at the school. If you are still completing work for

the Second Year Course and know that you definitely want to join the Third Year Course, please fill in the Application Form and send it to us so that we know you want to enrol.

**If you have studied in other schools**, please send a full list of the subjects you have studied, and the number of days or hours of study, so we can see if there are areas or subjects that you have not studied in the depth we teach at the IMS. We will guide you in how you can make up these studies before you join the third year course. Please note that our First Year course is 30 days of teaching, and the Second Year 31 days, so students wanting to enter the Third Year course need to have done in-depth studies of roughly this length already.

## Meals

During modules all meals are provided, with the highest quality organic and local foods possible. These are prepared by a macrobiotic chef, or sometimes during a cooking class. **If you cannot attend certain days of the course and are going to miss meals, please inform the head cook for your course at the office – contact details are at the end of these course details.**

## Course Layout

The layout of a typical teaching block will look like this, with some variation according to the group's particular needs.

First day	6.00 - 7.15	Sharing supper together
	7.15 – 9.30	Introducing the weekend, checking on progress with homework, personal sharings and progress reports.
Intermediate days	8.00 - 9.00	Morning exercises, shiatsu etc.
	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 and break
	7.30 – 9.30	Classes, tutorials or workshops on some evenings
Last day	9.00 - 10.00	Breakfast
	10.00 - 1.00	Classes or workshops
	1.00 - 2.00	Lunch
	2.00 prompt	Farewells until the next time!

This schedule may change according to the needs of this particular group.

Some evenings are free, and on some there is a class. **Please do not book anything else during modules**, as the timetable may change according to your group's needs.

## Third Year Syllabus

### *PHILOSOPHY & SELF DEVELOPMENT WORK*

- Incarnation, memory of past lives, and finding our purpose and destiny in this lifetime.
- Developing your internal Male and Female energy.
- Further use of the Seven Levels of Judgement (or Consciousness).
- Recognising and helping clients having a 'spiritual crisis'.
- Spiritual practices including the art of chewing, silence, meditation, opening the spiritual channel and upper chakras.
- Stages of spiritual breakthrough and realisation, becoming fully present in the here and now, quietening the mind, developing your intuition to enhance your Oriental diagnosis skills.

### *HEALTH STUDIES*

- Completing the pathology of the body systems not yet covered – cardiovascular, nervous, endocrine, immune and lymphatic, reproductive, skeletal systems, the liver and gallbladder, the special senses, plus connective tissue problems, and a special look at helping people with cancer.
- Helping people who are dying.
- A review of women's health problems, plus a look at the physical, energetic, emotional and spiritual changes happening at menopause, and how to help any difficulties.
- Men's health problems.
- How to have a healthy pregnancy and childbirth, and now to deal with infertility and other common problems during this time.
- Understanding the health of babies and children, their common problems and how to help them.
- Understanding mental health problems from an Oriental perspective, and how they may be helped e.g. bipolar disorder (manic depression), schizophrenia, depression, phobias and anxiety and panic attacks.
- Further practice of giving dietary and life consultations, including conducting interview sessions on the public, and presentations by people who have healed health problems using a macrobiotic approach.
- For homework you will be giving a minimum of 3 consultations to each of 20 clients, making a total of 60 full consultations, including the giving of recommendations, with full supervision and guidance so you learn from every session you give. This builds

your confidence and skills in giving personal health consultations, using all the theory that you have been learning, so that by the end of the course you can easily move into giving professional health consultations.

### *HEALTH COUNSELLING AND MEDICINAL COOKING SKILLS DEVELOPMENT*

- How to give Health Consultations, including follow up sessions, using food diaries, working on Skype etc.
- Discussion of your health consultations in class.
- Observing teachers give health consultations during health studies classes.
- Giving health consultations with the public during class time.
- Give a health consultation for a member of the public, then cook them a suitable healing meal.

### *DIAGNOSIS*

This will include practice on members of the public in class.

- Destiny Diagnosis looking into the soul qualities and what the future holds for people, to support 'getting on track' in their lives.
- Posture and Movement diagnosis.
- Reading and drawing the energetic picture of clients.
- More in depth study of facial area, sclera and questioning diagnosis, touch diagnosis of the Back Areas and abdomen, to refine and deepen your diagnosis of clients.
- Tongue diagnosis.
- Tsubo diagnosis.
- Understanding the influences of parents and grandparents by looking at the face.

### *HEALING COOKING*

- The main study is of Healing Cooking. There will be cooking demonstrations on how to cook for yin and yang imbalances in each of the Five Transformations, and how to cook for specific diseases.
- The use of special dishes, drinks and condiments for healing particular problems.
- Learning the healing properties of particular foods like miso, kuzu, umeboshi etc.
- Hands on cooking of many medicinal recipes.

- Practice of hands on cooking for different imbalances and health problems.
- Demonstration and practice of cooking for those who are dying.
- Giving a consultation and then cooking for a client, under guidance, during a module.

### *BODYWORK*

- Shiatsu and exercises for the Governing and Conception Vessels, and useful tsubo.
- Shiatsu for a range of common health problems.
- Making accurate energy diagnoses, as a basis for giving personalised shiatsu treatments.
- Shiatsu to help pregnancy, birth and breast feeding.
- Palm healing on the chakras, to heal physical problems, give healing support, and clear emotional and spiritual blockages.

### *WESTERN STUDIES*

- Completing the in depth study of the anatomy and physiology of the major systems of the body – cardiovascular and lymphatic systems, the nervous and endocrine systems, special senses, liver and gallbladder, skeletal system, reproductive system, the body's defence mechanisms including the immune system, the skin including a look at the typical stages in the formation and development of cancer.
- Western pathology of common health problems in the above systems, which will also be studied from an energetic point of view within macrobiotic healing.
- How to read blood test results so you can use these in your health consultations.

### *EMOTIONAL HEALING*

- Further use of chakra breathing to release old stuck emotions held within the body, and bring in more light and love.
- Deeper study of how we can use interventions in counselling, using the Six Category Intervention analysis system, especially confronting, prescriptive and informative interventions.
- Working with Heart. Tracking feelings and emotions through body awareness.
- Further work on understanding relationships and the kind of help you can give to people with problems in this area.
- Further work on developing an awareness of your own emotional patterns, their causes and how to transformation of them.

- How to help people heal strongly held emotions during consultations including fear, anger, grief, guilt and shame.
- Working with your Inner Child, and using this to work with clients.
- Attention to your emotional healing during specific class time, tutorials and counselling classes.

### **PHYSICAL AND ENERGETIC EXERCISES**

- Teaching Do-in self shiatsu and Makko Ho exercises, including practice in the class, with an emphasis on intimate experience of the 14 meridians.
- Exploring a simple meditation practice and mindfulness for enhanced inner peacefulness and stillness, and coming into the present.
- Internal Chi Gong exercises for vitalising the central channel, building Kidney Chi, and raising the vibration and activity of particular chakras.

### **BUSINESS SKILLS**

- How to create a business as a Macrobiotic Medicinal Cook and Macrobiotic Health Counsellor.
- Professional Ethics for giving Health Consultations.
- The advantages of professional accreditation with the Macrobiotic Association.

*This syllabus may be varied according to the needs and progress of this particular group.*

## **What to Bring**

### **Clothing**

As well as your normal daily wear, please bring clean, loose, comfortable cotton clothing for doing exercises in. Jeans and tight trousers will not do, nor skirts or dresses.

For hands on cooking classes you will need to bring suitable clothing and shoes, an apron, plus hair ties if you have longer hair.

### **Writing Materials**

You will be provided with extensive course notes, which you need to bring every module. You will also need A4 file paper or a book to write in for additional notes.

### **A Knife**

For the hands on cooking classes.

### **Your Diary**

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

## Other Opportunities to Study, Practice & Develop

We recommend that you widen your learning and experience during the third year course in the following ways:

- Sitting in on consultations with Oliver, Marijke, or other macrobiotic counsellors.
- Assisting experienced macrobiotic cooking teachers in their classes, or cooking for events such as the Macrobiotic Association Summer Gathering, or the annual One World Camp.
- You are expected to be actively involved in your own physical and emotional healing, including using other complementary therapies, and having your own emotional counselling or psychotherapy sessions.

## The Teachers

The main teacher for this course is Oliver Cowmeadow, with some teaching from Marijke De Coninck on the 6 day modules, and probably another visiting teacher.

There will be a number of medicinal cooking teachers, including Anna MacKenzie who will be teaching cooking for those who are dying, drawing on many years of experience in this.

Kirsty Hurd-Thomas is the main morning exercise and shiatsu teacher along with Oliver, and Keith Belliss will be teaching some further western pathology classes. Susannah Uren will be running a Women's workshop.

## Course Requirements

At the end of the Third Year Course you will receive a diploma as a Macrobiotic Health Counsellor and Macrobiotic Medicinal Cook on satisfying the following requirements.

1. A minimum of 90% attendance of teaching days on the course.
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.
5. A pass in the end of year practical assessment.
6. A pass in the end of year interview.

I am working on clarifying the requirements if you want to qualify in Shiatsu, which will include passing the above assessments plus submitting a number of shiatsu case studies.

## 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 4 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 or communicating with other students who attended the missed days.

If you miss more than 10% you will need to discuss with Oliver how to make up the missed teaching, through extra tutorials with the teachers, attending other classes or other appropriate tuition. Teachers will charge for giving tutorials; if several students combine to take a tutorial it will work out considerably cheaper.

## Homework

Between modules there will be various kinds of work to be completed by the following module. This will mainly consist of giving consultations to clients, and cooking assignments, plus some background reading and other written work. The amount of work will be approximately 6 to 8 hours per week.

There will be some western anatomy, physiology and pathology teaching. Students who have previously completed a course within the last 5 years covering the same syllabus to at least the same depth, may be exempted from the homework on producing evidence of their previous studies. If this applies to you, please submit evidence of your previous studies to Oliver, including the subjects taught and the hours of teaching.

***Should you not finish all the homework by the end of the course, there is a three month period from last day of course for you to complete. Beyond this time, homework marking will be charged at £5 per case study, cooking assignment etc.***

## Assessments

There will be continuous assessment during the course on your cooking skills and client consultations. At the end of the year there will be a theory paper assessing your knowledge, a practical cooking assessment, a practical assessment preparing compresses & external remedies, a bodywork assessment, and an interview in which we can see how you have progressed with the course, and whether you are ready for professional practice.

Should you not succeed with a particular assessment, we will guide you on what extra study or practice you need, before retaking the assessment. There will be a fee of £40 for retaking a theory paper or cooking assessment, and £20 for retaking a compress & external remedy assessment or interview.

## Personal Development During This Course

This course is intended to aid your own physical, emotional and spiritual development, as well as teaching you the knowledge, skills and techniques of healing others. We are expecting that during this third year, you will be integrating what you are being taught into your own life, be cooking for yourself and any others in your home on a regular basis, and going through deeper changes in your own personal development and evolution. Emotionally we expect you to be developing a clearer awareness of your deeper emotional patterns, their origins and affect on your life, and be actively working to transform these.

As always, if you find yourself going through inner difficulties, please get support from your peers, teachers, or other health professionals.

## 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 from the library.

### PHILOSOPHY

Macrobiotics: An Invitation to Health and Happiness, George Ohsawa. GOMF.  
 Essential Ohsawa, George Ohsawa. GOMF.  
 The Book of Macrobiotics, Michio Kushi & Alex Jack. Japan Publications.  
 Feng Shui Astrology. Jon Sandifer,

### HEALTH STUDIES

The Yellow Emperor's Classic of Internal Medicine, Ilza Veith. Uni of California.  
 Natural Healing Through Macrobiotics, Michio Kushi. Japan Publications.  
 The Cancer Prevention Diet, M Kushi. St.Martins Press.  
 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.  
 Macrobiotic Pregnancy and Care of the Newborn, M & A Kushi. Japan Publications.  
 Macrobiotic Childcare & Natural Health, M & A Kushi. Japan Publications.  
 A Natural Approach to Allergies, M Kushi. Japan Publications.  
 A Natural Approach to Obesity, Weight Loss and Eating Disorders, M Kushi. Japan Publications.  
 A Natural Approach to Diabetes and Hypoglycaemia, M Kushi. Japan Publications.  
 Doctors Look at Macrobiotics, Edited by E Esko. Japan Publications.

### DIAGNOSIS

Your Face Never Lies, Michio Kushi. Avery Publishers.  
 Reading The Body, Wataru Ohashi. Penguin Compass.  
 How to See your Health: The Book of Oriental Diagnosis, Michio Kushi. Japan Pub.

### COOKING

Food Children Enjoy, Peta Jane Gulliver. Cornish Connection.  
 Aveline Kushi's Complete Guide to Macrobiotic Cooking, Aveline Kushi.  
 The Self-Healing Cookbook, Kristina Turner. Earthtones Press.  
 And many others!

### BODYWORK

Shiatsu A Practical Introduction, Oliver Cowmeadow. Ebury Press.  
 Fourteen Classical Meridians, by Sue Hix, or a set of meridian charts.  
 The Shiatsu Handbook, Shizuko Yamamoto. Avery.

### WESTERN MEDICINE

Human Form & Function, Minett, Wayne & Rubenstein. Collins Educational.  
 The Anatomy Colouring Book, Kapit & Elson. Harper Collins.  
 Black's Medical Dictionary, Ed G Macpherson. A & C Black Publishers.  
 Principles of Anatomy & Physiology, Tortora & Derrickson. Wiley.

New Optimum Nutrition Bible, Patrick Holford. Piatkus.

### EMOTIONAL HEALING

Helping the Client, John Heron. Sage Publications.

### PHYSICAL & ENERGETIC EXERCISES

The Book of Do-in, Michio Kushi. Japan Publications.

## The Library

The school has a library of books and videos. These can be used on the tuition weekends, and can be taken out until the next teaching block. Details of all books borrowed must be recorded in THE BOOK by the Classroom Assistant. ***Please remember to bring them back on the next weekend!!!***

## Your Feedback to the School

Every teaching block 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.

## The Macrobiotic Association Practitioner Register

The Macrobiotic Association UK has set up an accreditation system for Macrobiotic Cook & Health Coaches, and for Macrobiotic Health Consultants & Medicinal Cooks. This is to:

- Promote these professions to the general public.
- Gain wider recognition for these macrobiotic healing arts with the general public.
- To give people using their macrobiotic knowledge and skills professional publicity.

If you go onto using your macrobiotic skills professionally, we strongly encourage you to become accredited with the Macrobiotic Association, both to aid you in setting up your business, and to create a stronger and more noticeable community of macrobiotic professionals in society.

After completing the Second Year course at the school, you are ready to take the one day Macrobiotic Cook & Health Coach assessment with the association. These are generally held twice a year, usually in London, but sometimes in Devon or other locations.

After completing the Third Year course you are ready to take the further one day assessment to become accredited as a Macrobiotic Health Consultant, usually held once a year.

On passing the accreditation days, you are added to the Macrobiotic Association website list of practitioners, and can enter details of your services, courses etc. on it. You can also add letters after your name on business cards, advertising leaflets etc.

## 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 office, which is normally staffed Tuesday to Thursday 10.00 am to 4.00 pm.

The School	01803 762598	info@macroschool.co.uk
Oliver Cowmeadow	01803 762598	oliver@macroschool.co.uk
	In emergency use home number 01548 821883	
Kirsty Hurd-Thomas	01803 862808	kirsty.shiatsu@btinternet.com
Keith Belliss	07970 504659	keithbelliss@tiscali.co.uk
Anna Mackenzie	01923 828057	anna@annamackenzie.co.uk

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

# INTERNATIONAL MACROBIOTIC SCHOOL

## Macrobiotic & Life Counselling Training

### Application Form for the Third Year Course

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Postcode \_\_\_\_\_

Email address \_\_\_\_\_

Phone (landline) \_\_\_\_\_ (mobile) \_\_\_\_\_

please attach a recent head and shoulders photo of yourself here (applications are not accepted without a photo)

#### PREVIOUS STUDY

Completion of all assessments and requirements for the Second Year is a pre-requisite for starting the Third Year.

#### CONFIRMATION OF PLACE and PAYMENT OF FEES

The fee for the year is £4395. Please enclose a deposit of £650, or the full fee, with this application. We will confirm receipt of your application and payment by email. If you have sent only a deposit, indicate below how you wish to pay the balance. If you choose to pay by instalments, we will send you a Payment Schedule with all the information you need to set up a Standing Order.

Deposit : cheque enclosed  Bank transfer   
(International Macrobiotic School) (30-98-69, a/c 27953568, ref *your name*)

Balance : in one payment  in 16 instalments

#### **Please note the following conditions:**

1. The balance of the course fees must be paid, or standing order set up by May 15<sup>th</sup>.
2. Once the course has started, you are committed to paying the whole course fee, regardless of whether full payment has been made or payment is by instalments.
3. Refunds cannot be given if a student leaves the course.
4. Course fees are not normally transferable to another course.
5. All charges from overseas bank transfers to be paid by you.

**If you agree to these conditions please sign below:**

Signed \_\_\_\_\_

Date \_\_\_\_\_

**MACROBIOTIC & LIFE COUNSELLING TRAINING**  
**- SCHEDULE FOR PAYMENT OF COURSE FEES -**

**THIRD YEAR: June 2019 – September 2021 (course code 06.19/3)**

The full fee for the year is £4395. We need you to pay your course fees by the dates given on this sheet.

**Deposit (£650)** - can be paid by cheque (to International Macrobiotic School) or bank transfer. **Due as soon as you receive our offer of a place.**

**Balance (£3745)** – can be paid by cheque or bank transfer.

**Due by May 15<sup>th</sup> or**

**Instalments (sixteen payments of £236.56)** – must be paid by Standing Order or bank transfer, in accordance with the schedule below. Please note that payments will need to leave your account some days before the dates they are due to reach us, because of bank processing times.

<b>FIRST INSTALMENT:</b>	<b>to be received on 20<sup>th</sup> June 2019</b>
<b>SUBSEQUENT INSTALMENTS:</b>	<b>to be received on the 20<sup>th</sup> of each month</b>
<b>FINAL INSTALMENT</b>	<b>to be received on 20<sup>th</sup> September 2020</b>

**PAYMENT INFORMATION**

<b><u>BANK NAME</u></b>	LLOYDS TSB
<b><u>BRANCH</u></b>	TOTNES
<b><u>SORT CODE</u></b>	30-98-69
<b><u>ACCOUNT NAME</u></b>	INTERNATIONAL MACROBIOTIC SCHOOL
<b><u>ACCOUNT NUMBER</u></b>	27953568
<b><u>PAYMENT REFERENCE</u></b>	09.18/3 – <i>your surname</i>

**FOR PAYMENTS FROM ABROAD:**

PAYMENTS TO BE IN POUNDS STERLING  
 ALL BANK CHARGES PAID BY SENDER

<b><u>IBAN</u></b>	GB43 LOYD 3098 6927 9535 68
<b><u>BIC / SWIFT CODE</u></b>	LOYDGB21183

**PAYMENT REFERENCE** course code – *your surname*