



# Online Holistic Nutrition & Cooking Year

Online/Intensive Course Details

February – September 2024

Course code 02.24/1

## Course Overview

The Holistic Nutrition & Cooking Year 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 five different aspects of life - our physical health, diet, emotions, lifestyle including work and relationships, and overall life direction and purpose. We then create a 'Gestalt' or holistic picture of how these five areas of life are interconnected and affect each other. This gives us a deeper understanding of ourselves and how to create greater health and enjoyment of life.

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 experience many positive changes in their health. You will learn the skills to become a great cook able to prepare a wide range of amazingly delicious and healthy soups, main courses and desserts, to stimulate and balance the 12 classical meridians 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!

## Course Structure

This Holistic Nutrition & Cooking Year has the first 17 days taught online, followed by a 9 day residential intensive at the school in south Devon, England for more practical, embodied and interactive learning. It is possible to participate in the intensive online, but we highly recommend that you attend the residential for hands on cooking, Do-in, Oriental diagnosis and other practical studies. There is then an online assessment in September. There will also be some 1 ½ hour tutorial sessions in which you can ask for personal guidance and help in a small group of 3 or 4 students

*“ 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, Holistic Nutrition & Cooking Year Student

The format is ideal for people living at a distance, so you can study at home for most of the course, and travel to the school just once for more personal and practical learning. The online part of the course runs from April to July and is partly on weekends and also on some Thursdays and Tuesdays. The intensive is at the beginning of August.

For this 2024 course we are also opening the course to people who are unable to attend the intensive at the school in England, who need to do the whole course online. These students will attend the theory classes which are mostly in the mornings online along with the residential students. As it is not possible for these students to take part in the hands on cooking classes at the school, we will send videos of cooking demonstration lessons before the intensive starts, so they can practice cooking the recipes and meals before the intensive.

The course includes some practical work to do at home, helping you practically apply what you are learning. This includes some self-reflective pieces, interviewing people to practice your Oriental diagnosis skills, and some cooking assignments. Teaching is spread out over 8 months so that students who are working or looking after families can fit it into their daily routines. There is a maximum of 12 students on this course, so everyone gets lots of personal guidance and support with their learning, health and personal development.

We use a mixture of activities to help your health on all levels. There are physical and energetic forms of exercise in the mornings, 20 cooking classes preparing balanced plant based meals, study of many aspects of macrobiotic and Oriental diagnosis and medicine, and emotional healing. It is designed to give you a holistic picture of your life, health and healing, with lots of practical tools for you to use.

You will be well looked after by our teaching team, led by Oliver Cowmeadow, Dave Sowden, and Celia Duplock and Dejan Belusevic teaching cooking.

### Dates for 2024 Course (Course Code: 02.24/1)

There are 26 days of teaching plus additional tutorials and a final theory assessment. (Roughly equivalent to level 1 and 2 of the 2 week intensives offered by some other macrobiotic centres). The first 17 days are all online, followed by a 9 day intensive (or online option) at the school.

#### ONLINE

February 29

March 14, 23 & 24

April 4, 18, 27 & 28

May 9, 18, 19

June 6, 13, 22 & 23

July 9, 16

#### INTENSIVE (or ONLINE)

August 2 to 11

## ONLINE

September date tbc for 2 hour assessment

### Start and Finish Times

The online days start at 10.00am and end at 6.30pm. The intensive starts with supper on the first day at 6pm, and ends at 2pm on the last day.

### Course Layout

Online days usually look like this:

- 10.00 – 11.00 Do-in exercises and learning the meridian system
- 11.30 – 2.30 Morning class, with a tea break in the middle
- 3.30 – 6.30 Afternoon class, either a cooking class or theory or workshop

The Intensive starts at 6pm on the first day, and ends at 2pm on the last day. Intermediate days are like this:

- 8.00 – 9.00 Do-in and learning meridians
- 9.00 – 10.00 Breakfast
- 10.00 – 1.00 Morning class
- 1.00 – 3.00 Lunch and break time
- 3.00 – 6.00 Afternoon class
- 7.30 – 9.00 Occasional tutorial or extra class

### Fees and Paying in Installments

The fee for the course, including all teaching, extensive course notes, recordings of all online classes, and 3 meals a day on the intensive is £2995. This is payable as a deposit of £750 to secure your place on the course, due as soon as you receive an offer of a place. Accommodation on the intensive needs to be paid for separately.

You can either pay the balance of £2245 in full by February 8th, or set up a standing order with your bank to pay a monthly instalment with 9 monthly payments of £255 payable from February 20th to October 20<sup>th</sup>. The instalments include a £50 administration fee.

Please note the following conditions of enrolment:

1. Deposits are not refundable after February 8th, 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/standing order agreement set up by February 8th.

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 with overseas transfers are to be paid by you (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. The cost of accommodation at the time of writing ranges from £27 to £49 per night. A room to yourself is possible depending on availability. Please see the website for current prices, found on the “Information” tab drop down menu, and contact the office to check availability before making payment.

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

## Meals

During the residential 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 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.

## Booking A Place On This Course

Please complete the booking form on the Holistic Nutrition & Cooking course page on our website. We will then contact you to arrange a time for an informal online interview to answer and questions you have about the course, and ensure that you will be able to fully participate in the whole course.

Ideally you will:

1. Have already made a start studying the macrobiotic approach to health and healing, and started using it in your cooking and life. 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, or take our home study Macrobiotics Made Easy course. This 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 making positive changes in your diet and life.
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.

## Holistic Nutrition & Cooking Course 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.

*"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, Holistic Nutrition & Cooking Year Student*

## 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 reproductive problems and 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.

*“ 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, Holistic Nutrition & Cooking Year Student*

## COOKING

Some classes are taught by demonstration online, and with some online classes where you will be cooking under the cooking teacher's guidance. During the intensive you will be cooking hands-on on your own work station in our purpose built teaching kitchen. You will study:

- Setting up a whole food cooking kitchen, use and sharpening of knives, cutting styles etc. 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.
- Menu planning varied, balanced and delicious meals.
- Using the ingredients and cooking styles of the Five Transformations to create meals with five different energies, for seasonal eating and for healing specific imbalances and health problems.
- Cooking fish 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.

## 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.

*“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, Macrobiotic Health Consultant Year Student*



## 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.

## 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, Holistic Nutrition & Cooking Year Student*

## What You Need on the Online Days

### Clothing

Please wear loose, comfortable cotton clothing for the morning exercise sessions.

### Notes

You will be sent extensive course notes to print out or use on your computer. You will also need some paper or a book for making additional notes.

## What to Bring on the Intensive

### 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 need A4 file paper or a book to write your own additional notes.

## The Teaching Team

The main teachers for this course are Oliver Cowmeadow, Dave Sowden, Celia Duplock and Dejan Belusevic. Oliver has been studying, practicing and teaching macrobiotics since 1980, and is an experienced macrobiotic health consultant and shiatsu therapist. He has written five books on macrobiotics and shiatsu, and also teaches in Belgium and Spain.

Celia completed the three year training at the IMS, and has run her own cooking workshops in the Cotswolds. She is passionate about preparing and eating wholefoods, and her enthusiastic positive approach to cooking inspires students to create and enjoy delicious, nourishing food.

Dave Sowden has been offering a range of complementary therapies since 1996 including Tui-Na and Thai massage, and teaching medical Qigong and Tai Chi. After studying the professional training course at the IMS Dave is also giving macrobiotic health consultations to clients and teaching classes locally in Cornwall.

*“ 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.”*

*Colin, Macrobiotic Health Consultant Year Student*

After graduating from the three year training at the IMS Dejan Belusevic went on to cook privately and in restaurants, and to set up a shiatsu and health consultation business. He now brings a wealth of knowledge and experience and a sense of fun to his cooking classes.

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 teach an in-depth understanding of various aspects of Oriental medicine including health diagnosis, use of yin and yang and Five Transformation theories, and learning the meridian system and Do-in exercises.
- We feel that emotional healing is important alongside eating well and developing good physical health, as they are all so inter-connected. We encourage students to feel and share their feelings and emotions, and look at how to move to greater emotional health. There is some practice of how to listen well and support others emotionally.
- 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 Second Year and Third Year Courses.

If you want to continue your studies to attain professional cooking and health counselling qualifications, note that our Holistic Nutrition & Cooking Year and Health Coach Year and Macrobiotic Health Consultant Year Courses 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.

*“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, Holistic Nutrition & Cooking Year student*

## Course Requirements

At the end of the first year course you will receive a certificate on satisfying the following requirements:

1. A minimum of 90% attendance on the teaching days.
2. Completion of all homework.
3. Attendance on the intensive.
4. A pass in the end of year theory assessment.
5. A pass in the end of year cooking assessment.

It is necessary for you to have obtained your Holistic Nutrition & Cooking Year certificate before beginning the Health Coach Year. 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.

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 is around 4 to 5 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.

*“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, Holistic Nutrition & Cooking Year Student

## Assessments

There are some simple assessments at the end of the course, to let us know how you are progressing, and to give you feedback on how you are getting on in developing your knowledge and practical skills. There is a cooking assessment at the end of the August intensive, and a theory assessment online in September.

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 find 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 up 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 Dave. If you want a shiatsu treatment please ask Dave 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, Holistic Nutrition & Cooking Year student*

## Book List

Below are books that you will find useful to read. You may want to buy some of them, others you may want to borrow. Many of these books are 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.

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 Fourteen Classical Meridians, Sue Hix.

Shiatsu A Practical Introduction, Oliver Cowmeadow. Ebury Press.

*"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, Holistic Nutrition & Cooking Year student*

## The Library

The school has a small library of books. These can be used on the intensive.

## Your Feedback to the School

We will ask you for written feedback on the course and the teaching from time to time, 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.

## Gaining Qualifications And Accreditation

At the end of the Holistic Nutrition & Cooking Course you will receive a Certificate showing that you have studied macrobiotic approaches to health and healing, macrobiotic cooking, Do-in exercise and the meridian system, listening and basic emotional supportive skills.

Continuing onto the Health Coach Year, you will gain qualifications as a Health Coach, Whole Food Chef, and Wellbeing Shiatsu Practitioner.

We then have a third year Macrobiotic Health Consultant & Medicinal Cook training, giving a very thorough training in giving individual health consultations to help people recover from a very wide range of illnesses and problems, and give deep life guidance. After gaining qualifications from the school at the end of the second and third year courses, you can gain accreditation with the Macrobiotic Association and enter its professional register.

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

*“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, Health Coach Year 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 Google maps.

## 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: [oliver@macroschool.co.uk](mailto:oliver@macroschool.co.uk)

Lara Holmes: [larapholmes@gmail.com](mailto:larapholmes@gmail.com)

Dave Sowden: [reikidave@yahoo.co.uk](mailto:reikidave@yahoo.co.uk)

Dejan Belusevic: [dejan@macroschool.co.uk](mailto:dejan@macroschool.co.uk)

## 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 have seen thousands of people transform their lives using these 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