

MACROBIOTIC HEALTH COACHING, COOKING, & SHIATSU TRAINING

Second Year Course Details

Training to become a Macrobiotic Cook, Health Coach, and Wellbeing Shiatsu Practitioner, for professional practice.

This course leads onto the Third Year course which qualifies you to offer in depth Health Consultations for a wide variety of illnesses, as a Medicinal Cook, and with optional extra course a fully qualified Shiatsu Practitioner.

November 2022 to October 2023

Course Code: 11.22/2

Second Year Course Details

Course Overview

The aim of the second year course is to deepen your understanding of a holistic macrobiotic approach to life and health, and to learn the skills to offer professional cooking and healing to others. By the end of the course you will be an excellent Macrobiotic Cook, able to cook amazingly delicious and healthy food for clients, groups, retreats and in restaurants, and a Health Coach able to guide individuals in achieving greater health, knowing how to help with many common health problems, and guide people to a happier and more fulfilling life. You will also qualify as a Wellbeing Shiatsu practitioner, able to start a practice in giving shiatsu for relieving stress and tension and promoting general wellbeing.

For those of you looking for a new career, many of the school's graduates have started businesses as Health Coaches, Macrobiotic Cooks or Cooking Teachers at the end of the second year course, and some have used some of their income to help finance their third year course.

A Health Coach gives clients practical advice on how to improve health and wellbeing, with specific advice on diet, lifestyle, exercise and emotional healing. With rising awareness of the importance of health, there is an increasing demand for professional advice offering in depth guidance on a healthier way of living. As a Health Coach you can also offer individual or group cooking classes, as well as Wellbeing Shiatsu treatments (giving you three ways of helping people, and three income streams).

As a Macrobiotic Cook you will have the skills to cook for individuals, groups, events and in cafes or restaurants, using a wide variety of ingredients to create attractive and flavourful dishes and meals that are also supportive of better health. There are a range of cooking classes, with an emphasis on developing a professional standard of cooking and presentation. There will be home assignments preparing a range of macrobiotic dishes and cooking for clients, and you will be invited to assist our main cooks cooking on modules of other courses.

As a Wellbeing Shiatsu Practitioner you will be able to give relaxing and rejuvenating treatments that people will love receiving! Using your knowledge of the meridians from the Foundation Year course, you will learn how to support Ki flow and relieve minor health problems with your healing hands.

There will be further study and practice of Counselling Skills, developing your confidence and skills in interviewing and guiding other people, and in assisting clients' emotional healing.

The course will also help you to develop your own physical, emotional and spiritual health through the daily practice of macrobiotics. In so doing you will become a much more effective healer and guide for others, as well as being able to offer help to your family and friends.

Students' emotional growth continues to be an important part of the training. During the second year course you are supported in becoming aware of your deeper core emotional patterns, and to work on healing these. We shall take an in-depth look at the emotional

experiences that create deeply held fear, anger, grief and other Five Transformational emotional imbalances, and will look practically at how to heal each. We shall also be looking at how to develop both our inner feminine and masculine energies and to find the right personal balance between these, and using chakra breath work as an amazing tool in releasing old emotions.

Health Studies will build your knowledge of the macrobiotic understanding of the causes and healing of a wide range of common health problems, and you will be interviewing people with health problems so that you learn for yourself the kinds of imbalances, health and emotional history that have led to these problems developing. There will also be teaching on Western anatomy and physiology, current Western nutritional theories, and creating a business in catering, teaching cookery, and health coaching.

The main teachers for the course are Oliver Cowmeadow teaching most of the theory and personal development work, Lara Holmes teaching most of the cooking, and Dilek Shore and Kirsty Hurd-Thomas teaching the shiatsu bodywork. There is also additional teaching from Dejan Belusevic, Dave Sowden, Susanne Uren and Keith Belliss teaching western anatomy and physiology. The amount of time needed for homework will be slightly more than in the first year.

When you have fully completed the Second Year Course you will be eligible to apply for accreditation with the Macrobiotic Association of Great Britain, to join their register of Macrobiotic Practitioners as a Macrobiotic Health Coach & Cook, and to advertise yourself on the association website.

Second year graduates usually continue onto the Third Year course, training to become a Macrobiotic Health Consultant, able to guide individuals in their healing of a very wide range of specific illnesses and life difficulties. The Third Year course also trains you as a Medicinal Cook with the skills to cook for people recovering from a wide range of diseases. It is possible to be working as a Health Coach or cook during this year, and some students have used this to help finance their third year course.

The next Third Year course will begin early spring 2024. Depending on the number of students wanting to join this course from the fully residential Second Year course and this course, this course may be fully residential or a mixture of residential and online.

We have included as many practical details on this training as possible in these Course Details, but if there is anything else you want to know, please ask us.

Dates

This course begins with a 5 day intensive at the school, in which the basics of practical studies in cooking, shiatsu and further emotional counselling skills are learnt. There are then 17 online teaching days from December 2022 to September 2023, on four weekends and 9 weekdays.

There is then another intensive at the school of 6 days in October 2023. This includes end of year assessments in cooking and shiatsu. There is then one more online day in November for the theory assessment and interviews.

2022

November 22 – 27

December 15

2023

January 21 & 22

February 2

February 23

March 25 & 26

April 6

April 20

May 6 & 7

June 1

June 22

July 8 & 9

August 31

September 14

October 9-15

November 9

Times

The two intensives begin with supper at 6.00pm on the first day, and ends at 3.00pm on the last day. Please do not plan other events during the intensives so you can fully focus on the studies and your personal development.

The online days have the following times:

8.00 – 9.15 Do-in and shiatsu

10.00 – 1.00 Morning class

2.30 – 5.30 Afternoon class

Fees and Paying in Instalments

The full fee for the course is £3750, not including accommodation on the intensives. **There is an Early Bird fee of £3500 for deposits paid by August 30th.**

Fees are payable with a deposit of £750 booking your place on the course, and then either one payment of £3000 (or for Early Birds £2750) paid by October 22nd, or by 12 monthly instalments of £254.17 (for Early Birds £233.33) payable by standing order from November 20th 2022 to October 20th 2023. The instalments include a £50 administration fee.

If you want to pay by instalments you can tell us on your Application Form. The Payment Schedule at the end of these details provides the information you need to make bank transfers and set up Standing Orders.

Please note the following conditions of enrolment:

1. Deposits are not refundable after October 22nd 2022. An interview and administration fee of £150 will be withheld from deposit refunds made before this date.
2. The balance of the course fees must be paid, or standing order agreement set up by October 22nd 2022.
3. 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. 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

The cost for accommodation at the time of writing this programme ranges between £22 and £49 per night. There is a reduced fee for bringing your own bedding. 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 find out availability before making payment.

Applying For A Place On This Course

Please fill in the application form at the end of these course details and give to the school. You will be expected to complete all the Foundation Course requirements before the Second Year Course starts.

Meals

During the intensives all meals will be provided using the best quality organic and local foods wherever possible. Most meals will be cooked for the group by our own caterers, some will be cooked during cooking classes.

Course Layout

The layout during intensives 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 weekend, checking on progress with homework, personal sharing and progress reports.
Middle days	7.45 - 9.00	Morning exercise or learning shiatsu
	9.00 - 10.00	Breakfast
	10.00 – 1.00	Classes or workshops
	1.00 – 3.00	Lunch
	3.00 – 6.00	Classes or workshops
	6.00 – 7.30	Supper
	7.30 – 9.30	Possible evening class
Last day	7.45 - 9.00	Morning exercise or learning shiatsu
	9.00 – 10.00	Breakfast
	10.00 - 1.00	Classes or workshops
	1.00 - 2.00	Lunch and clearing up
	2.00 – 3.00	Homework setting, feedback forms and final sharings.

Second Year Syllabus

Please note that all teaching is in English, but we shall make every effort to help students whose first language is not English.

HEALTH STUDIES

- Deeper study of the theory of the Five Transformations of Energy, and the design of specific healing diets, foods, dishes and cooking styles. Practice in designing healing regimes for different imbalances and illnesses.
- How to make external compresses useful for particular imbalances and health conditions for home or professional use.
- In depth study of a wide range of common health problems, their underlying energetic imbalances and physical and emotional causes, healing, and specific remedies. To include in depth understanding of digestive, respiratory and muscular systems, and women's and men's health.
- Regular practice of giving health coaching in class and at home, building your experience and practical skills on how to guide and help family, friends and clients towards greater health and wellbeing.

PHILOSOPHY

- George Ohsawa's ideas on the development of consciousness, and his conception of the Seven Levels of Consciousness (or Judgement).
- Stages of spiritual development, and exercises and meditations to develop greater awareness of one's own spiritual nature.
- How to guide clients towards manifesting their inner spirit and direction in life, for greater health, happiness and fulfilment.

DIAGNOSIS

- More in depth study and practice in using all the diagnostic methods studied on the Year One course.
- Intuitive diagnosis of the Five Transformation emotions, and deep emotional patterns developed within a person's early life, and how to help clients break these patterns for a more loving and fulfilling life.
- Diagnosis using discolouration, skin problems, injuries and other signs along the meridian pathways.
- Diagnosis of organ Ki using Back Area diagnosis.
- Diagnosis of constitution and condition looking at the hands and feet.
- Abdominal palpation of the physical and energetic state of the internal organs.
- Sclera diagnosis using the whites of the eyes to see what is happening in the internal organs.

COOKING

- Further study of 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.
- Preparation of a range of condiments for enjoyment and specific healing purposes.
- The preparation of a range of types of pickles, and their use in medicinal cooking.
- Cooking ideal food for men and women, and to strengthen anybody's masculine or feminine energy.
- Cooking for babies and toddlers, children and families.
- Cooking food suitable for older people.
- Cooking for specialised diets including wheat- and gluten-free, Candidiasis and low fibre.

- Cooking healthy quick meals.
- Gourmet cooking for parties and special occasions.
- Guidance on cooking for groups and entertaining or restaurant cooking.
- Home practice in giving cooking lessons, and cooking for groups.

BODYWORK

- Learning to give a full body shiatsu treatment, including giving individually tailored treatments according to your meridian diagnosis.
- Giving shiatsu in prone, supine, sitting and side positions.
- Recommending and teaching Do-in exercises to help clients.
- The back diagnostic areas for diagnosing imbalances in the 12 classical meridians.
- Abdominal palpation for diagnosis energetically and of physical organs.

WESTERN STUDIES

- Study of the anatomy, physiology and pathology of the major systems of the body, including the digestive, respiratory, and reproductive systems.
- Western nutrition - the body's requirements for carbohydrates, protein, fats and oils, vitamins and minerals, water and salt. The best sources of these nutrients, and their functions within the body.
- Acid and alkaline forming foods and balance within the body, understanding the importance of blood sugar levels and what affects them.
- The Body Mass Index (BMI) its meaning and use.
- Study of current main dietary approaches from a macrobiotic perspective, including paleo diet, veganism, raw foods, food combining, Mediterranean diet etc.

EMOTIONAL HEALING

- Further study and practice in using a variety of interventions in emotional counselling, to enable clients to go more deeply into their feelings and emotions, how to hold catharsis, dealing with transference and counter-transference, and developing your intuitive counselling skills.
- Developing an awareness of your deep core emotional patterns that run your life, understanding their causes and how to transform them.
- Individual counselling and guidance in small group tutorials.

- Chakra breathing as a way of releasing old stuck emotions, and empowering the individual.
- Men's and Women's group work – empowering the masculine and feminine.

PHYSICAL AND ENERGETIC EXERCISES

- Do-in self-shiatsu including abdominal massage, Makko Ho meridian stretches, and use of the meridian pathways.
- Abdominal and chakra breathing exercises and development of hara.

BUSINESS STUDIES

- How to set up a business as a Health Coach and Macrobiotic Cook, including how to create a business plan, how to promote yourself, keeping accounts and paying self-employed tax.

This syllabus may be varied slightly according to the needs and progress of particular groups.

Other Opportunities to Study and Practice

To help develop your professional cooking skills for groups, you will be asked to assist one of the school's expert cooking teachers prepare meals on at least one other course during the Second Year course. This is a great opportunity to learn about macrobiotic cooking and master some new recipes, and develop professional experience in catering.

What to Bring

Clothing - As well as your normal daily wear, please bring clean, loose, comfortable cotton clothing for doing exercise and giving shiatsu.

Writing Materials - You will be provided with extensive course notes, but you will also need A4 file paper or a book to write in for additional notes.

A Knife and Apron - For the hands-on cooking classes – bring to **every module**.

Attendance

We hope that you 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. You can also arrange additional tutorial time with teachers, who will charge individually for their time. If you miss more than 3 teaching days you will be expected to make up the missed work through extra paid tutorials or other teaching, to be discussed and arranged with Oliver.

Course Requirements

At the end of the Second Year Course you will receive a certificate as a Health Coach, Macrobiotic Cook and Wellbeing Shiatsu Practitioner 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 practical assessment
5. A pass in the end of year cooking assessment.
6. A pass in the end of year interview.

It is necessary for a student to have obtained their certificate as a Health Coach & Macrobiotic Cook before beginning the Third Year Course. Should one or more assessments not be passed, guidance will be given on what further work is needed, and they can be retaken after enough time for further study or practice.

Home Assignments

There are a variety of home assignments to help you practically apply all that you have been learning. This includes reading, written work, cooking for yourself and others including a work practice, and practicing health coaching and shiatsu on members of the public. The amount of work is approximately 6 hours per week.

The homework will include Western anatomy and physiology. 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 hand details of your previous study, including syllabus covered, hours of tuition and completion certificate in to Oliver.

Assessments

The assessments for the Second Year Course will be more in depth than in the first year. On the second intensive there is a cooking assessment, and a practical shiatsu and meridian location assessment. On the final online day November 9th there is a theory paper, and an interview in which we are looking to see that you are ready to practise professionally as a Macrobiotic Cook & Health Advisor with a good understanding of professional ethics.

Should you not succeed in a particular assessment, we will guide you on what extra study or practice you need, before retaking the assessment. The fee for retaking assessments is £45 for a cooking or theory assessment, and £25 for a practical assessment or interview.

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.

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.

HEALTH STUDIES

The Yellow Emperor's Classic of Internal Medicine, Ilza Veith. Uni of California.

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.

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.

Japanese Foods That Heal. Jan and John Belleme.

BODYWORK

Shiatsu A Practical Introduction, Oliver Cowmeadow. Ebury Press.

Fourteen Classical Meridians, by Sue Hix, or a set of meridian charts.

WESTERN MEDICINE

Human Form & Function, Minett, Wayne & Rubenstein. Collins Educational.

The Anatomy Colouring Book, Kapit & Elson. Harper Collins.

Principles of Anatomy & Physiology, Tortora & Derrickson. John Wiley.

New Optimum Nutrition Bible, Patrick Holford. Piatkus.

EMOTIONAL HEALING

Helping the Client, John Heron. Sage Publications.

PHYSICAL & ENERGETIC EXERCISES

Mind Your Body, A.Scott and S.Wale. Devon School of Shiatsu.

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

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 second 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 identifying your core emotional patterns and be actively transforming these. If you feel you need additional help with emotional work we advise you to find a suitable counsellor, psychotherapist or other emotional worker.

As always, if you find yourself going through inner difficulties, please get support from your peers, the Teaching Assistant, or your teachers.

The Library

The school has a library of books which 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 by the Teaching Assistant or teacher.

Your Feedback to the School

After the intensives and at times during the online teaching days, 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

Complementary health practitioners in the UK normally gain accreditation with a professional body in their field, and for macrobiotic healing arts we have the Macrobiotic Association. Studying at the International Macrobiotic School has the advantage that its courses have been ratified by the association, so that on passing the school's exams, you do not have to attend the association's own exams. You will only need to submit some case studies and have an in person or online interview with the association.

The Association accredits people in the following two macrobiotic healing arts.

1. Macrobiotic Health Coach & Cook

Approximately 300 hours of study over a period of two years.

This qualification shows that a person is able to guide others to greater health and wellbeing, and is an excellent cook able to cook a wide range of dishes and meals for many different

situations, such as cooking for families, groups of people on workshops, parties, buffets, making gluten-free food etc.

This person will also be able to give talks or classes, giving general advice on how to live and eat in a healthy way, including the giving of Do-in exercise classes.

2. Macrobiotic Health Consultant & Medicinal Cook

Requires previous study of the Macrobiotic Health Coach & Cook syllabus, plus additional training in the pathology of a wide range of illnesses, and an in depth study of the macrobiotic approach to healing, and cooking for specific healing purposes. Requires a minimum of 3 years study and practice to develop all the knowledge and skills needed to give in depth guidance to those who are suffering from minor and more serious illnesses.

This training includes much training and practice in counselling real people, to achieve a high level of skills and knowledge. This qualification enables one to give individual advice and health consultations to people with a wide range of health conditions. Work may be within a health centre or macrobiotic educational centre, or as an independent complementary health practitioner.

GAINING QUALIFICATIONS WITH THE INTERNATIONAL MACROBIOTIC SCHOOL

After completing our Second Year Course, students will have covered all the requirements for qualification as a Macrobiotic Health Coach & Cook. You can therefore start building a career as a Health Coach, and working as a macrobiotic cook, caterer or cooking teacher. You will also be qualified to give Wellbeing Shiatsu for general relaxation, de-stressing and creating wellbeing; some students begin a shiatsu practice after completing the Second Year course.

After completing the Third Year Course our students have fully covered the requirements for accreditation as a Macrobiotic Consultant and Medicinal Cook.

Travel to the School

If you are travelling by train, it may be possible for you to get a Student Rail Card via the school, to make your travel cheaper. Please ask the office for details.

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.

Telephone	01803 762598
Email	info@macroschool.co.uk
Land address:	International Macrobiotic School, Murtwell House, Diptford, Totnes TQ9 7NQ, UK.

To contact Oliver please phone the office (if I am not in, leave a message and I will get back to you) or email oliver@macroschool.co.uk.

SECOND YEAR SCHEDULE FOR PAYMENT OF COURSE FEES

November 2022 - November 2023 (course code 11.22/2)

The full fee for the year is £3750, not including accommodation on the intensives. **There is an Early Bird fee of £3500 for deposits paid by August 30th.**

Deposit of £750 - can be paid by cheque (to International Macrobiotic School) or bank transfer. Due as soon as you receive confirmation of a place, or by October 22nd 2022 at the latest.

Balance of £3000 or for Early Birds £2750 – can be paid by cheque or bank transfer. Due October 22nd 2022 at the latest.

Or

Instalments 12 payments of £254.17 or for Early Birds £233.33 – to be paid by Standing Order or bank transfer, in accordance with the schedule below.

First instalment:	to be received on November 20th 2022
Subsequent instalments:	to be received on the 20 th of each month
Final instalments:	to be received on October 20 th 2023

PAYMENT INFORMATION

BANK NAME	LLOYDS TSB
BRANCH	TOTNES
ACCOUNT NAME	INTERNATIONAL MACROBIOTIC SCHOOL
SORT CODE	30-98-69
ACCOUNT NUMBER	27953568

PAYMENT REFERENCE 11.22/2 *[your surname]*

FOR PAYMENTS FROM ABROAD:

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

IBAN	GB43 LOYD 3098 6927 9535 68
BIC / SWIFT CODE	LOYDGB21183

PAYMENT REFERENCE 11.22/2 *[your surname]*

INTERNATIONAL MACROBIOTIC SCHOOL
Macrobiotic Cooking & Health Coach Training

Application for Online Second Year starting November 2022 (11.22/2)

Name _____

Address _____

_____ Postcode _____

Email address _____

Tel. no. (landline) _____ (mobile) _____

Do you have any special dietary needs? _____

Please attach a recent head and shoulders photo of yourself here (applications not accepted without a photo). This can be a holiday snap. You may also send as a .jpeg by email to the office.

CONFIRMATION OF PLACE and PAYMENT OF FEES

The fee for the year is £3750, or Early Bird fee of £3500 for deposits paid before August 30th. Please enclose a cheque (payable to **International Macrobiotic School**) or make a bank transfer for the £750 deposit, or the full fee. We will confirm receipt of your application and payment by email. If you send only a deposit, indicate below how you wish to pay the balance. See the accompanying Payment Schedule for all the information you need to make bank transfers and set up a Standing Order for instalments.

Balance £3000 in one payment Balance in 12 instalments of £254.17

Early Bird balance of £2750 Early Bird 12 instalments of £233.33

Please note the following conditions:

1. Deposits are not refundable after October 30th. Before that date, the balance is returnable, less £150 to cover administration and admission costs.
2. The balance of the course fees must be paid, or standing order set up, by October 30th.
3. 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. 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).

If you agree to these conditions please sign below.

Signed _____

Date _____

Send your completed application and payment to: The International Macrobiotic School, Murtwell House, Diptford, Totnes TQ9 7NQ, UK.