



INSTITUTO  
MACROBIÓTICO  
de PORTUGAL

## THE INTERNATIONAL MACROBIOTIC COURSE

**LEVEL 1**

7th SEPT. - 21th SEPT.

WEEK 1

DATES	SCHEDULE	TEACHER	CLASS
SEPT. 7th SATURDAY	10H-17H30	Bill Tara	<b>Introduction to Macrobiotic practice and principles</b> History of macrobiotics. The spiral of creation and nature. KI energy and health Yin and Yang balance.
	18H-21H30	Marco Fonseca	<b>Cooking class: How to set up a healthy kitchen.</b>
SEPT. 8th SUNDAY	9H-9H50	Cristiano Martins	<b>Movement class: Biodanza</b>
	10H-17H30	Bill Tara	<b>Challenges of the modern living</b> Ohsawa's level of judgement. Advocating a peaceful and sustainable future.
SEPT. 9th MONDAY	9H-9H50	Anouk Froidevaux	<b>Movement class: Gyrokinesis</b>
	10H-17H30	Bill Tara	<b>Ecology, sustainability and environment</b> The physical, emotional and spiritual forces that drive our anthropocentric way of thinking and being. How energy use and population have affected the environment.
SEPT. 10th TUESDAY	10H-17H30	Lourenço Azevedo	<b>Structures and functions of the body in terms of Yin /Yang</b> The different perspectives of yin and yang. Living with the seasons.
SEPT. 11th WEDNESDAY	9H-9H50	João Filippi	<b>Movement class: Do-in and stretching</b>
	10H-18H30	João Filippi	<b>Introduction to Shiatsu and practice</b> The classical meridians. Basic sequence of treatment.
SEPT. 12th THURSDAY	10H-17H30	Paula Azevedo	<b>Standard Macrobiotic diet and self adjustments</b> Yin and Yang on food an cooking methods. The needs of the body. The energy and effect of food.
	18H-21H30	Sónia Jordão	<b>Cooking class: Breakfast and snacks</b>
SEPT. 13th FRIDAY	10H-17H30	Simon Brown	<b>Healthy Habits</b> 7 conditions for health. 7 levels of progressive disease. Basic values of macrobiotics.



## WEEK 2

DATES	SCHEDULE	TEACHER	CLASS
SEPT. 15th SUNDAY	9H-9H50	Rosalina Silva	<b>Movement Class: Free Movement</b>
	10H-17H30	Rosalina Silva	<b>The macrobiotic vision: How to maintain a healthy digestive system.</b> Strategies for healing common health problems and help body to get balanced. Practices.
SEPT. 16th MONDAY	10H-17H30	Rosalina Silva	<b>The art of Oriental Diagnosis</b> How does oriental diagnosis work. Boshin diagnosis, constitution, and condition. Practice.
SEPT. 17th TUESDAY	10H-17H30	Simon Brown	<b>The Theurapeutical effects of food and the environment:</b> Phytonutrients; acid / alkaline foods; anti-inflammatory foods; microbiome, fermented foods.
	18H-21H30	Ana Torres	<b>Cooking Class: Seaweeds and vegetables. Beans and grains.</b>
SEPT. 18th WEDNESDAY	9H-9H50	Lourenço Azevedo	<b>Movement class: Chi Kung</b>
	10H-13H	Ana Torres	<b>Home remedies</b> Drinks and preparations. How to use them and help to get balanced.
	14H30-17H30	Paula Azevedo	<b>External treatments</b> Plasters and compresses. How to apply and help to get balanced.
SEPT. 19th THURSDAY	10H-13H	Simon Brown	<b>Meditation. How and when</b> Learn different kinds of meditation and the benefits for body mind and spirit. Practices.
	14H30-17H30	Marco Moutinho	<b>Movement. The power of phisical exercise</b> Its impact in our health and well-being. Practices.
SEPT. 20th FRIDAY	9H-9H50	Anouk Froidevaux	<b>Movement class: Gyrokinesis</b>
	10H-17H30	Simon Brown	<b>Discover and fulfill your dream</b> What is dream. Dreams and purpose of life. Freedom and your dream. How to discover and live your dream.
SEPT. 21st SATURDAY	10H30-12H30	Rosalina Silva Geninha Varatojo	<b>Assisted study session</b>
	14H-17H	Rosalina Silva Geninha Varatojo	<b>Final evaluation</b>

**Note:** Lunch break will be between 13h and 14h30, unless agreed otherwise between teacher and students.  
Normal classes will be on the 1st floor left.

**Movement Classes** - 1st floor right

**Cooking Classes** - 2nd floor right (dinner is included)

**Total:** 100h