



INSTITUTO
MACROBIÓTICO
de PORTUGAL

LEVEL 2

THE INTERNATIONAL MACROBIOTIC COURSE

11th MAY - 25th MAY

WEEK 1

DATES	SCHEDULE	TEACHER	CLASS
MAY 11th SATURDAY	9H30 10H-17H30	Simon Brown	Reception - Registrations (store- 2nd floor) Man and Woman – Health, Relationships and Sexuality Understand the basic energetic differences between man and woman and how that relates to health.
MAY 12th SUNDAY	10H-17H30	Simon Brown	Nine Star Ki Astrology Relation between the 9 star Ki and the 5 transformations. The relation between the numbers. The magic square.
MAY 13th MONDAY	10H-17H30 18H-21H30	Bill Tara Paula Azevedo	Five Transformations Water energy. Prepare a Meal for Male and Female Energy ²
MAY 14th TUESDAY	10H-17H30	Bill Tara	Five Transformations Tree energy.
MAY 15th WEDNESDAY	10H-17H30 18H-21H30	Bill Tara Paula Azevedo	Five Transformations Fire energy. Cooking for Spring and Summer ²
MAY 16th THURSDAY	9H-9H50 10H-17H30	Cristiano Martins Bill Tara	Biodanza Class ¹ Five Transformations Soil energy.
MAY 17th FRIDAY	10H-17H30 18H-21H30	Bill Tara Teresa Mizon	Five Transformations Metal energy. Cooking for Autumn and Winter ²



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WEEK 2

DATES	SCHEDULE	TEACHER	CLASS
MAY 19th SUNDAY	9H-9H50	João Filippi	Do-in and Stretching Class ¹
	10H-17H30	João Filippi	Shiatsu Practice Meridians. Diagnosis and treatment.
MAY 20th MONDAY	10H-17H30	Sofia Batalha	Feng Shui Learn how to live in your house consciously.
	18H-21H	Sónia Jordão	Homemade Production ²
MAY 21st TUESDAY	10H-17H30	Lourenço Azevedo	Meridians and Acupuncture Points Diagnosis and treatment.
MAY 22nd WEDNESDAY	9H-9H50	Lourenço Azevedo	Chi Kung Class ¹
	10H-17H30	Lourenço Azevedo	Practice of Emergency Treatments How to use the Macrobiotic home remedies principles in acute situations.
	18H-21H	Paula Azevedo	Festive Menus ²
MAY 23rd THURSDAY	9H-9H50	Rosalina Silva	Free Movement Class ¹
	10H-17H30	Simon Brown	Health Coaching Guidelines how to structure a consultation.
MAY 24th FRIDAY	9H-9H50	Anouk Froidevaux	Gyrokinesis Class ¹
	10H-13H	Paula Azevedo	Oriental Diagnosis II Practice on face and eye diagnosis. Hands and feet.
	14H30-17H30	Simon Brown Rosalina Silva	Assisted Study Session
	18H-20H	Simon Brown Geninha Varatojo Rosalina Silva	Final Evaluation
MAY 25th SATURDAY	10H-13H	Simon Brown	Outdoor Activity - Meditation

Note: Lunch will be between 13h and 14h30, unless agreed otherwise.

¹ **Movement Classes** - 1st floor right

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

Total: 105h30m

