



INSTITUTO
MACROBIÓTICO
de PORTUGAL

LEVEL 3

THE INTERNATIONAL
MACROBIOTIC COURSE

7th SEPT. - 21th SEPT.

WEEK 1

DATES	SCHEDULE	TEACHER	CLASS
SEPT. 7th SATURDAY	10H-17H30	Lourenço Azevedo	Prevention and care for imbalances in Water Macrobiotic diet adjustments to help balance common problems with reproductive organs. Practice.
SEPT. 8th SUNDAY	9H-9H50	Rosalina Silva	Movement class: Free Movement
	10H-17H30	Lourenço Azevedo	Prevention and care for imbalances in Water Macrobiotic diet adjustments to help balance common problems with kidneys and bladder. Practice.
SEPT. 9th MONDAY	9H-9H50	Anouk Froidevaux	Movement class: Gyrokinesis
	10H-17H30	Lourenço Azevedo	Prevention and care of a healthy nervous and immune systems. Macrobiotic vision of imbalances. Practice.
SEPT. 10th TUESDAY	10H-17H30	Bill Tara	The Macrobiotic vision of Cancer and Degenerative Diseases. Identifying yin and yang causes and the Macrobiotic approach. Practices.
	18H-21H30	Marco Fonseca	Cooking class: Therapeutical cooking
SEPT. 11th WEDNESDAY	10H-17H30	Bill Tara	The Macrobiotic vision of Cancer and Degenerative Diseases I. Identifying yin and yang causes and the Macrobiotic approach. Practices.
SEPT. 12th THURSDAY	9H-9H50	Alexandra Paulino	Movement class: Dance with Summer
	10H-17H30	Bill Tara	The Macrobiotic vision of Cancer and Degenerative Diseases II. Identifying yin and yang causes and the Macrobiotic approach. Practices.
SEPT. 13th FRIDAY	10H-17H30	Bill Tara	Studies on Counseling - structure of a consultation I other forms of alternative practices. Consultation and diagnosis practice.
	18H-21H30	Paula Azevedo	Cooking class: How to lose weight



DATES	SCHEDULE	TEACHER	CLASS
SEPT. 15th SUNDAY	9H-9H50	Cristiano Martins	Movement class: Biodanza
	10H-17H30	Nuno Félix	Prevention and care for imbalances in Fire The benefits of the Macrobiotic approach. Practices.
SEPT. 16th MONDAY	10H-17H30	Nuno Félix	Prevention and care of the Lymphatic System The benefits of the Macrobiotic approach. Practices.
	18H-21H30	Paula Azevedo	Cooking class: How to put on weight
SEPT. 17th TUESDAY	10H-17H30	Lourenço Azevedo	Prevention and care for imbalances in Metal Macrobiotic vision for imbalances in lungs and skin. Practice.
SEPT. 18th WEDNESDAY	9H-9H50	Lourenço Azevedo	Movement class: Chi Kung
	10H-17H30	Lourenço Azevedo	Prevention and care for healthy bones, muscles and joints Identify the main problems and the benefits of macrobiotic diet. Practice.
SEPT. 19th THURSDAY	10H-17H30	Cátia Curica	Prevention and care during pregnancy and child-birth. The different phases of pregnancy. The more common aspects of pregnancy and child-birth. Adjusting the diet for babies and children. Practical exercises of study and practice.
	18H-21H30	Marta Ribeiro	Cooking class: Adjustments for pregnants and babies
SEPT. 20th FRIDAY	9H-9H50	Anouk Froidevaux	Movement class: Gyrokinesis
	10H-17H30	Rosalina Silva	Prevention and care for imbalances in Soil and Tree. Macrobiotic diet adjustments for diabetes and Hypoglycemia, liver and gallbladder common problems.
SEPT. 21st SATURDAY	10H30-12H30	Rosalina Silva Geninha Varatojo	Assisted study session
	14H-17H	Rosalina Silva Geninha Varatojo	Final evaluation

Note: Lunch 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: 103h