



INSTITUTO
MACROBIÓTICO
de PORTUGAL

THE INTERNATIONAL MACROBIOTIC COURSE

LEVEL 1

11th MAY - 25th MAY

WEEK 1

DATES	SCHEDULE	TEACHER	CLASS
MAY 11th MONDAY	9H30		Reception - Registrations (store- 2nd floor)
	10H-17H30	Bill Tara	The History and the Basic Principles of Macrobiotics I The spiral of creation and nature. KI energy and health Yin and Yang balance.
	18H-21H30	Marco Fonseca	How to Set Up a Healthy Kitchen²
MAY 12th TUESDAY	10H-17H30	Bill Tara	Challenges of the Modern Living Ohsawa's level of judgement. Advocating a peaceful and sustainable future
MAY 13th WEDNESDAY	10H-17H30	Rosalina Silva	Ecology, Sustainability and Environment The physical, emotional and spiritual forces that drive our anthropocentric way of thinking and being. How energy use and population have affected the environment.
	17H40-18H30	Cristiano Martins	Biodanza Class¹
MAY 14th THURSDAY	10H-17H30	Rosalina Silva	The Art of Oriental Diagnosis I How does oriental diagnosis work. Boshin diagnosis, constitution, and condition, face reading. Practising.
	18H-21H30	Sónia Jordão	Breakfast and Snacks²
MAY 15th FRIDAY	10H-17H30	Paula Azevedo	Standard Macrobiotic Diet Yin and Yang on food and cooking methods. The needs of the body. The energy and effect of food.
MAY 16th SATURDAY	10H-17H30	Rosalina Silva	Healthy Habits 7 conditions for health. 7 levels of progressive disease. Basic values of macrobiotics. Revision 7 levels Judgement.
	17H40-18H30	Anouk Froidevaux	Gyrokinesis Class¹
MAY 17th SUNDAY	10H-17H30	Rosalina Silva	The Macrobiotic Vision How to maintain a healthy digestive system. Strategies for healing common health problems and help body to get balanced. Practising.



DATES	SCHEDULE	TEACHER	CLASS
MAY 19th TUESDAY	10H-17H30	João Filippi	Shiatsu Practice The Classical Meridians. Basic sequence of treatment.
MAY 20th WEDNESDAY	10H-17H30	Lourenço Azevedo	Structures and Functions of the Body in Terms of Yin/ Yang The different perspectives of yin and yang. Living with the seasons.
MAY 21st THURSDAY	9H-18H 18H-21H30	Simon Brown Ana Torres	The Therapeutical Effects of Food and the Environment Phytonutrients; acid / alkaline foods; anti-inflammatory foods; microbiome, fermented foods. Seaweeds and Vegetables. Beans and Grains ²
MAY 22nd FRIDAY	10H-17H30 17H40-18H30	Ana Torres Paula Azevedo Lourenço Azevedo	Home Remedies. External Treatments ² The main home remedies to get your body balanced. Chi Kung Class ¹
MAY 23rd SATURDAY	10H-17H30 17H40-18H30	Simon Brown Rosalina Silva	Meditation How and when. Learn different kinds of meditation and the benefits for body mind and spirit. Practising. Movement The power of physical exercise. Its impact in our health and well-being. Practising Free Movement Class ¹
MAY 24th SUNDAY	10H-17H30	Teresa Mizon	Discover and Fulfill Your Dream What is dream. Dreams and purpose of life. Freedom and your dream. How to discover and live your dream.
MAY 25th MONDAY	10H-13H 14H-17H	Rosalina Silva Rosalina Silva Geninha Varatojo	Assisted Study Session Final Evaluation

Note: Lunch break 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: 98h30