



INSTITUTO  
MACROBIÓTICO  
de PORTUGAL

**LEVEL 2**

## THE INTERNATIONAL MACROBIOTIC COURSE

11th MAY - 25th MAY

### WEEK 1

DATES	SCHEDULE	TEACHER	CLASS
MAY 11th MONDAY	9H30	Lourenço Azevedo	<b>Reception - Registrations</b> (store- 2nd floor)
	10H-17H30		<b>Practicing and Fortifying the KI Energy</b> Develop a regular, daily and consistent practice. Studying some essential movements.
MAY 12th TUESDAY	10H-17H30	Lourenço Azevedo	<b>Emergency Treatments</b> The Macrobiotic approach of how to deal with emergency situations.
	18H-21H30	Paula Azevedo	<b>Cooking for Autumn and Winter</b> <sup>2</sup>
MAY 13th WEDNESDAY	10H-17H30	Bill Tara	<b>Five Transformations</b> soil energy.
	17H40-18H30	Cristiano Martins	<b>Biodanza Class</b> <sup>1</sup>
MAY 14th THURSDAY	10H-17H30	Bill Tara	<b>Five Transformations</b> Metal energy.
	10H-17H30	Bill Tara	<b>Five Transformations</b> Water energy.
MAY 15th FRIDAY	18H-21H30	Marco Fonseca	<b>Homemade Production</b> <sup>2</sup>
	10H-17H30	Bill Tara	<b>Five Transformations</b> Tree energy.
MAY 16th SATURDAY	17H40-18H30	Anouk Froidevaux	<b>Gyrokinesis Class</b> <sup>1</sup>
	10H-17H30	Bill Tara	<b>Five Transformations</b> Fire energy.
MAY 17th SUNDAY	18H-21H30	Sónia Jordão	<b>Festive Menus</b> <sup>2</sup>



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WEEK 2

DATES	SCHEDULE	TEACHER	CLASS
MAY 19th TUESDAY	10H-17H30	Rosalina Silva	<b>The Art of Oriental Diagnosis II</b> Practice on posture, body language, meridians. Practising.
	18H-21H30	Marco Fonseca	<b>Prepare a Meal for Male and Female Energy</b> <sup>2</sup>
MAY 20th WEDNESDAY	10H-17H30	João Filippi	<b>Shiatsu Practice</b> Meridians. Diagnosis and treatment.
	18H-21H30	Paula Azevedo	<b>Cooking for Spring and Summer</b> <sup>2</sup>
MAY 21st THURSDAY	10H-17H30	Lourenço Azevedo	<b>Nine Star Ki Astrology I</b> Relation between the 9 star KI and the 5 transformations. The relation between the numbers. The magic square.
MAY 22nd FRIDAY	10H-17H30	Lourenço Azevedo	<b>Nine Star Ki Astrology II</b> Relation between the 9 star KI and the 5 transformations. The relation between the numbers. The magic square.
	17H40-18H30	Lourenço Azevedo	<b>Chi Kung Class</b> <sup>1</sup>
MAY 23rd SATURDAY	10H-17H30	Lourenço Azevedo	<b>Man and Woman - Health, Relationships and Sexuality</b> Understand the basic energetic differences between man and woman and how that relates to health.
	17H40-18H30	Rosalina Silva	<b>Free Movement Class</b> <sup>1</sup>
MAY 24th SUNDAY	10H-17H30	Sofia Batalha	<b>Feng Shui</b> How to use Feng Shui to create a better health.
MAY 25th MONDAY	10H-13H	Rosalina Silva	<b>Assisted Study Session</b>
	14H-17H	Geninha Varatojo Rosalina Silva	<b>Final Evaluation</b>

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

<sup>1</sup> **Movement Classes** - 1st floor right

<sup>2</sup> **Cooking Classes** - 2nd floor right (dinner is included)

**Total:** 105h30m

