

KUSHI MACROBIOTICS LEVEL 1 SCHEDULE

Intensive-Residential in English

November 17 to December 1, 2019

November 17

15:00-Check-in
17:00-Orientation
18:30-Welcome Dinner

November 18-22

7:30-8:30 Morning Exercises (Yoga, breathing exercises, meditation, etc)
8:30-9:30 Breakfast
10:00-13:00 Cooking Class
13:00-14:00 Lunch
Free Time
15:00-16:15 Lecture
16:45-18:00 Lecture
Free Time
19:00-20:00 Dinner

November 23

8:30-9:30 Breakfast
10:00-11:15 Lecture
11:45-13:00 Lecture
13:30-14:30 Lunch (Terrace Café)
Free Time
16:00-18:00 Cooking Workshop (Macrobiotic-Vegan traditional Japanese “Kaiseki” meal)

November 24

8:30-9:30 Breakfast
DAY FREE (option to join local tour to visit traditional Japanese food processing facility and restaurant by reservation. Possibility to eat lunch at Terrace Café. Day trip to Tokyo, etc)
19:00-20:00 Dinner (option by reservation)

November 25

7:30-8:30 Morning Exercises (Yoga, breathing exercises, meditation, etc)
8:30-9:30 Breakfast
10:00-13:00 Cooking Class
13:00-14:00 Lunch
Free Time
15:00-18:00 Cooking Workshop (Fermentation class with Deco Nakajima. Miso, amasake, rice yogurt and pickles)
Free Time
19:00-20:00 Dinner

November 26-29

7:30-8:30 Morning Exercises (Yoga, breathing exercises, meditation, etc)

8:30-9:30 Breakfast

10:00-13:00 Cooking Class

13:00-14:00 Lunch

Free Time

15:00-16:15 Lecture

16:45-18:00 Lecture

Free Time

19:00-20:00 Dinner

November 30

8:30-9:30 Breakfast

10:00-11:15 Lecture

11:45-13:00 Lecture

13:30-14:30 Lunch

Free Time

15:30-19:00 Cooking Workshop (Party Meal)

19:00- Graduation Party and Ceremony

December 1

8:30-9:30 Breakfast

9:30-10:00 Check-out

10:00-11:30 Closing Ceremony and Farewell