

# 2019 Macrobiotic Summer Conference Presenters

Sunday, July 28, 7:30 – 9:00 p.m.

## **Welcome & Orientation**

Bettina Zumdick, Alex Jack, Edward Esko, Maria Ahverdyan, Dave Johnson, and Karen Bump

Saturday, August 2: 10 – 10:30 a.m.

## **Group Photo & Farewell**

Bettina Zumdick, Alex Jack, Edward Esko,, Maria Ahverdyan, Dave Johnson, and Karen Bump

## **Bill Tara**

Bill Tara, a pioneer and leader of the international macrobiotic community and with his wife Marlene will be featured presenter at the 2019 Macrobiotic Summer Conference. Bill, a VP of Erewhon Natural Foods, founder of the Community Health Foundation in the UK, and a co-founder of the Kushi Institute with the Kushis, currently directs MACROVegan, a sustainable teaching center in London. At the Conference, Bill will be awarded the 2019 Michio Kushi Peace Prize in honor of his lifetime contribution to health, peace, and sustainability. Bill's new book, *As If All Life Mattered: A Macro Vegan Approach to Diet, Health, and Ecology*, has just been published and he will do a book-signing at the Conference and be available for macrobiotic counseling.

Monday, July 29: 11a.m. - 12:30 p.m.

## **What If Macrobiotics Was Really Simple?**

You hear some people say that living a macrobiotic life is very complicated, but making it easy is...easy. Let's talk about it.

Monday, July 29: 4 - 5:30 p.m.

## **The Food-Mood Connection**

Does the food we eat affect the way we think and our behavior? There are many reasons this is so, and some of them are basic to the macrobiotic vision of health.

Wednesday, July 31: 9 – 10:30 a.m.

## **Health and Consciousness**

Both George Ohsawa and Michio Kushi taught that the purpose of macrobiotic practice was "freedom." Is that still the case? If it is, what are we free from?

Thursday, August 1: 11 a.m. - 12:30 p.m.

## **Cold Turkey or Baby Steps?**

Making life changes can be a real challenge, especially when diet is involved. Nutritional myths, cultural pressure and fear can all play a role in the changes we make and the effect of those changes.

Friday , August 2: Gala Keynote, 4 - 5:30 p.m.

### **The Future of Nutrition**

The understanding of nutrition has changed more than any period in human history. This new view presents a challenge to society, medicine, business and politics. There has never been a better time for the macrobiotic message—the only question is, can we deliver it?

## Marlene Watson-Tara

Marlene is a leading macrobiotic chef, cooking teacher, and counselor. She is the co-director of MACROVegan in London, author of *Macrobiotics for All Seasons*, and a long-time vegan and animal lover. She will be available for counseling and menu planning at the Conference.

Monday, July 29: 9 – 10:30 a.m.

### **My Vegan Kitchen**

Veganize classic comfort foods! Marlene will reveal how to turn your favorite foods such as creamy chowders and stroganoff into vegan versions while still keeping delicious flavors.

Tuesday, July 30: 11 am – 12:30 p.m.

### **Cooking Without Oil**

It's been more than two decades since I switched to cooking without oil. Learning how to replace oil in baked goods, dressings, roasting vegetables etc., made easy.

Wednesday, July 31: 11 am – 12:30 p.m.

### **Quick Meals for Busy People**

Even the busiest workaholics can have a healthier diet by integrating my simple 6 tips into their daily busy schedule.

Thursday, August 1: 9 – 10:30 a.m.

### **Flavor the Season with Marlene**

In a world where we have the choice to eat whatever we want at any time of the year, it's important that we appreciate health season-to-season is about more than changing your wardrobe.

## Christina Pirello

Christina healed herself of leukemia with the help of macrobiotics. She is the Emmy-award winning host of *Christina Cooks!* TV show and has written many best-selling books, including her most recent *Back to the Cutting Board*.

Friday, August 2: 11 a.m. – 12:30 p.m.  
**Love, Italian Style**

## Tom Monte

Tom is an author, counselor, and teacher of natural healing. He has authored over 35 books on macrobiotics and natural health, including *Recalled by Life, Unexpected Recoveries*, and the *Complete Guide to Natural Healing*. He teaches and gives seminars worldwide. He will be available for macrobiotic counseling at the Conference.

**Tuesday, July 30: 11 a.m. – 12:30 p.m.**

### **A Path for the Consciously Evolving Human Being**

As the world falls ever deeper into ideological conflict, racism, and greed; as our capacity to perceive truth and paths to peace become ever duller and more confused; as power is expressed more through oppression than through constructive problem solving; as our ability to experience love and compassion grows weaker by the day, the question must be asked—How can humans evolve? What can we do to speed up our own individual and collective evolution? What powers lie within the evolved human being that can lead us to a humane and compassionate future?

Macrobiotics has stressed biological evolution through dietary change. Indeed, that is an essential factor in conscious evolution. But there is a great deal more conscious and behavioral change needed if we are to survive the challenges of the 21st Century. This class will explore some the important steps that each of us can take to bring forth our own enhanced powers, perceptions, and abilities, to foster our individual health and happiness, and to perceive more clearly the path to a humane future.

Tuesday, July 30: 2 – 3:30 p.m.

### **The Central Challenge of the 21st Century:**

#### **Recovering, Strengthening, Protecting Our Humanity**

Your humanity flows from your heart. It is the essence of who you are, the reservoir of your love and compassion, your talents and tenderness, your gratitude for life, your innate beauty and capacity for wonder. It is the channel of your soul, the bridge to the infinite. Our humanity is blessed with intrinsic values. It places the care of other human beings above profits and productivity, above religion and politics, above artificial intelligence and so-called innovation.

Our humanity is under siege. The corporate state wants to own your body and by destroying your health. It wants to make you dependent upon pharmaceutical drugs, computer implants, and artificial intelligence. The corporate state is opposed to nature, and indeed to the earth itself. The fate of humanity depends on those who will consciously develop our own humanness by changing the way we relate to each other; by changing how we perceive and process experience; by expanding our perception of the Larger Life that exists within and behind experience; and by

transforming our relationship with the earth itself. In this lecture, we will explore specific ways of growing our awareness so that the powers of our humanity change the course of our future.

## Virginia Harper

Virginia Harper healed herself of Crohn's disease over 25 years ago with the help of macrobiotics. She is a teacher, counselor, and chef and director of You Can Heal You educational center in Franklin, Tennessee. She has taught at Sha Wellness Clinic in Spain and lectured around the world. She is a co-author of *Crohn's and Colitis: The Macrobiotic Approach*. She offers macrobiotic counseling and menu planning.

Wednesday, July 31: 4 – 5:30 p.m.

### **Stop Your Belly Aching**

This lecture will teach why the belly aches and what tips, tools, and food choices will help prevent pain. The importance of being proactive in your care will make a difference in how your body responds to a symptom.

Thursday, August 1: 9 – 10:30 a.m.

### **Chew on This**

This class will identify the physical and psychological benefits of chewing. You will learn the correct way to chew and how long to chew . . . Is there really a definite number of chews that makes a difference?

Wednesday, July 31: 9 – 10:30 a.m.

### **Cooking for Intestinal Health**

Using food as medicine. In this cooking demonstration, Virginia will teach the combinations of food ingredients that are most beneficial for calming intestinal upset and pain.

## Warren Kramer

Warren Kramer is an internationally recognized macrobiotic counselor, lecturer, and cooking teacher with over 30 years of experience. He has guided thousands of people back to health over the years. Warren teaches the macrobiotic approach to health and wellness, including principles of food selection and preparation, exercise, work and personal relationships. Warren was a traveling cook for six years working privately with cancer patients throughout the world. He currently teaches in 10 cities throughout the U.S. Warren and his wife run the Macrobiotic Center of New England. He assisted Michio Kushi for over 10 years in Boston where he lives. Warren and Fatima have a son, Adam. He offers macrobiotic counseling.

Monday, July 29: 9 – 10:30 a.m.

### **Delicious Bean and Protein Cuisine**

In this class Warren will prepare a number of wonderful bean, tempeh, tofu and seitan dishes. We will also discuss how to enhance the digestibility and assimilation

of beans. The protein "myth" will also be discussed. Get ready for some yummy dishes!

Monday, July 29: 4 – 5:30 p.m.

### **Transitional Late Summer Cooking**

Seasonal cooking is actually our way of aligning with the environment and helps us to build strong immunity. The dishes we will prepare will all help to support the "organs" of the season, the spleen, pancreas and stomach. An essential, very informative class.

## **Sheri DeMaris**

Sheri DeMaris, M.Ed, is a holistic health counselor who has taught whole foods/macrobiotic cooking at various restaurants and cooking schools throughout the United States and Europe for over 25 years. She has run wellness seminars and created programs for "healthy living" for public school programs K-12, community colleges and universities and has authored articles on healthy lifestyles, school lunch programs and cooking for various magazines. She is the author of *Macro Magic for Kids and Parents* and directs a local TV show *Tea with Sheri*. She offers macrobiotic counseling and menu planning.

Thursday, August 1: 4 – 5:30 p.m.

### **OODLES OF NOODLES**

"Silly" Somen, "Surprise" Soba, "Unbelievable" Udon! Did you know there are over 100 ways to use noodles? We won't have time to cover them all in this class, but guaranteed you will learn some new dishes that you can easily prepare at home, whether you are looking for a snack or quick meal for the family.

Friday, August 2: 9 – 10:30 a.m.

### **COOKING FOR HYPOGLYCEMIA**

Got the Sugar Blues? Not anymore! Come to our class to learn more about maintaining that optimal blood sugar level and learn how to boost your energy for the rest of the day!

## **Edward Esko**

Edward Esko has served as vice president of the East West Foundation, associate director of Kushi Institute, and founder of Quantum Rabbit LLC, a new technology company dedicated to a health and sustainable future. He is co-director of the Macrobiotic Summer Conference and the author of *Contemporary Macrobiotics*, *Yin Yang Primer*, *Rice Field Essays*, and other books. He offers macrobiotic counseling.

Monday, July 29: 9 – 10:30 a.m.

### **Moxa Salon**

Edward Esko introduces acupuncturist Miwaka Ohara for a live demonstration of moxa heat therapy. Includes a discussion of chakras and meridians. Participants will have the chance to experience an energizing treatment.

Monday, July 29: 4 – 5:30 p.m.

**Keynote: AMNA Healing**

An introduction to healing with food, chakra, sound, and vibration. AMNA is derived from the sacred sound of A-U-M, and includes the whole universe, both within and without. It is the universal sound of macrobiotic awareness that brings light and healing to all.

Thursday, August 1: 9 – 10:30 a.m.

**Plant-based Medicine**

Learn why the plant-based medicines used in macrobiotics are so universally effective and how macrobiotic medicine extends far beyond the relief of symptoms. Food medicines such as kuzu, kanten, daikon, umeboshi, and others will be explained.

## Naomi I. Esko

Naomi is a 2010 graduate of the Kushi Institute in Becket. Prior to her study at the K.I., she worked in the restaurant industry in her native Tokyo. In 2011 she established a teaching and counseling center in Tokyo known as Macrobiotics Japan (macrobiotics-japan.com) Through her personal experience with successful weight loss and weight management, she began offering special weight loss counseling to clients in the Tokyo area. She also began a consulting business advising restaurants in the development of healthy menus. She also served as a private chef guiding clients in the preparation of healthful and delicious macrobiotic vegan meals. She recently married Edward Esko and resides with her husband in western Massachusetts. She offers macrobiotic menu planning.

Tuesday, July 30: 4 – 5:30 p.m.

**Cooking Class**

Wednesday, July 31: 2 – 3:30 p.m.

**Cooking Class**

## Bettina Zumdick

Bettina Zumdick is a teacher, counselor, humanitarian, and author who has integrated modern knowledge of the West with the ancient wisdom of the East. With a strong background in Food Science, Dietetics, and Nutrition from Wilhelms University in Muenster, Germany, she has shared her knowledge of food as medicine for over 30 years. Her experience in the fields of holistic health, wellness, and macrobiotics has helped thousands of people to regain and maintain their health

and vibrancy. She is founder and director of the Culinary Medicine School, co-director of the Macrobiotic Summer Conference, and Culinary Arts Director of Planetary Health. She offers macrobiotic counseling and 9 Star Ki readings.

Tuesday, July 30: 9 – 10:30 a.m.

**Favorite Dishes**

Wednesday, July 31: 2 – 3:30 p.m.

**Lecture**

Thursday, August 1: 7 – 9 p.m.

**Miso Happy Show**

## Alex Jack

Alex Jack has served as president of Planetary Health, executive director of Kushi Institute, and editor-in-chief of *East West Journal*. He has helped introduce macrobiotics to China and Russia and has written many books with Michio and Aveline Kushi, including *The Cancer Prevention Diet*, *The Book of Macrobiotics*, and *The One Peaceful World Cookbook*. He has presented at the Cardiology Institute in St. Petersburg, the Zen Temple in Beijing, Shakespeare's New Globe Theatre in London, and Rosas Dance Company in Brussels. He is co-director of the Macrobiotic Summer Conference and offers macrobiotic counseling and 9 Star Ki readings.

Wednesday, July 31: 4 – 5:30 p.m.

**Our Daily Soup**

Thursday, August 1: 7 – 9 p.m.

**Miso Happy Show**

## Mariya Ivanov

Mariya Ivanov lives in Russia with her family. She is developing online macrobiotic activities with her husband Vladimir, a former chef at the Kushi Institute, and they created the web site [GoMacrobiotics.com](http://GoMacrobiotics.com). She is the daughter of Alex Jack, mother of 5, author of the new book *Our Daily Soup*, and a pastry chef at the Summer Conference.

Wednesday, July 31: 4 – 5:30 p.m.

**Our Daily Soup**

## Jane & Lino Stanchich

Jane Stanchich, licensed nutritionist, certified macrobiotic teacher, counselor, author, and chef, is an international teacher of natural health principles with over 35 years' experience. This Aveline Kushi Award-winning educator presents with her husband, Lino, offers dynamic seminars and retreats, internationally, focusing on the optimum diet and lifestyle for personal and planetary health and peace. Jane has produced a cooking DVD *Macrobiotic Cooking for the Whole Family* and written the book *Healthy Holiday Cooking: Delicious Macrobiotic Recipes for Autumn and Winter Celebrations*, as well as the DVD, *Cooking Terrific Tofu Turkey*. She offers macrobiotic counseling and menu planning.

Lino Stanchich is a renowned macrobiotic educator and counselor with over 45 years of experience. A licensed nutritionist, licensed massage and bodywork therapist, author, and researcher, Lino is a dynamic multilingual educator. He has lectured, with his wife, Jane, at major macrobiotic and wellness centers throughout the world, including the Kushi Institute in the U.S. and Holland, as well as the SHA Wellness Clinic in Spain, and to universities, corporations, and the United Nations. Residents of Asheville, NC, Lino has authored many popular books, audios, and DVD's to enhance natural health that are available on their website, He offers macrobiotic counseling and bodywork therapy.

Thursday, August 1: 11 a.m. – 12:30 p.m.

### **A Couple in the Kitchen: Creating Dynamic Yin and Yang Energy**

Science has discovered what Macrobiotics has long taught: Home cooking of whole, un-processed foods is vital for our health. Truly, personal and family wellness can be cooked up in the kitchen! Jane and Lino have learned, in their thirty-seven years together, how to utilize the unique principles of yin and yang in macrobiotic cooking to create greater personal health and mental and emotional balance. This dynamic couple will teach, with knowledge and wit, how to plan and prepare highly nutritious, healing dishes using yin and yang cooking methods. Discover how our eating can help us to become more revitalized or relaxed, more harmonious, understanding, confident, organized, and positive. Learn which foods and cooking techniques enhance our yin and yang energies - both of which are essential for balance and health in our personal relationships and in our life. Additional colorful hand-outs, illustrating yin and yang energy, will be provided.

Friday, August 2: 7 – 8 a.m.

### **Morning Exercise**

#### **Revitalizing Macrobiotic Massage, Movement, and Meditation**

Bring yourself and your energy to experience this unique and dynamic class with Jane and Lino, as they teach and practice with you the profound and powerful ancient arts of Chi-Gong, standing yoga, self-massage (Do-In), and meditation. Lino is highly trained in Chi-Gong and Jane in Yoga. Both practice daily meditation from years of study. This comprehensive course combines precise, healing breathing



techniques, chi-energy-enhancing movements, powerful standing yoga postures, with energizing body massage. Finally, join Jane and Lino in deep meditation, as they complete this physical and spiritual experience of joy and fun. A perfect combination of yin and yang, active-passive, revitalize-rest, outward-inward practice to take home and add to your daily regime. No extra tools are needed for this class.

Friday, August 2: 9 – 10:30 a.m.

**Forum on Our Macrobiotic Heritage**

Stories and reminiscences about the early days of macrobiotics with a panel including Judy MacKenney and Martha C. Cottrell, M.D.

## Judy MacKenney

Judy is an internationally recognized macrobiotic counselor, educator and cooking instructor. She is a certified holistic health counselor and member of the American Society of Alternative Therapists. She has presented at medical schools, hospitals, churches and conferences throughout the US. She was introduced to macrobiotics in 1992 after healing Stage IV non-Hodgkin's Lymphoma. She offers macrobiotic counseling and menu planning. She will be coordinating the Counseling Services at the Conference.

Tuesday, July 30: 2 – 3:30 p.m.

**Delicious, Natural Macrobiotic Appetizers**

Friday, August 2

**Forum on Our Macrobiotic Heritage**

**Moderator**

Stories and reminiscences about the early days of macrobiotics with a panel including Jane and Lino Stanchich and Martha C. Cottrell, M.D.

## Larry MacKenney

Larry is a macrobiotic teacher and counselor. He graduated from the Kushi Institute and with his wife Judy teaches in southwest Florida where they offer hands-on macrobiotic cooking workshops and retreats. He offers macrobiotic counseling services and will be coordinating the Counseling Services and Transportation at the Conference.

Monday, July 29: Tuesday, July 30; Wednesday, July 31; Thursday, August 1:

Morning Exercise, 7 – 8 a.m.

**Do-In/Shiatsu Self-Massage**

## Cathy Albanese

Cathy graduated from all four levels of the Kushi Institute Leadership Certificate Program in 2014. She is J.F. Rowny Professor Emerita in Comparative Religions and Research Professor in the Department of Religious Studies at the University of California, Santa Barbara. She is former department chair, former president of the American Academy of Religion, and now member of the American Academy of Arts and Sciences. She is the author of numerous books and articles on aspects of American religious history. She offers macrobiotic counseling.

Tuesday, July 30: 9 – 10:30 a.m.

### **Strong Bones**

## Amber Maisano

Amber Maisano served as kitchen manager at Kushi Institute for several years and taught cooking and shiatsu in the Macrobiotic Leadership Training program. She lives in Lenox Dale, Massachusetts and does private cooking and counseling. She offers macrobiotic counseling, shiatsu, and menu planning. She is the head chef and kitchen manager at the Conference.

Tuesday, July 30 and Thursday, August 1: 7 – 8 a.m.

### **Morning Movement and Awareness**

Tuesday, July 30: 9 – 10:30 a.m.

### **Understanding Yin and Yang in Macrobiotic Cooking - How to Create a Balanced Meal (lecture)**

Thursday, August 1: 2 – 3:30 p.m. ???

### **Macrobiotic Cooking Basics—Beautiful Simplicity**

## Carol Louro

Carol studied at the Kushi institute in Brookline, MA, took all levels and then became certified in the early 1980s. She directed the East-West center in New Bedford, MA for many years and worked closely with Michio Kushi. After taking several years off, she is resuming her teaching schedule and building a macrobiotic community in southeastern Massachusetts.

Friday, August 2: 9 – 10:30 a.m.

### **Forum on Our Macrobiotic Heritage**

## Martha C. Cottrell, M.D.

Martha is a licensed physician in New York and Board Certified in Family Medicine. She is a cum laude graduate of Mercer University, Macon, Georgia, and graduate of

Woman's Medical College of Pennsylvania. She was a research associate in cholesterol metabolism at Wistar Institute, Philadelphia, Pennsylvania, and a Fellow in Preventive Medicine at Mt. Sinai School of Medicine in New York City. "Doc Maggie" has practiced the philosophy of macrobiotics in her own life and in her medical practice for 35 years. She co-authored *AIDS: Macrobiotics and Natural Immunity* with Michio Kushi and currently lives in Florida. She is the recipient of the 2018 Michio Kushi Peace Prize and will offer macrobiotic counseling at the Conference.

Friday, August 2: 9 – 10:30 a.m.

### **Forum on Our Macrobiotic Heritage**

## **Donna Clifford**

Donna is a registered nurse, graduate of Level 4 advanced macrobiotic training, and lives in Salem, MA.

Tuesday, July 30: 4 – 5:30 p.m.

### **The Threat of Mandatory Vaccines**

Many states are now mandating that doctors, nurses, and other health care workers must be vaccinated against the flu and other diseases. Donna has helped lead the campaign against this practice in Massachusetts. In this presentation, she will explain how you can protect yourself, your children, and your health care professionals from intimidation and harm.

## **Evan Root**

Evan is one of Michio and Aveline's original students in Boston and helped them found Erewhon. For many years he has directed Kindling Point, a wellness center, and given seminars on the art of living. He offers personal life counseling.

**Wednesday, July 31: 11 a.m. – 12:30 p.m.**

### **Lecture**

## **Sachi Kato**

Sachi Kato has at the Kushi Institute, as well as to the public in California, New York, and Japan. While her dishes possess a Japanese sensibility and are rooted in macrobiotic practice, she continually finds inspiration for her cooking from her international community and its many rich culinary traditions. As a result, she graciously adopts cooking techniques and ingredients from her planetary neighbors to innovate original recipes, as well as to create new versions of many well-known classics. Employing her professional photography skills to capture the vibrant images of the dishes that appear in the pages of *The One Peaceful World Cookbook* that she co-authored with Alex Jack, Sachi contributes her efforts as both a visual and culinary artist. She happily shares these *Gifts from Nature*, which are steeped in

the awareness that real nourishment and amazing health start with home cooking. Sachi is currently based with her husband and son in the San Francisco Bay Area.

Thursday, August 1: 2 – 3:30 p.m.

### **Flavorful Sauces Around the World**

Flavorful dressings and sauces instantly make any simple dish into a delight! In this class, Sachi will show you how to create dressings for fresh salads, and dipping sauces for vegetables and plant-based protein dishes. Recipes include Moroccan style Chermoula Sauce, Miso-Citrus Vinaigrette, and other enticing macro-adapted dressings from around the world.

Friday, August 2: 11 a.m. – 12:30 p.m.

### **Blindspot Toxins 101: How to Avoid Them and Protect Ourselves and Our Family from Hidden Toxins in Our Daily Life**

Amazingly, we are surrounded by so many toxic chemicals and materials without knowing it. They silently co-exist within our environment. Pretty sneaky! In this lecture, Sachi will point out those toxins in our homes and our communal environment, then talk you through how to avoid them. Practical ideas for prevention as well as detoxification through macrobiotic practice will be discussed. A must visit for macro moms and dads looking to protect our children!

## **Masumi Goldman**

Masumi Goldman is a former Wall Street analyst and MIT graduate who wandered into the world of yoga and decided to stay. She developed a physical yoga practice while dealing with a painful condition affecting her joints and tendons, and later discovered the power of meditation during the difficult months following her daughter's kidney transplant. She continues on her healing journey, guided by macrobiotic principles to make mindful choices about food, health and maintaining balance in all aspects of her life. Today, she is a yoga teacher, writer, and wellness advocate for organ transplant patients. Her commitment to yoga and wellness has been featured in various media outlets, including the Today Show, Bloomberg TV, Yoga Journal, Style Bistro, Shape Magazine, Refinery29 and Business Insider. Most recently, her yoga journey was featured in the book *Yoga Bodies*, by award-winning journalist, Lauren Lipton. She has also partnered with major brands, such as Gaiam and Kohl's in their wellness endeavors. Her hope is to continue spreading the inclusive message of yoga for everyone.

Friday, August 2: 7 – 8 a.m.

### **Morning Exercise: A Grounded Practice**

The heart of this class is about quieting the mind and harnessing our energy so that we feel centered and connected to the present moment. We will explore breathing techniques, yoga poses, and guided meditation to create a feeling of being physically and energetically grounded. Now more than ever, there is a need to disconnect from

our digital devices and focus on *being*, rather than *doing*. Although technology is useful and important to us in many ways, the instant access to news, text messages and e-mails often leaves us feeling scattered and craving constant stimulation. In this session, you will enjoy a respite from the noise and leave class feeling calm and centered.

Saturday, August 3: 7 – 8 a.m.

### **Morning Exercise: Movement & Meditation**

Gently awaken your body with a mindful yoga practice that will leave you feeling limber and refreshed. We will begin with seated stretches and move on to strong standing postures before ending with an extended *savasana*. As you close your eyes, you will be guided through a meditation practice called *Yoga Nidra*. *Yoga Nidra* or “yogic sleep” is a form of meditation that allows you to access a state of consciousness that is somewhere between waking and sleeping. *Yoga Nidra* allows you to experience deep relaxation and peace while maintaining full consciousness. You will leave this yoga session feeling relaxed and renewed.

## Miwaka Ohara

Miwaka is a graduate of Texas Health and Science University (formerly known as Texas College of Traditional Chinese Medicine) in Austin, Texas. She is licensed by the Board of Registration in Medicine in the state of Massachusetts with twenty years’ experience in the field. She is also nationally certified by the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM) in the USA. She offers Japanese Toyohari Acupuncture.

### **Personal Acupuncture Sessions**

Having evolved over thousands of years, acupuncture is one of the oldest continually practiced medical modalities in the world. Acupuncture is a safe, effective, chemical-free way to promote the body's remarkable self-healing abilities. It is used to prevent and treat disease, relieve pain, balance mood, enhance athletic performance, increase fertility, and improve overall health and wellness. Miwaka combines her unique skills, knowledge, and insight together to provide a deep and rich healing experience for her clients. Every client’s concerns, needs, and goals are continuously listened to and addressed to provide the best possible care by treating the whole person: body, mind, and spirit. She works to empower each client towards health in a safe and supportive healing environment.

Monday, July 29: 9 – 10:30 a.m.

### **Moxa Salon with Edward Esko**

The Salon introduces moxibustion, a traditional Far Eastern healing method using mugwort or other dried herb to supply Ki energy

## Greg Dilsio

Greg's depth of knowledge and passion to live life fully as a peaceful warrior is apparent in every retreat and class he teaches. He holds the space for every single healing arts service he gives to be a truly transformative experience for you. Greg holds a Masters of Acupuncture from the New England School of Acupuncture and is a licensed acupuncturist in MA/CT. He practiced acupuncture at Kripalu Center for three years and Canyon Ranch for twelve years before going full-time into private practice. He is a licensed massage therapist in MA/CT and has practiced therapeutic massage at Kripalu Center for five years, and LABO Spa of Switzerland for two years, and in the Boston/ North Shore area. He offers Relaxing Massage, Deep-tissue Massage, Reflexology, Shiatsu, and Craniosacral.

Monday, July 29, Wednesday, July 31, Morning Exercise, 7 – 8 a.m.

### **Qigong**

## **Kunio Takaki**

Kunio is a long-time macrobiotic practitioner from Toronto. He runs a car dealership and enjoys home food processing.

Tuesday, July 29: 4 – 5:30 p.m.

### **Natto Workshop 1**

Natto is a type of fermented soybean with long, sticky strands. It is traditionally eaten as a condiment for general good health and is especially beneficial to help relieve bone, kidney, and digestive disorders. Kunio will show you how to make natto at home in this informative workshop.

### **Natto Workshop 2**

This follow up class will sample taste and assess the results of the first workshop.

## **Shanon Waddington**

Shanon is a life and psychic reader, and she will be giving personal readings at the Conference. She will be available to consult with you about questions regarding your relationships, career, health, and other personal matters. Shanon explains her approach: "My readings are direct and to the point and I always work from the standpoint of finding the balance between the "facts" in your life and the "fantasy" in your life. Too often people will go for guidance and be told about the great person coming into their lives, or the amazing job, but they are never told what you need to change to have that happen. It may see like things can just "drop into our lives," but when you look more closely, we have made some kind of change, either in what we do or in how we think, that brings about the event.

"The REALITY CHECK approach that I work with of balancing the FACT AND FANTASY gives you the tools to know ALL THE POSSIBILITIES that life can present

to you but also tells you what you need to change in your life HERE AND NOW in order for those possibilities to come within your reach.”