

# The Art of Cooking School

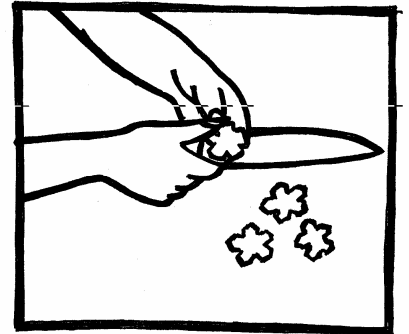
Winter Spring 2010

## **An Intensive Training Course in Macrobiotic Cooking for Total Health**

*with Wieke, Horriah and Adelbert Nelissen a.o.*

*The Kushi Institute of Europe has designed this four-day cooking course for those who want to improve their skills and develop a clear understanding of the macrobiotic kitchen.*

*This practical course will present food that is delicious, beautiful and easy to prepare at home.*



**February 25 – 28**

**Warming & Strengthening Cooking for Fatigue and Stress**

**March 25 – 28**

**Purifying Spring Cooking**

### **These exciting weekends include**

- Daily workshops and demonstrations for cooking healing foods with culinary style
- Group discussions with personal health recommendations
- Daily Do-In or Nordic Walking - morning exercises for better vitality
- Personal, creative menu planning to suit your lifestyle
- You will receive a study guide which includes recipes, cutting and cooking techniques and general information on macrobiotics.

Time: From Thursday 5 pm till Sunday 2 pm.

Costs: Euro 425, 2<sup>nd</sup> person 10% discount

10% discount in combination with 2 or more programs of the Art of Cooking School

25% discount for the Art of Life School students

Price include: classes, 3 hot meals per day, accommodation free (limited) in 2-3 person bedroom, study materials and certificate of completion.

Place: The Kushi Institute of Europe, Amsterdam

Registration: your registration is final after receiving your registration form and the non refundable down payment of Euro 100.

Classes are English spoken.

**Note!** These courses have limited space, so register early!

# Themes and Dates 2010

**February 25 – 28**

## **Warming & Strengthening Cooking for Fatigue and Stress**

This weekend will be focussed on special cooking for the last cold and wet days of the winter season. Dishes to warm your body, as well as special cooking for relaxation will be shown in cooking classes and prepared in hands on workshops.

The lecture will help you to understand the nutritional cause of stress and fatigue.

**March 25 – 28**

## **Purifying Spring Cooking**

Spring is *par excellence* the time to purify our body from the excess that could not be discharged during winter. Cleansing the body brings your ideals and goals into clear focus, helping to realize your direction in life.

**October** – *exact dates to be announced*

## **Cooking for Vitality and Stronger Immunity**

Lack of energy is one of the most common health concerns. This weekend will focus on weakening factors as well as strengthening factors. A sensible choice of food and preparation will help you overcome these problems. This weekend will really give your energy a boost!

**November** – *exact dates to be announced*

## **Festive Cooking for Family and Friends**

Entice your family and friends with a more healthy and elegant way of eating. Discover how to replace meat, dairy and sugar with tempting, delicious dishes to suit everyone's tastes, needs and health.

# February 25 – 28

## Warming & Strengthening Cooking for Fatigue and Stress

### Thursday

17.00 - 18.00	Registration
18.00 - 19.00	Welcoming Dinner
19.30 - 21.30	Lecture: <b>The nutritional cause of fatigue and stress</b>

### Friday

08.00 - 09.00	Do-In morning exercises
09.00 - 09.30	Breakfast
10.00 - 12.00	Cooking Class: <b>Relaxing and energizing dishes</b> <i>A variety of dishes that help you to maintain good health.</i>
12.00 - 13.00	Lunch
13.00 - 16.00	Free time
16.00 - 18.00	Workshop: <b>The creation of a well-balanced, delicious meal, including soup and dessert.</b> <i>A variety of cooking- and cutting styles will be practiced.</i>
18.00 - 19.00	Dinner

### Saturday

08.00 - 09.00	Do-In morning exercises
09.00 - 09.30	Breakfast
10.00 - 12.30	Cooking Class: <b>Warming and strengthening dishes</b> <i>Learn the foods that may cool you down, learn the warming foods</i>
12.30 - 13.30	Lunch
13.30 - 16.00	Free time
16.00 - 18.00	Workshop: <b>Special drinks and dishes</b> <i>To maintain a stable blood sugar level , to strengthen digestion</i>
18.00 - 19.00	Dinner

### Sunday

08.00 - 09.00	Do-In morning exercises or Nordic Walking
09.00 - 09.30	Breakfast
10.00 - 12.30	Cooking Class workshop: <b>Healthy snacks and travel foods</b> <i>Healthy snacks and attractive, tasty food for lunchbox or travel</i>
14.00	Farewell lunch and departure

# March 25 – 28

## Purifying Spring Cooking

### Thursday

17.00 - 18.00	Registration
18.00 - 19.00	Welcoming Dinner
19.30 - 21.30	Lecture: <b>The Effect of Purifying Cooking</b>

### Friday

08.00 - 09.00	Do-In morning exercises
09.00 - 09.30	Breakfast
10.00 - 12.00	Cooking Class: <b>Purifying Dishes and Pickles</b> <i>The use of the different foods to help us cleanse our bodies and the importance of pickles for better digestion</i>
12.00 - 13.00	Lunch
13.00 - 16.00	Free time
16.00 - 18.00	Workshop: <b>Eat and Lose Weight</b> <i>Understanding the cause of being over or underweight. Special dishes and home remedies for natural weight control</i>
18.00 - 19.00	Dinner

### Saturday

08.00 - 09.00	Do-In morning exercises
09.00 - 09.30	Breakfast
10.00 - 12.30	Cooking Class: <b>Cooking for Natural Beauty</b> <i>Dishes for clearer skin, shinier hair, stronger nails. All of your personal questions will be addressed</i>
12.30 - 13.30	Lunch
13.30 - 15.30	Free time
15.30 - 16.00	Group discussion with Personal Health Recommendations / Menu planning / Question and answer
16.00 - 18.00	Workshop: <b>Quick and Tasty Cooking for Singles</b> <i>Cutting techniques, food selection, clever menu making and quick cooking styles. All you need to know to prepare a whole foods meal in no time!</i>
18.00 - 19.00	Dinner

### Sunday

08.00 - 09.00	Do-In morning exercises or Nordic Walking
09.00 - 09.30	Breakfast
10.00 - 12.30	Cooking Class workshop: <b>Lunchbox and Light Snacks</b> <i>Healthy snacks and attractive, tasty food for lunchbox or travel</i>
14.00	Farewell lunch and departure

# Teachers

## **Adelbert Nelissen**

Adelbert Nelissen is the educational director of the Kushi Institute of Europe and one of the pioneers in the natural food movement of Western Europe. Adelbert has over 40 years of experience in macrobiotics and has extensively studied classical Chinese acupuncture in Holland, the UK, China and Japan. Adelbert counsels and educates individuals and families toward a macrobiotic way of life on many levels: health, diet, exercises and shiatsu, 9 star ki astrology and spiritual development. His lectures are exciting, full of humour, eye opening and practical. Adelbert is the father of 5 children and has 6 grandchildren.

## **Wieke Nelissen**

Wieke Nelissen is the co-director of the Kushi Institute of Europe, together with her husband Adelbert. Wieke has been teaching macrobiotic cooking, women's health and family health all over Europe for more than 30 years. She is the author of several columns on cooking for Amberwaves (USA) and Das Grosse Leben (Germany), as well as the Summer Conference Cookbook. Her classes are very practical, focusing on quick, dynamic and tasty dishes for better health. Wieke is the mother of 5 children and has 6 grandchildren.

## **Horriah van Veen - Nelissen**

Horriah has 2 daughters and 1 son. Her experience in macrobiotics is life-long, with 15 years of teaching experience. Horriah cooked for many of her friends during her studies at the Haarlem Business School in Holland, where she met her husband. During her trip to Japan, together with Aveline and Michio Kushi, Horriah taught macrobiotic cooking to Japanese chefs of five-star hotels, who are now offering macro meals on their menus. Horriah is one of the principal cooking teachers at the Kushi Institute of Europe, her cooking is very satisfying and excellent to maintain an active life.

# General info

## **Do-In Early Morning Exercises**

An energizing self massage based on specific shiatsu techniques. Start your day fresh, clear your mind and stimulate the flow of your energy! Wear light cotton clothing for easy movement.

## **Nordic Walking**

This new activity is very fascinating; active walking with special poles for balance, using all your muscles and breathing fresh air. Before walking you will do some stretching exercises. Wear light clothes and good walking shoes, the poles will be available.

## **The Macrobiotic Kitchen**

In the macrobiotic kitchen we use organic ingredients. These include whole grains, seasonal vegetables, beans and bean products (tofu, tempeh and natto), sea vegetables, seeds, nuts, seasonal fruits, fish, plant-based oils and various natural condiments. In these macrobiotic cooking classes and discussions you will learn to create tasty, healthy and balanced meals without using dairy, meat, cheese, eggs and refined sugar.

## **About our students**

We invite students from all over the world to come and study. You will meet with very interesting people from many different backgrounds and countries. The age of our students ranges between 18 and 65. Because of the convenient location in the centre of Europe we have students from many different countries. Including Western and Eastern Europe, the Middle East, Asia, the Far East and Africa.

## **The Kushi Institute of Europe**

These courses will be held at the Kushi Institute of Europe, located in the centre of Amsterdam. We have a multifunctional cooking classroom, a quiet Do-In and lecture room and a lunch-service restaurant. Our Dëshima macrobiotic food shop is also available for your shopping. The shop carries all the ingredients used in these courses, as well as fresh home made products.

## **Accommodation**

The Kushi Institute offers free accommodations in 2-3 person rooms (limited rooms available). We can also help to arrange other accommodations, such as staying with macrobiotic friends, or in a hotel in Amsterdam. Hereby an extra charge needs to be counted with.

## **The Kushi Institute of Europe**

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