

Macrobiotic Health Coach Training Leading to Accreditation with the Macrobiotic Association

	Class	Teacher	Description	Outcome
Chinese Principles	Chi/Qi	Simon Brown	Connection to everything. Qi applied to macrobiotics, acupuncture, Chinese medicine, qi kung, feng shui	To be able to give examples of how qi flows through humans and everything else
	Chi/Qi	Simon Brown	Qi kung, healing, tai chi, meditation, chanting and sensing.	Feel Chi
	San Cai	Simon Brown	Heaven and Earth chi in the human body, in nature and through buildings. Relationships with the sun, moon, stars and earth. Cyclical influences and statistics. Polarity and movement. Explore connections to nature.	Identify when the most popular time to have a party, meditate, open and business, get married, conceive, lose weight, detox, buy books...
	YinYang	Simon Brown	Understand YinYang & apply to people, lifestyle, emotions, food, homes, colours, materials.	Describe nature using a YinYang language.
	5 Elements / Transformations	Simon Brown	Understand YinYang with 5 transformations and apply to people, lifestyle, emotions, food, homes, colours, materials. Understand the cycles of YinYang and 5 transformations and how they work together. To be able us practically to change the chi of a space.	Describe nature using a YinYang and 5 transformation language.
	YinYang and 5 Transformation applications	Simon Brown	Apply YinYang and 5 Transformations to people, emotions, food, homes, nature, urbane environments, time, cycles, chi flow.	Be able to give examples of YinYang / 5 Transformations from own life and make changes recording the outcomes.
	8 Trigrams	Simon Brown	Understand trigrams as a progression from yin to yang to yin... Learn and appreciate the symbols. Understand the way chi flow is represented through trigrams and their position in the pre and late sequence.	Be able to draw the trigrams from yin to yang to yin and write the symbols. Create a map with the 8 directions with the trigrams in the pre and late sequence.
	Lo Shu / Ba Gua	Simon Brown	Understand the Yellow River map, day, lunar, solar, cycles, directions, chi, YinYang, 5 transformations,	Construct the lo shu / ba gua.
	Lo Shu / Ba Gua	Simon Brown	Apply the lo shu to humans, lifestyles, careers, relationships, health, money, projects and homes or work spaces.	Apply the lo shu to students own home.
	Lo Shu / Ba Gua	Simon Brown	Apply the lo shu to foods, cooking, sleeping and sitting directions, colours, materials, feng shui remedies and interior design	To be able to enhance the energy of a space using the segments of the lo shu
	Practice	Simon Brown	Practice under supervision with review	Practice under supervision with review
Macrobiotic Principles	Ohsawa's Core Principles	Simon Brown	Appreciation, thinking for ourselves, responsibility, acting with love, self reflection, curiosity, living out of questions, non credo, beginners mind.	Students Write out their own philosophy of life and consider how they would include the macrobiotic core principles.
	Macrobiotic intention for life	Simon Brown	Living the big life. How to make the most of our lives. The role of food, attitude, values, engagement and society in the big life.	Create a life plan and consider the learning, skills, qualities and characteristics that would help.
	Macrobiotic philosophy	Simon Brown	Pluralistic mind, possibilities, infinity, freedom, senses, concepts, abstract thanking, beliefs,	Write how a different perspective on life can change attitudes and reduce stress.
	7 Levels of Health	Simon Brown	Ohsawa's 7 levels of health as a foundation for macrobiotic health coaching	Apply the levels to self and interview friends. Use a points system marking 1 to 5 for each aspect of health.
	7 stages of consciousness	Simon Brown	Ohsawa's 7 stages of consciousness as a model for living a more holistic life in which we fully realise our potential.	Apply the levels to self and interview friends. Use a points system marking 1 to 5 for each aspect of health.
	Environment	Simon Brown	Understand the idea that humans are nature and dependant on nature for survival and happiness. Choosing local foods in season, environmental cooking and natural preparation. Cotton, wool, linen, silk clothing. Reducing waste. Eating and using as much of the food as possible.	Read paper. Write out a set of protocols for environmental living using the best science currently available.
	Macrobiotic History	Simon Brown	Christoph Hufland, Sagen Ishizuka, George and Lima Ohsawa, Michio and Aveline Kushi, Shizuko Yamamoto, Dr Satalaro / Dr Faukland, vegan influence, current teachers,	Students write out a time line for macrobiotic history
Time and Space	9 Ki / People 1	Simon Brown	Use the lo shu to create human charts based on DOB. Read charts in YinYang & 5 Transformations	Students create their own chart with interpretation.

	Class	Teacher	Description	Outcome
	9 Ki / People 2	Simon Brown	Use the lo shu to create human charts based on DOB. Read charts and apply to space in terms of a home.	Use the lo shu to create human charts based on DOB. Read charts and apply to space in terms of a home.
	9 Ki / Timing of new events	Simon Brown	Understand natural cycles and the timing of events as well as best directions. Learn to apply 9ki to relationships.	Students create a 9 ki spiral of their own history and look for patterns.
	9 ki / Moving Home	Simon Brown	Directions and moving. Distance, culture, direction and timing. Applying 9 ki to moving home as well as exploring a check list for the ideal feng shui home.	Students create chart for their last move and assess the influences.
	Practice	Simon Brown	Practice under supervision with review	Practice under supervision with review
Macrobiotic Cooking	Breakfasts winter	Simon or Guest teacher	Whole grain porridge with fruit, nuts, seeds, cinnamon and green tea.	Students make their own version and take photographs.
	Breakfasts summer	Simon or Guest teacher	Steamed bread, scrambled tofu, miso soup, fruits.	Students make their own version and take photographs.
	Lunch winter	Simon or Guest teacher	Root vegetable soup, whole grains, sautéed greens, bean dish and pickles.	Students make their own version and take photographs.
	Lunch spring	Simon or Guest teacher	Buckwheat noodles, pickles and pressed salad.	Students make their own version and take photographs.
	Lunch summer	Simon or Guest teacher	Salad, tofu, quinoa and fresh fruit.	Students make their own version and take photographs.
	Lunch autumn	Simon or Guest teacher	Sweet bean soup, bread, nishime, greens and pickles.	Students make their own version and take photographs.
	Dinner winter	Simon or Guest teacher	Miso soup, whole grains, baked vegetables, stewed beans, greens and pickles.	Students make their own version and take photographs.
	Dinner spring	Simon or Guest teacher	Miso soup, millet, tempeh, blanched vegetables and pickles.	Students make their own version and take photographs.
	Dinner summer	Simon or Guest teacher	Cold soup. Corn salad with beans and vegetables. Sea vegetable salad. Fresh fruit.	Students make their own version and take photographs.
	Dinner autumn	Simon or Guest teacher	Bean and vegetable casserole, pressure cooked grains and steamed vegetables. Natural desert.	Students make their own version and take photographs.
	Snacks	Simon or Guest teacher	A selection of snacks bought from health food shops, herb tisanes, green teas, nuts, rice cakes, breads, nut butters, tahini, humus, raw vegetables, fruits, sugar free jams.	Students make their own version and take photographs.
	Zen Cooking	Simon Brown	Using the principles of Zen, Wabi Sabi and macrobiotics to create a Japanese style meal.	Students make their own version and take photographs.
	Cooking for other people	Simon or Guest teacher	Hygiene, ethics, shopping, cooking, serving and eating. Exploring time and being able to cook 15, 30, 45 and 60 minute meals.	Students cook for a friend and take photos and get feedback.
	Home Remedies	Simon or Guest teacher	Ginger compress, ume kuzu, cabbage plaster, foot salt bath, epsom salts, body scrub.	Students practice home remedies on themselves.
	Fermented Foods	Simon Brown & Filipa Silva	Students learn to make salt pickles, pressed salad, natto...	Students produce their own fermented foods
	Write and test recipes	Simon Brown & Filipa Silva	Students learn the principles of macrobiotic recipe writing and create their own recipes.	Students test and review each others recipes.
Practical Macrobiotic Health Coaching Experience	Learn health coaching principles	Simon Brown	Learn the basic principles of health coaching, how to apply them and review the research on their effectiveness.	Students read health coaching paper
	Apply Macrobiotic Health Coaching to energy levels	Simon Brown	Learn how to apply health coaching to energy levels.	Students apply to themselves and a friend.

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	Apply Macrobiotic Health Coaching to digestion	Simon Brown	Learn how to apply macrobiotic health coaching to digestive issues.	Students work with someone with digestive issues.
	Apply Macrobiotic Health Coaching to sleep	Simon Brown	Learn how to apply macrobiotic health coaching to sleep issues.	Students work with someone with sleep issues.
	Apply macrobiotic health coaching to memory, positive memories, self esteem, stories	Simon Brown	Learn how to apply macrobiotic health coaching to self esteem issues.	Students work with someone with self esteem issues.
	Apply Macrobiotic Health Coaching to stress	Simon Brown	Learn how to apply macrobiotic health coaching to issues with stress.	Students work with someone with stress.
	Apply Macrobiotic Health Coaching to positive thinking	Simon Brown	Learn how to apply macrobiotic health coaching to positive thinking issues.	Students work with someone with negativity.
	Apply Macrobiotic Health Coaching to appreciation, gratitude, love of life.	Simon Brown	Learn how to apply macrobiotic health coaching to a lack of appreciation.	Students work with someone with issues involving appreciation.
	Apply Macrobiotic Health Coaching to the skin	Simon Brown	Learn how to apply macrobiotic health coaching to issues of the skin.	Students work with someone with skin issues.
	Apply Macrobiotic Health Coaching to weight	Simon Brown	Learn how to apply macrobiotic health coaching to weight issues.	Students work with someone with weight issues.
	Apply Macrobiotic Health Coaching to diabetes	Simon Brown	Learn how to apply macrobiotic health coaching to diabetes and pre-diabetes.	Students work with someone with diabetes or pre-diabetes.
	Health coaching and data collection	Simon Brown	Understand the value of collecting data and learning from our patients.	Read presentation.
	Macrobiotic diet plans.	Simon Brown	Creating different plans and protocols to help with typical conditions and health issues.	Students learn the different protocols.
	Working with survey based patient form.	Simon Brown	Learn to use online forms that collect anonymous data that becomes a resource for health coaches.	Students practice filling in the forms.
	Practice	Simon Brown	Students practice applying health coaching with supervision.	Students practice applying health coaching with supervision.
Macrobiotic Food and diet	Nutrition	Simon Brown	Learn basic nutrition in terms of proteins, carbohydrates, fats, vitamins, minerals, photo-nutrients, including which food have them, how we absorb the nutrients and why we need them.	Students cook a meal, take a photograph and write out which part of the meal have which main nutrients.
	Macrobiotic Diets	Simon Brown	Learn the history of Ohsawa's 10 diets, Michio Kushi's standard diet and modern day macrobiotics. Explore issues around health, taste and time.	Students make a pie chart approximately showing their eating style.
	Macrobiotics and food	Simon Brown	Explore the chi of foods in terms of growing time, part of plant, location, climate character, nature and evolution.	Students try out macrobiotic recipes.
	Macrobiotics and food	Simon Brown	Understand the energy of foods and how each natural food can be defined in terms of YinYang and 5 transformations.	Students try out macrobiotic recipes.
	Macrobiotics and food	Simon Brown	Explore acid/alkaline forming, inflammatory, GI foods.	Students try out macrobiotic recipes.
	Macrobiotics and different diets	Simon Brown	Learn how macrobiotics can be adapted to vegan, vegetarian, gluten free, no oil, wheat, soya and other intollerances.	Students try out macrobiotic recipes.
Macrobiotic Consultation Skills	Ethics	Simon Brown	Explore creating a set of ethics, USF / USP and business statement.	Students create a set of ethics, USF / USP and business statement.
	Creating a practice	Simon Brown	Business administration, fee structure, website, social media, advertising, marketing, niche markets...	Students create a business plan.
	Macrobiotic life coaching 1	Simon Brown	Gathering information, listening skills, judgement, understanding people's needs, mirroring, NLP, summarising, questioning using the health coaching method. Placebos / Nocebos	Practice

	Class	Teacher	Description	Outcome
	Macrobiotic life coaching 2	Simon Brown	Gathering information, listening skills, judgement, understanding people's needs, mirroring, NLP, summarising, questioning using the health coaching method. Placebos / Nocebos	Practice
	Health Assessment	Simon Brown	Helping clients learn to assess their own health through weight, urine, bowel movements, moods, energy levels, skin, self reflection...	Practice
	Health Coaching Practice	Simon Brown	Students practice consultation skills with each other under supervision	Practice Health Coaching skills
	Working with patients	Simon Brown	Using case histories, photographs, text and other media in creating reports.	Students create 4 full reports.
	Working with patients	Simon Brown	Creating a health coaching report including the main ideas learnt on the course	Students create a report with summary, images and text.
EMF	EMF	Simon Brown	Measuring EMF, reducing exposure, earthing, sleep and foods to reduce the effect of free electrons in the body and at a cellular level.	Students experiment with changes to their home, diet and lifestyle.
	Practice	Simon Brown	Students buy their own EMF meter. Practice under supervision with review	Students buy their own EMF meter. Practice under supervision with review
Evidence Based Feng Shui	Evidence Based Feng Shui	Simon Brown	Creating a Healthy Home. Review evidence on colours, plants, views, images, light, sunlight, acoustics and potentially toxic materials and their influence on emotions and health.	Students read paper on Evidence Based Feng Shui
	Evidence Based Feng Shui	Simon Brown	Understand the psychological relationship between the mind and environments. Explore evolutionary influences. Understand the influence of the unconscious on decisions and the influence of our environment on our unconscious.	Students walk through their home, cafe, museum, art exhibition... trying to understand how the unconscious mind might be reacting to various influences.
	Practical Application	Simon Brown	Setting up a healthy work space	Student learn how to set up their ideal work space
I Ching	I Ching 1	Simon Brown & Filipa Silva	Understand the purpose and history of divination. Explore destiny and free will. Explore the idea of accessing the unconscious to make decisions and the idea of letting a process with random outcomes make decisions for us.	Students discuss the pro and cons of destiny versus free will.
	I Ching 2	Simon Brown	Understanding the hexagrams and learning how to construct a hexagram using coins. Looking up and reading hexagrams in the I Ching.	Students apply the process to use the I Ching to make a decision.
Face Reading	Face and Body Reading 1	Simon Brown	Learn how to apply YinYang and 5 Transformations to face and body reading.	Student to assess themselves and others.
	Face and Body Reading 2	Simon Brown	Specific face reading features in the 5 transformations.	Students to assess themselves and friends.
	Face and Body Reading 3	Simon Brown	Applying face reading to health, character and relationships.	Students assess photographs and videos.
	Practice	Simon Brown	Practice under supervision with review using photographs and videos.	Practice under supervision with review
Human Chi	Anatomy	Simon Brown	Learn the essential organs in terms of location and function, along with the nervous, circulation and immune systems	
	Meridians	Simon Brown	Students understand the movement of chi in terms of meridians. Heaven / Earth, 5 Transformations / Elements, YinYang , Organs and position on the body.	Students review notes, drawings and diagrams and apply to their own body.
	Meridians	Simon Brown	Students learn the basic route of each pair of 12 meridians, including the beginning and end.	Students trace each meridian on their own and a friends body.
	Acupressure points	Simon Brown	Students to learn the location and use of LG1, LI4, ST36, SP6, HT1, SI11, KD1, BL67, TH5, HP8, LV3, GB21 .	Students try out acupressure points with teacher.
	Chakras	Simon Brown	Students learn the position and characteristics of each chakra. Apply the the YinYang matrix to the meridians. Understanding the chakras as a model for therapy.	Students locate the chakras on their own body.
	Qi Kung	Filipa Silva	Practice basic qi kung movements to feel the movement of chi.	Students practice with teacher.

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	Shiatsu / Healing	Simon Brown	Practice feeling chi with a friend through shiatsu. Exercise on back, leg lengths, arm lengths. Learn healing, stretching, percussion, pressure and kneading.	Students practice with teacher.
	Energetic relationship with home	Simon Brown	Creating a loving relationship with our homes.	Students gain ideas for filling their homes with love
	Practice	Simon Brown	Practice under supervision with review	Practice under supervision with review
Wabi Sabi	Wabi Sabi	Simon Brown	Learn how to engage the 5 senses and develop sensory relationships with nature. Understand the ideas of transient beauty, perspective and imperfection.	Show examples of wabi sabi in the home, cooking and drinking tea.
	Wabi Sabi	Simon Brown	Apply wabi sabi to design, materials, art, creativity and bringing nature into the home.	Show example of using wabi sabi in the home.
Private Tuition	Private tuition	Simon Brown	4 private sessions with tutor	To help students get the best training from the course
	Private tuition	Simon Brown	Further private tuition classes available at a fee of £45 or 45€ per session.	To help students catch up or better understand macrobiotics, or help with specific personal applications of macrobiotics.