

Macrobiotic Health Coach Training Leading to Accreditation with the Macrobiotic Association

Class	Teacher	Description	Outcome	Dates	Day
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.	3 Nov 2020	Tue
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	7 Nov 2020	Sat
Chi/Qi	Simon Brown	Qi kung, healing, tai chi, meditation, chanting and sensing.	Feel Chi	8 Nov 2020	Sun
Lunch autumn	Simon or Guest teacher	Sweet bean soup, bread, nishime, greens and pickles.	Students make their own version and take photographs.	10 Nov 2020	Tue
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...	14 Nov 2020	Sat
YinYang	Simon Brown	Understand YinYang & apply to people, lifestyle, emotions, food, homes, colours, materials.	Describe nature using a YinYang language.	15 Nov 2020	Sun
Macrobiotic philosophy	Simon Brown	Pluralistic mind, possibilities, infinity, freedom, senses, concepts, abstract thinking, beliefs. 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.	Write how a different perspective on life can change attitudes and reduce stress. Create a life plan and consider the learning, skills, qualities and characteristics that would help.	17 Nov 2020	Tue
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.	22 Nov 2020	Sun
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.	24 Nov 2020	Tue
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.	28 Nov 2020	Sat
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.	1 Dec 2020	Tue
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.	5 Dec 2020	Sat
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.	8 Dec 2020	Tue
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.	12 Dec 2020	Sat
Lo Shu / Ba Gua	Simon Brown	Apply the lo shu to humans, lifestyles, careers, relationships, health, food, money, projects and homes or work spaces.	Apply the lo shu to students own home.	13 Dec 2020	Sun
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.	15 Dec 2020	Tue
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	20 Dec 2020	Sun
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.	5 Jan 2021	Tue
Practice using the Lo Shu	Simon Brown	Practice under supervision with review	Practice under supervision with review	9 Jan 2021	Sat
9 Ki / Personal Charts 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.	10 Jan 2021	Sun

Class	Teacher	Description	Outcome	Dates	Day
Macrobiotics and different diets	Simon Brown	Learn how macrobiotics can be adapted to vegan, vegetarian, gluten free, no oil, wheat, soya and other intolerances.	Students try out macrobiotic recipes.	12 Jan 2021	Tue
9 Ki / Personal Charts 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.	16 Jan 2021	Sat
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.	17 Jan 2021	Sun
Macrobiotic History	Simon Brown	Christoph Hufland, Sagen Ishizuka, George and Lima Ohsawa, Michio and Aveline Kushi, Shizuko Yamamoto, Dr Satalaro / Dr Faulkland, vegan influence, current teachers,	Students write out a time line for macrobiotic history	19 Jan 2021	Tue
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.	23 Jan 2021	Sat
Practice 9 Ki	Simon Brown	Practice under supervision with review	Practice under supervision with review	24 Jan 2021	Sun
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.	26 Jan 2021	Tue
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.	31 Jan 2021	Sun
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.	2 Feb 2021	Tue
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.	6 Feb 2021	Sat
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.	7 Feb 2021	Sun
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.	9 Feb 2021	Tue
Macrobiotics and food	Simon Brown	Explore acid/alkaline forming, inflammatory, GI foods.	Students try out macrobiotic recipes.	13 Feb 2021	Sat
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.	14 Feb 2021	Sun
Lunch spring	Simon or Guest teacher	Buckwheat noodles, pickles and pressed salad.	Students make their own version and take photographs.	16 Feb 2021	Tue
Practice EMF	Simon Brown	Students buy their own EMF meter. Practice under supervision with review	Students buy their own EMF meter. Practice under supervision with review	21 Feb 2021	Sun
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.	23 Feb 2021	Tue
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	27 Feb 2021	Sat
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.	28 Feb 2021	Sun
Dinner spring	Simon or Guest teacher	Miso soup, millet, tempeh, blanched vegetables and pickles.	Students make their own version and take photographs.	2 Mar 2021	Tue

Class	Teacher	Description	Outcome	Dates	Day
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.	9 Mar 2021	Tue
Set Up a Healthy Work Space	Simon Brown	Setting up a healthy work space using feng shui principles	Student learn how to set up their ideal work space	14 Mar 2021	Sat
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.	16 Mar 2021	Tue
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.	21 Mar 2021	Sun
Fermented Foods	Simon Brown & Filipa Silva	Students learn to make salt pickles, pressed salad, natto...	Students produce their own fermented foods	23 Mar 2021	Tue
Face and Body Reading 2	Simon Brown	Specific face reading features in the 5 transformations.	Students to assess themselves and friends.	27 Mar 2021	Sat
Face and Body Reading 3	Simon Brown	Applying face reading to health, character and relationships.	Students assess photographs and videos.	28 Mar 2021	Sun
Anatomy	Simon Brown	Learn the essential organs in terms of location and function, along with the nervous, circulation and immune systems		30 Mar 2021	Tue
Health Assessment	Simon Brown	Helping clients learn to assess their own health through weight, urine, bowel movements, moods, energy levels, skin, self reflection...	Practice	6 Apr 2021	Tue
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	13 Apr 2021	Tue
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.	20 Apr 2021	Tue
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.	27 Apr 2021	Tue
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.	4 May 2021	Tue
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.	11 May 2021	Tue
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.	15 May 2021	Sat
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.	16 May 2021	Sun
Apply Macrobiotic Health Coaching to emotions and stress	Simon Brown	Learn how to apply macrobiotic health coaching to issues with emotions and stress.	Students work with someone with stress.	18 May 2021	Tue
Practice Face Reading	Simon Brown	Practice under supervision with review using photographs and videos.	Practice under supervision with review	22 May 2021	Sat
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.	25 May 2021	Tue
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.	1 Jun 2021	Tue
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.	5 Jun 2021	Sat
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.	6 Jun 2021	Sun

Class	Teacher	Description	Outcome	Dates	Day
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.	8 Jun 2021	Tue
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.	12 Jun 2021	Sat
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.	13 Jun 2021	Sun
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.	15 Jun 2021	Tue
Qi Kung	Filipa Silva	Practice basic qi kung movements to feel the movement of chi.	Students practice with teacher.	19 Jun 2021	Sat
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.	20 Jun 2021	Sun
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.	22 Jun 2021	Tue
Energetic relationship with home	Simon Brown	Creating a loving relationship with our homes.	Students gain ideas for filling their homes with love	26 Jun 2021	Sat
Practice Applying Human Chi	Simon Brown	Practice Applying understanding of Human Chi to real life issues under supervision with review	Practice Applying Human Chi under supervision with review	27 Jun 2021	Sun
Health coaching and data collection	Simon Brown and Filipa Silva	Understand the value of collecting data and learning from our patients.	Read presentation.	29 Jun 2021	Tue
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.	3 Jul 2021	Sat
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.	4 Jul 2021	Sun
Breakfasts summer	Simon or Guest teacher	Steamed bread, scrambled tofu, miso soup, fruits.	Students make their own version and take photographs.	6 Jul 2021	Tue
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.	10 Jul 2021	Sat
Creating a practice	Simon Brown	Business administration, fee structure, website, social media, advertising, marketing, niche markets...	Students create a business plan.	11 Jul 2021	Sun
Lunch summer	Simon or Guest teacher	Salad, tofu, quinoa and fresh fruit.	Students make their own version and take photographs.	13 Jul 2021	Tue
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	17 Jul 2021	Sat
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	18 Jul 2021	Sun
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.	20 Jul 2021	Tue
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.	27 Jul 2021	Tue
Health Coaching Practice	Simon Brown	Students practice consultation skills with each other under supervision	Practice Health Coaching skills	7 Sep 2021	Tue
Working with patients	Simon Brown	Using case histories, photographs, text and other media in creating reports.	Students create 4 full reports.	14 Sep 2021	Tue

Class	Teacher	Description	Outcome	Dates	Day
Macrobiotic diet plans.	Simon Brown	Creating different plans and protocols to help with typical conditions and health issues.	Students learn the different protocols.	21 Sep 2021	Tue
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.	28 Sep 2021	Tue
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.	5 Oct 2021	Tue
Practice Health Coaching	Simon Brown	Students practice applying health coaching with supervision.	Students practice applying health coaching with supervision.	12 Oct 2021	Tue
Working with patients	Simon Brown	Creating 3 health coaching reports including the main ideas learnt on the course	Students create a report with summary, images and text.	19 Oct 2021	Tue