

Macrobiotic Health Coach Training Leading to Accreditation with the Macrobiotic Association

Class	Teacher	Description	Outcome	Dates	Day	
Please note all Thursday Classes start at 6:30pm and all weekend classes start at 5pm. Each class is 2 hours duration. Very occasionally a class time might change with reasonable notice and discussion among the group. All times are based on London UK time GMT.						
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.	1 Nov 2022	Tue	1
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	5 Nov 2022	Sat	2
Chi/Qi	Simon Brown	Qi kung, healing, tai chi, meditation, chanting and sensing.	Feel Chi	6 Nov 2022	Sun	3
Lunch Yin Metal	Simon and Filipa	Sweet bean soup, bread, nishime, greens and pickles.	Students make their own version and take photographs.	8 Nov 2022	Tue	4
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...	13 Nov 2022	Sun	5
Macrobiotic philosophy	Simon Brown	Pluralistic mind, possibilities, infinity, freedom, senses, concepts, abstract thanking, 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.	15 Nov 2022	Tue	6
YinYang	Simon Brown	Understand YinYang & apply to people, lifestyle, emotions, food, homes, colours, materials.	Describe nature using a YinYang language.	19 Nov 2022	Sat	7
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.	20 Nov 2022	Sun	8
Cooking Yang Metal	Simon or Guest teacher	Bean and vegetable casserole, pressure cooked grains and steamed vegetables. Natural desert.	Students make their own version and take photographs.	22 Nov 2022	Tue	9
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.	26 Nov 2022	Sat	10
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.	27 Nov 2022	Sun	11
Breakfasts yang	Simon or Guest teacher	Whole grain porridge with fruit, nuts, seeds, cinnamon and green tea.	Students make their own version and take photographs.	29 Nov 2022	Tue	12
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.	4 Dec 2022	Sun	13
Cooking yin fire	Simon or Guest teacher	Root vegetable soup with herbs, whole grains, sautéed greens, bean spicy dish and pickles.	Students make their own version and take photographs.	6 Dec 2022	Tue	14
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.	10 Dec 2022	Sat	15
Cooking yang fire	Simon or Filipa or Guest teacher	Root veg soup with roasted seeds, whole grains, baked vegetables with herbs, fried tempeh or tofu, greens and pickles.	Students make their own version and take photographs.	13 Dec 2022	Tue	16
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	17 Dec 2022	Sat	17
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.	18 Dec 2022	Sun	18
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.	20 Dec 2022	Tue	19

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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.	7 Jan 2023	Sat	20
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.	8 Jan 2023	Sun	21
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.	10 Jan 2023	Tue	22
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.	14 Jan 2023	Sat	23
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	17 Jan 2023	Tue	24
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.	24 Jan 2023	Tue	25
Practice 9 Ki	Simon Brown	Practice under supervision with review	Practice under supervision with review	28 Jan 2023	Sat	26
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.	29 Jan 2023	Sun	27
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.	31 Jan 2023	Tue	28
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.	5 Feb 2023	Sun	29
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.	7 Feb 2023	Tue	30
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	11 Feb 2023	Sat	31
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.	12 Mar 2023	Sun	32
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.	14 Feb 2023	Tue	33
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.	18 Feb 2023	Sat	34
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	19 Feb 2023	Sun	35
Macrobiotics and food therapy	Simon Brown	Explore acid/alkaline forming, inflammatory, GI foods.	Students try out macrobiotic recipes.	21 Feb 2023	Tue	36
Yin Tree Lunch	Simon or Guest teacher	Buckwheat noodles with greens, pickles and pressed salad. Tree fruit desert.	Students make their own version and take photographs.	28 Feb 2023	Tue	37
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.	4 Mar 2023	Sat	38
Face and Body Reading 2	Simon Brown	Specific face reading features in the 5 transformations.	Students to assess themselves and friends.	5 Mar 2023	Sun	39

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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.	7 Mar 2023	Tue	40
Face and Body Reading 3	Simon Brown	Applying face reading to health, character and relationships.	Students assess photographs and videos.	12 Mar 2023	Sun	41
Yang Tree Cooking	Simon or Guest teacher	Miso soup with greens, millet, tempeh, blanched vegetables, leeks, and pickles.	Students make their own version and take photographs.	14 Mar 2023	Tue	42
Practice Face Reading	Simon Brown	Practice under supervision with review using photographs and videos.	Practice under supervision with review	18 Mar 2023	Sat	43
Macrobiotic 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.	21 Mar 2023	Tue	44
Meridians - Lines of chi in the human body	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.	25 Mar 2023	Sat	45
Meridians 2	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.	26 Mar 2023	Sun	46
Macrobiotic 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.	28 Mar 2023	Tue	46
I Ching	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. Understanding the hexagrams and learning how to construct a hexagram using coins. Looking up and reading hexagrams in the I Ching.	Students discuss the pro and cons of destiny versus free will. Students apply the process to use the I Ching to make a decision.	1 Apr 2023	Sat	48
Fermented Foods	Simon Brown & Filipa Silva	Students learn to make salt pickles, pressed salad, natto...	Students produce their own fermented foods	4 Apr 2023	Tue	48
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	11 Apr 2023	Tue	51
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.	15 Apr 2023	Sat	51
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.	16 Apr 2023	Sun	52
Anatomy	Simon Brown	Learn the essential organs in terms of location and function, along with the nervous, circulation and immune systems		18 Apr 2023	Tue	54
Health Assessment	Simon Brown	Helping clients learn to assess their own health through weight, urine, bowel movements, moods, energy levels, skin, self reflection...	Practice	25 Apr 2021	Tue	55
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.	2 May 2023	Tue	56
Qi Kung	Filipa Silva	Practice basic qi kung movements to feel the movement of chi.	Students practice with teacher.	6 May 2023	Sat	56
Energetic relationship with home	Simon Brown	Creating a loving relationship with our homes.	Students gain ideas for filling their homes with love	7 May 2023	Sun	57
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.	9 May 2023	Tue	59
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.	13 May 2023	Sat	59
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.	14 May 2023	Sun	60

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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.	16 May 2023	Tue	61
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	20 May 2023	Sat	62
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	21 May 2023	Sun	63
Apply macrobiotic health coaching to memory, positive memories, self esteem, stories	Simon Brown	Learn how to apply macrobiotic health coaching to memory and self esteem issues.	Students work with someone with self esteem issues.	23 May 2023	Tue	64
Practice Applying Human Chi	Simon Brown	Practice Applying understanding of Human Chi and later heaven sequence to real life issues under supervision with review	Practice Applying Human Chi under supervision with review	27 Jun 2023	Sat	65
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.	28 Jun 2023	Sun	66
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.	30 May 2023	Tue	67
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.	6 Jun 2023	Tue	68
Life Dreams	Simon Brown	Explore our dreams in life and what would be a life lived to the full	Students create their own dream for the future	10 Jun 2023	Sat	69
Creating a practice	Simon Brown	Business administration, fee structure, website, social media, advertising, marketing, niche markets...	Students create a business plan.	11 Jun 2023	Sun	70
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.	13 Jun 2023	Tue	71
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.	20 Jun 2023	Tue	72
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.	27 Jun 2023	Tue	73
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.	4 Jul 2023	Tue	74
Macrobiotic Survey	Filipa Silva	Understand the value of collecting data and learning from our patients. Present macrobiotic survey of 600 people	Read presentation.	11 Jul 2023	Tue	75
Breakfasts summer	Simon or Guest teacher	Steamed bread, scrambled tofu, miso soup, fruits.	Students make their own version and take photographs.	18 Jul 2023	Tue	76
Yin Water Cooking	Simon or Guest teacher	Cold soup, Sea veg salad, tofu, cold noodles and fresh fruit.	Students make their own version and take photographs.	25 Jul 2023	Tue	77
Yang Water Cooking	Simon or Guest teacher	Light miso soup, bean sea veg and balanced veg salad, quinoa and fruit kanten.	Students make their own version and take photographs.	5 Sep 2023	Tue	78
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. Using case histories, photographs, text and other media in creating reports.	Students cook for a friend and take photos and get feedback.	12 Sep 2023	Tue	79
Health Coaching Practice	Simon Brown	Students practice consultation skills with each other under supervision	Practice Health Coaching skills	19 Sep 2023	Tue	80

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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	81
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	82
Practice Health Coaching Report Reviews	Simon Brown	Students practice applying health coaching with supervision.	Students practice applying health coaching with supervision.	12 Oct 2021	Tue	83
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	84