



Macrobiotic Connections

Listings are supplied by the individuals and have not been verified by Macrobiotics Today. Readers are encouraged to use their own judgment in deciding whether to use the services and/or products listed.

Conferences and Cruises

Macrobiotic Global Institute's Food as Medicine Conference



Who: T. Colin Campbell, PhD, Bill Tara, Tom Monte, Patricio Garcia de Paredes, Eric Lechasseur, and more
What: Virtual two-day conference with recordings
When: Oct 26-27, 2024 Cost: \$60
Link: [Visit website](#) for more information

Free Online Festive Macrobiotic Mini-Conference



Who: Bill Tara, Alex and Danka Jack, and others (Planetary Health)
What: New delightful holiday treat/insights on levels of consciousness
When: December 7, 2024, 1:00-3:00 pm ET/6:00-8:00 pm GMT
Where: Online on Zoom
Cost: FREE
Link: [Click here](#) to get on the waiting list

Online Macrobiotic Winter Conference 2025



Who: Jane Stanchich, Virginia Harper, Angela Prange, Tom Monte, and many others
What: Lectures, Cooking Classes, Recovery and Counselors Panel, discussions
When: January 16-19, 2025
Where: Online on Zoom Cost: TBA

Link: [Click here](#) to get on the waiting list

Holistic Holiday at Sea Cruise



Who: Dr. Michael Greger, Dr. Neal Barnard, Michael Klaper, MD, and many more
What: 20th Anniversary of the Voyage to Wellness cruise!
When: Mar 8-15, 2025
Where: Ocho Rois, Jamaica, George Town, Cayman Islands, Mexico, and more Cost: Depends on room choice.

Link: [Visit website](#) for more information

Free Online Events

Whole Health Forum



Ginat Rice invites macrobiotic friends and their friends around the world to join in a FREE online English language exchange of ideas and understanding held the first Sunday of each month at 5:00 pm Israel time (10:00 am ET).

[Visit Website](#)

Macrobiotic Global Institute's Monthly Macro Meetup



Join Sheri-Lynn DeMaris as she moderates this monthly, free event. Network with other people on various phases of their macrobiotic journey and stay on at the end for a more in-depth discussion of people taking the MGI levels.

[RSVP](#) to receive your access link or [Send email](#).

Ongoing Classes

CALIFORNIA -----

Adult Movement Classes with Patricia Becker



Join us to improve flexibility, balance, strength, and mobility—so you can stay active and do what you love. We'll playfully explore our bodies, building resilience while making yoga self-care easy and enjoyable. Participants practice live on Zoom.

[Visit Website](#); [Send Email](#); 650-665-0309

Sanae Suzuki Macrobiotic and Whole Health Services/Classes



Macrobiotic Counseling, Cooking classes, Moxibustion, Shiatsu, Reiki, Bach Flower Remedies, Medicinal Plants, and Dō-in Yoga for people and animal families in Santa Monica, CA, and online classes.

[Visit Website](#), [Send Email](#), or call 310-450-6383 (no texting)

Macro Flavor: Michael Bauce and Marta Serda



Our mission is to establish one peaceful and sustainable world for all through home cooking. Cooking classes for adults/children, Consultations/Food Coaching Online or in person in Berkeley, CA, Articles/Recipes. [Visit Website](#); [Send Email](#); 510-717-0112

Virtual Breathwork Circles



Saci McDonald conducts breathwork circles (an hour-long guided breathing meditation practice) Wednesdays and Sundays to release “held” memories in our bodies. New to Circle rate is \$27 (enter FIRSTTIME coupon code).

[Visit Website](#)

FLORIDA -----

Gayle Stolove ~ Wholly Macro, BS, RN, LMT



Registered Nurse, Nutritionist, KI Graduate, Cancer Survivor and Cancer Support Specialist, Personal Chef, Food Delivery Nationwide, Cooking Classes, Health Consultations, Coaching, Shiatsu, Yoga, Public Speaker, Healthy Diet and Lifestyle Author.

[Visit Website](#); [Send Email](#); 954-471-6849

MASSACHUSETTS -----

Certificate Culinary Medicine Course 2024



Learn like at the Kushi Institute: 5 elements, promote good health and equilibrium of body, emotions, and spirit. Online event with Bettina Zumnick of Blue Pearl Earth August 21-November 5, 2024.

Discounts available. [Visit Website](#)

Consultations and more from Alex and Danka Jack



Renew your energy, step up your enthusiasm for healthy cooking, deepen your understanding. Spring Forum: New Directions in Macrobiotics recordings, health consultations, macrobiotic books, seasonal journal, nine-star ki readings and more.

[Visit Website](#); [Send Email](#); 413 623 0012

MICHIGAN -----

Chef Val's Cooking Classes



Since 1997, monthly in person (Michigan) and virtual since 2020, cooking classes. New classes every month: Cooking according to the season, Grilling, Holiday Cooking, Healing Recipes. See website for class schedule, personal chef services and lifestyle counseling.

[Visit Website](#); [Send Email](#); 734-722-4553

Steve Nakon: Northwest Yoga



We invite you to join us for an online or in-person yoga experience that encourages you to move and breathe in harmony, integrating mind, body, spirit. Classes, Workshops, Retreats, Individual

Consultations. [Visit Website](#); 847-590-1221

NORTH CAROLINA -----

Michael Rossoff, L.Ac.



53 years' experience as macrobiotic counselor, teacher and healer. Also acupuncture and Chinese herbs. Convenient Zoom consultations available. See website for webinars, articles and special classes online and in Asheville, N.C. [Visit Website](#) or call 828-258-1883

PENNSYLVANIA

Macrobiotic Global Institute Silent Auction



Become an MGI-Certified Macrobiotic Practitioner by completing Levels 1-4, taught by MGI's own Patricio Garcia de Paredes and Sheri-Lynn DeMaris. And keep posted for the 2025 Japanese Immersion trip to receive your advanced certification!

[Learn More](#); [Send Email](#)

UTAH

Sylvia Ruth Gray, Strictly Macrobiotics



Established in 1986. Author, "EATING ANIMALS: Would George Ohsawa and Michio Kushi Be Vegan Today?" Consults/teaches in the spirit of Ishizuka/Ohsawa/Aihara. Watch Sylvia on YouTube [Here](#) and [Here](#). [Send Email](#); 801-521-7936

International

AUSTRALIA

Green Ritual



Travelling macrobiotic health counselor, tailoring nutrition and lifestyle plans to suit you. Australia-wide.

[Send Email](#); +61 433 782 576

BELGIUM

Oost West Centrum



Ongoing residential training with Tom Monte in Belgium: Becoming free to love, heal, and create. A transformative journey to the Heart-Centered Mind. Five-day modules from now until Nov 5.

[Visit Website](#); [Send Email](#)

PORTUGAL

Online Macrobiotic Training Course



Learn to become a macrobiotic health coach and cook with Simon Brown, Melanie Waxman, and Filipa Silva. Macrobiotic Association accredited. Starts November 2024. Includes cooking, nutrition, meditation, yin-yang, 5-elements, and health coaching.

[Visit Website](#)

UNITED KINGDOM -----

Six Steps to Wellbeing



This in-depth online course is delivered live and will take you through six key steps to improve your health and wellbeing in six major organs and systems of the body.

[Visit Website](#)

Macrobiotic Vegan Health Coach Course



Since 2010 in person and online since 2020, students can choose their own time to begin and finish. Course is a reflection of more than 100 years of combined teaching and counselling experience.

[Visit Website](#); [Send Email](#)

Macrobiotic Newsletters

This section lists people who send regular newsletters with their events and articles of interest. Each link below will take you to the respective newsletter's sign-up page.

[Macrobiotics Today magazine](#) (free subscription)

[Concord Institute](#)

[Macrobiotic Global Institute](#)

[Michael Rossoff](#)

[International Macrobiotic School](#)

[Gayle Stolove](#)

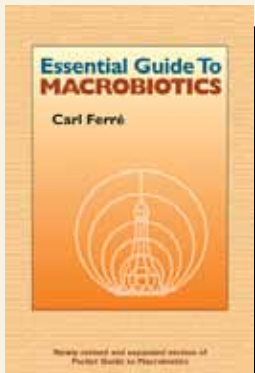
[Ginat Rice](#)

[Saci McDonald](#)

[Chef Val](#)

[Patricia Becker](#)

Let us know if you wish to add your newsletter to the list.



Essential Guide to Macrobiotics

is one of the best introductory books on macrobiotic philosophy and diet uniting the three major expressions of macrobiotic teachings: George Ohsawa, Herman Aihara, and Michio Kushi.

\$5.00 - digital
OhsawaMacrobiotics.com
Or, Amazon for a print copy

