



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.

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: Varies on length of participation

Link: [Click here](#) to register

Heart Health through Lifestyle Wellness Mini-Conference



Who: Dr. Caldwell Esselstyn, Dr. Neal Barnard, Patricio Garcia de Paredes, Sheri-Lynn DeMaris, and Marilee Nelson

What: Explore heart health through the lenses of science, macrobiotics, cooking, and lifestyle

When: February 16, 2025, 9:00-2:30 p.m. ET

Cost: \$45

Link: [Visit Website](https://live.givebutter.com/c/HeartHealth) <https://live.givebutter.com/c/HeartHealth>

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



The Whole Health Forum is part of the Macro Center, 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). Free registration.

[Register Here](#)

Macrobiotic Global Institute's Monthly Macro Meetup



Get in touch with what your body is telling you! Sheri-Lynn DeMaris welcomes you to join her on every month for this FREE virtual community group. These meetings are held virtually at 5:00 pm ET. Date varies each month.

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

Ongoing Classes

CALIFORNIA -----

Yoga and Nutrition for Healthy Aging with Patricia Becker



A haven for those seeking a balanced approach to wellness.

Join the community for in-person Yoga and Meditation Retreat and LIVE Yoga Series on Zoom from the comfort of your home.

[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 2025



Learn from and with the best: 5 elements, promote health and equilibrium of body, emotions, and spirit. Online event with Bettina Zumdick of Blue Pearl Earth. February 4th - April 5th, 2025. Early bird ends Jan. 21.

[Visit Website](#)

Nine Star Ki Seminar with Christin Ritz



Join Christin for a live 3-hour online class on Nine Star Ki. Learn to calculate your sign, how it affects relationships, how to write your own forecast, charts included. Saturday, Feb 1, 2025, 4:00-7:00 pm ET. Cost: \$75.

[Registration Link](#)

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 Certification Classes and Japanese Immersion



Become an MGI-Certified Macrobiotic Practitioner by completing Levels 1-4. Each level includes 4 lectures with manuals, plus over 25 cooking videos with recipes. Go even further by traveling to Japan in October 2025 for the MGI Japanese Immersion course!

[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](#)

CZECH REPUBLIC -----

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

DENMARK -----

Avno-Oasis Ecovillage



Avnø Oasis Ecovillage is a place for development and co-creation. Co-housing community, school and green enterprises on the way. Using best practices: Sociocratic governance, Permaculture, Macrobiotic food & lifestyle, Non-violent communication.

[Visit Website](#)

ISRAEL -----

The Macro Center



The Macro Center is a new clearing house for consultants and clients looking for natural health, macro style. In an innovative format, the Macro Center matches your needs with teachers, counselors, and chefs ready to teach you individually or in groups.

[Visit Website](#)

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](#)

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