



# 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

### Cancer and Lifestyle Wellness Mini-Conference



Who: Dr. Michael Klaper, Patricio Garcia de Paredes, Sheri-Lynn DeMaris, and Marilee Nelson

What: Topics range from identifying and mitigating the risks of cancer to dietary, cooking, and lifestyle changes for healing

When: May 3, 2025, 9:00-2:00 p.m. ET Cost: \$45

Link: [Visit Website](#) for more information or to register

### Online Macrobiotic Summer Conference 2025



Who: T. Colin Campbell, Bill Tara, Bob Carr, Jane Stanchich, and many others

What: Lectures, cooking classes, recovery panel, discussions, and much more

When: July 12-13 and 19-20, 2025

Where: Online on Zoom Cost: To be determined

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

### Holistic Holiday at Sea Cruise to Alaska



Who: Dr. Michael Greger, Julieanna Hever, and Dr. Columbus Batiste, and many more

What: First-ever journey to incredible destinations in Alaska!

When: August 31-September 7, 2025

Where: Ketchikan, Endicott Arm and Dawes Glacier, Juneau, Skagway, and Victoria, BC 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](#)

## One Peaceful World Day



Join Alex and Danka Jack, and others to learn a new delightful recipe and for insights to enhance your macrobiotic practice. Held virtually on Zoom on May 17, 2025, 2:00-4:00 pm ET.

Cost: FREE

[Click Here](#) to get on the waiting list

## 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 every month (4/27, 5/18, and 6/29 at 5:00 pm ET) for this FREE virtual community group.

[Send email](#) or [RSVP](#)

## 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

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### 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

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### 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 Club with Christin Ritz



Receive a monthly PDF for the house your 9 Star Ki sign is moving into. Prompts to plan and reflect. No prior knowledge needed. \$5.55 per month

[Visit Website](#)

## MICHIGAN

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### 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

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### 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

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### Travel to Japan for the MGI Immersion Course!



Travel to Japan in October 2025 for the MGI Japanese Immersion course! Are you interested? You must complete MGI Levels 1-4 to qualify for this incredible opportunity to study in-person with Patricio Garcia de Paredes in Nara, Japan.

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

## UTAH

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### Sylvia Ruth Gray, Strictly Macrobiotics (est 1986)



Author: “Eating Animals.....” and “The Salt Myths.” Counseling and teaching from the perspective of western astrology and (pre-Kushi) macrobiotics.. You deserve a second chance!

Watch Sylvia on YouTube [Here](#).

[Send Email](#); 801-521-7936

## International

## AUSTRALIA

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### Green Ritual

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

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

## BELGIUM

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### 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

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### 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. 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

[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.