



Macrobiotic Connections

Listings have not been verified by Macrobiotics Today. Readers are encouraged to use their own judgment in deciding whether to use the services listed.

Conferences and Cruises

International Macrobiotic Conference 2026



Who: Hosted by Makronova Institute

What: This meeting is dedicated to/for professionals within Macrobiotic Health counselling and practice.

When: October 20-22, 2026

Where: Zagreb, Croatia

Cost: 350-395 Eur. (non residential)

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 De-Maris welcomes you to join her every month for this FREE virtual community group.

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

“I cannot over-emphasize the point that macrobiotic living is not rigid adherence to a set of rules. The maintenance of a healthy balance in our daily lives demands from each individual an adaptability and an awareness of the constantly changing influences of many factors.”

– *George Ohsawa in Zen Macrobiotics, page 113.*

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



Healing Artist for people and animal families in Santa Monica, CA. Macrobiotic Counseling, Private Cooking classes, Moxibustion, Shiatsu, Reiki, Bach Flower Remedies, Medicinal Plants Wellness Consultation to support immunity, and monthly Sashiko Embroidery.
[Visit Website](#), [Send Email](#), or call 310-450-6383 (no texting)

Macro Flavor: Michael Bauce and Marta Serda



We offer cooking classes for both kids and adults as well as food consultations, online, in-person or by phone. Come stir the pot with us!

[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



Multi-State Registered Nurse, Nutritionist, Massage Therapist, KI Graduate, Cancer Survivor, Cancer Support Specialist, Health Oriented Author, Personal Chef, Food Delivery Nationwide, Online and in Person Integrative Health, Macrobiotic, and Oriental Medicine Focused Consultations, Ongoing Coaching, Cooking Classes, Public Speaking.
[Visit Website](#); [Send Email](#); 954-471-6849

MASSACHUSETTS



Certificate Culinary Medicine Course 2026

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. See website for dates..

[Visit Website](#)

Nine Star Ki Club with Christin Ritz



Make Nine Star Ki a helpful tool in your daily life. Learn how to use the ki flow to your advantage in the monthly membership group for only \$5.55 per month.

[Visit Website](#)

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 Levels 1-4

Dive into topics like food culture, proportions, quality, and selection, nutritional balance, food energetics, lifestyle and self-care, healing through yin-yang balance, and the Five Transformations.

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

UTAH

Sylvia Ruth Gray, Strictly Macrobiotics (est 1986)



Author: "Eating Animals..." & "The Salt Myths." Macrobiotic counseling and education from an objective and mystical foundation, in exchange for (pigeon feed) donations. Watch Sylvia [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. 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.

“The meaning of oneness [is] to experience the fact that the soul is one, that all things in this world are indivisible despite the fact that human beings are apparently separate...Here is the meaning of unity...the unification of the entire world.”

– Essential Ohsawa, page 162