



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

Holistic Holiday at Sea Caribbean Voyage to Wellness



Who: Dr. Neal Barnard, Dr. Michael Greger, Columbus Batiste, MD, Ocean Robbins, Dr. Dean Sherzai, and many more

What: Experience Caribbean and Latin America sailing focused on plant-based education.

When: March 7-18, 2027

Where: Colombia, Panama, Costa Rica, Honduras, Belize, and Jamaica.

Cost: Varies based on cabin selection.

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 7:00 pm Israel time (noon 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](#)

Ongoing Classes

CALIFORNIA -----

Yoga and Nutrition for Adults 50+ with Patricia Becker



A welcoming space providing a balanced, practical approach to wellness. Join LIVE online yoga classes, including Chair Yoga, and explore a rich YouTube library, healthy resources and trusted tools like Multipure water filters—all designed to support a resilient life.

[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 -----

Blue Pearl Earth - Culinary Medicine School 2026

Learn from and with the best: Understand what your body is telling you, incorporate Food as Medicine, monthly classes, Consultations, 9Star Ki and Tarot Readings.

[Visit Website](#)

Nine Star Ki Club with Christin Ritz



Receive monthly guidance based on Nine Star Ki astrology. Excellent for deeper connection to the ki flow and personal self-discovery!

[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

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