



Ohsawa International Macrobiotic Center

AGENDA

MACROBIOTIC COOKING:

HOME-MADE COOKING, USING ORGANIC AND NON-PROCESSED FOOD

SOME PRINCIPLES:

FOOD CLOSE TO NATURE, WITH LITTLE OR NO PROCESSING

SEASONAL AND LOCALLY GROWN FOOD

FOOD BALANCE BY MEANS OF YIN AND YANG

GOOD QUALITY BLOOD

At the root of healthy eating we find plants: how to strike balance?

Macrobiotics is a way of life in harmony with nature and environment. It involves healthy eating, regular physical exercise, the practice of meditation and do-in exercises as well as paying attention to our emotions and inner peace. It involves working on yourself, by yourself, to become your own master. Given the fact that we are all interconnected, you will become a source of inspiration for others.

ENQUIRIES AND ADVICE

*Monday to Saturday
from 9.30 am to 8.00 pm at
the shop "l'Arc-En-Ciel"*

ADDRESS

*8 rue Rochebrune,
75011, PARIS*

SCHEDULED ACTIVITIES

YOUR ROADMAP ON MACROBIOTIC COOKING ==> WE ADVISE YOU TO:

- Do at least one cooking course for each season
- Do Izumi's courses to get acquainted with some cooking techniques based on Japanese cooking principles
- Do the advance cooking courses that suit your needs
- Do the cooking courses "Easy Daily Cooking" so that you learn how to cook for your daily life
- Attend our different workshops/talks to study the macrobiotic philosophy and lifestyle

WORKSHOPS/TALKS

SATURDAYS FROM 10 TO 11.30 AM

Workshop n°1 : January 13th March 3rd & 24th April 14th May 26th June 30th	Workshop n°2 : January 20th February 23th April 21st May 12th June 23th
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Workshop n°3 : February 3rd & 17th March 31st May 5th June 16th	Workshop n°4 : February 10th March 10th April 7th May 19th June 2nd
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Workshop n°5 : March 17th April 28th June 9th

Workshop n. 1:

Basic rules for balanced healthy eating

Workshop n. 2:

Using Yin and Yang to create balance in our eating habits, lifestyle, exercise, emotions and thoughts

Workshop n. 3:

Values promoted by macrobiotics in 10 steps

Workshop n. 4:

Hands-on workshop on meditation and breathing exercises

Workshop n. 5:

Understanding the fundamentals of meridians and Do-in exercises

COOKING CLASSES

Cooking classes based on different Seasons

Saturdays from 14.30 pm to 18.00 pm with Joëlle:

"Strengthening your body in Winter":

January 13th and February 10th

"Strengthening your body in Spring":

March 10th and April 21st

"Strengthening your body for Summer": June 2nd

Culinary techniques with a Japanese influence

"The art of using local products the Japanese way"

Sundays from 10.00 am to 1.00 pm with Izumi

January 21th

May 13th and 27th

February 4th and 18th

June 10th and 24th

March 4th and 18th

July 8th

April 1st and 15th

"Advanced Cooking"

on Sundays from 10.00 am to 1.00 pm

January 28th: Varied salty breakfasts

February 25th: Specifics

May 6th: Ohsawa bread and vegetable pies

June 17th: The art of making Nori Maki

July 1st: Desserts with seasonal fresh fruits.

"Easy Daily Cooking"

Sundays from 10 am to 1 pm with Flora:

March 25th

April 8th

May 20th

LUNCH EVERY FRIDAY AND SATURDAY FROM 12 AM TO 2 PM

BENTO 12 EUR + DESSERT 3 EUR

GIVEN THAT CIMO IS AN ASSOCIATION, WE KINDLY REQUEST YOU TO GET A MEMBERSHIP CARD (20 EUR/YEAR) AS MEALS ARE RESERVED FOR CARD-HOLDERS

APRIL 28TH AND 29TH:

WEEK-END ON

5 ENERGY TRANSFORMATION

Further details on request

CIMO needs your support and invites you to become a member of the Association for 20 euros per year membership fee.

CIMO, 8 rue Rochebrune, 75011 Paris, Underground stops: St Ambroise or Voltaire line 9, Saint Maur line 3, Buses 46 or 56

www.cimo-asso.com / contact@cimo-asso.com / +331 48 05 91 35