



Steps to Health: 5-Day Course at The Macrobiotics America Study House

Learn the Essentials of Macrobiotics
with David & Cynthia Briscoe

Join us along with other students each day of this full 5-day course at The Macrobiotics America Study House in Northern California to learn the basics of macrobiotics. This is the only 5-day macrobiotic course currently offered on the West Coast.

A Steps to Health course is held each month. The course includes the following:

Hands-On Macrobiotic Cooking Classes

Learn all the basics of selecting and cooking healthy macrobiotic foods, including whole grains, organic vegetables, miso soup, sea vegetables, condiments, pickles, and beverages. You won't sit and watch someone demonstrate cooking, you'll do it with us, hands-on style, each day.

Natural Desserts

Macrobiotic desserts are delicious! We'll show you how to make desserts that are suitable for your current health.

What's For Breakfast?

This frequently-asked question will be answered daily when you are served a simple but satisfying macrobiotic breakfast.

Printed Recipes & Handouts

You will receive printed recipes for all of the cooking classes. There will also be handouts for other classes.

Menu Planning

Learn creative and practical methods for making balanced and nutritious macrobiotic menus.

Learning and Discussion Sessions

Daily talks are full of important information for improving your macrobiotic understanding. You will receive numerous handouts and readings and be given your own personalized binder for keeping all handouts and recipes. There will be plenty of opportunity for asking questions and addressing your personal needs. Daily learning/discussion sessions will cover the following:

- Acid-Alkaline for Improved Health and Vitality
- How to Prepare and Use Helpful Home Remedies
- Special Macrobiotic Foods and Their Unique Properties

- Utensils and Cookbooks for the Macrobiotic Kitchen
- Understanding the Macrobiotic Diet
- The Big Balance and How to Maintain It: Consumption & Elimination
- Basic Menu Planning
- Understanding Your Personal Health Condition from a Macrobiotic View
- What to Expect When Healing
- How to Bring Macrobiotics into Your Own Schedule & Lifestyle

Mid-Day Do-In, Qigong, or a Guided Walk

Each day before lunch, we will walk to the local historical park to do light and revitalizing movements based on Do-In and Qigong. These exercises are suitable for all ages and levels of health. In place of the exercise, students may sometimes be taken on a guided walk to a nearby park, through the local neighborhood, or along the mountain-fed Feather River. The easy exercises and movements will be chosen from the following:

- The Eight Silken Exercises
- Tsubo & Meridian Tapping Techniques
- "Gentle Rotation" for improved breathing
- "Removing Turbid Ki" for liver health support
- "Standing Home" and "Unlocking" for vital circulation
- "The Turtle Exercise" for refreshing the nervous system
- "Belly Massage" to aid digestion and eliminate fatigue

If weather doesn't permit outdoor exercise, we will do them indoors.

Daily Meals

Enjoy three complete macrobiotic meals each day plus a few surprises now and then. Students eat most meals with the instructors, providing additional opportunity for discussion and questions. On Friday we'll give you extra food to take with you for your trip home.

Allergies and Sensitivities

We are respectful and understanding of each student's personal needs. Please contact us prior to attending the course to discuss any allergies and/or sensitivities you may have. Students are asked not to wear perfumes or other fragrances during the course.

Monday-Friday Daily Schedule

- 8:15 am Breakfast
- 9:00 am Learning Session (usually a lecture/discussion)
- 11:00 am Home Remedies Demonstration
- 11:45 am Mid-Day Do-In, Qigong, or a Guided Walk
- 12:30 pm Lunch
- 1:30 pm Student break time for sightseeing, shopping, laundry, phone calls, relaxing, etc.
Teacher preparation time for the cooking class.
- 3:30 pm Hands-On Cooking Class
- 6:00 pm Dinner
- Evening Free time for relaxing at your motel, self-guided touring of the Northern California countryside and/or practicing do-it-yourself home remedies

The schedule is subject to change and adjustment.

The program begins at 8:15 am Monday morning with Breakfast and ends with "Certificates & Farewell" after Dinner on Friday. We suggest that you plan on arriving at your motel by 9 pm Sunday, and check out the following Saturday morning.

Packaged food for your travel back home will be available at no extra charge.

Optional Private Consultation

For an additional fee, a Private Consultation with David Briscoe can be scheduled for an evening during your stay. For more information about the different consultation options, please see the Personal Health Consultations section of this web site.

Travel

For maps showing Oroville's location, [click here](#).

By Air: Fly into the Sacramento International Airport, then take The Airport Transportation Service or the Blue Van Super Shuttle to Oroville. We suggest calling the Airport Transportation Service or Blue Van Super Shuttle BEFORE making your airline reservations in order to coordinate your flights with their pick up and return times.

Airport Transportation Service: (530) 891-1219. This service will drop you off and pick you up at their announced location in Oroville. The motels listed below are within a few minutes walk of the drop-off location. The per person fee has been \$57 round-trip. Call them for the current price.

Blue Van Super Shuttle: 1-800-258-3826. This service will drop you off and pick you up at your motel's front door.

Yellow Cab Taxi Service in Oroville: (530) 532-3333

Motels in Oroville, CA

The motels listed below have been enjoyed by our students in the past. Each is within a 5-minute walk of our study house. It is the student's responsibility to make all room arrangements with the motel prior to arriving for the course.

Comfort Inn: (530) 533-9673

Motel 6: (530) 532-9400

Please call the motel for current prices, and tell them you are coming to our course, requesting the "corporate" rate.

Car Rental in Oroville, CA

It won't be necessary to have a car if you stay at one of the above motels, unless you plan to tour the area during your free time or need a car for other reasons.

Enterprise Rent-a-Car: (530) 534-8891

Hertz: (530) 534-8655

Camping & Sightseeing

There are many camping areas in the Oroville vicinity. For more information visit the following site:

<http://oroville-city.com/recreation/camp.html>

In addition to the many beautiful natural settings within a short drive, the Oroville area is rich with Old West and Gold Rush history. If you'd like to know about the sightseeing possibilities before you arrive, please use the following link:

<http://101thingstodo.net/oroville.html>

Dates for the Steps to Health Course:

Please check the Macrobiotics America web site at www.macroamerica.com/stepstohealth.php for a current list of dates for the course, or call us at 530-532-1918.

Tuition:

Save \$200 when you register 30 days in advance!

Tuition: Includes all lectures, cooking classes, meals, notebook, handouts and printed recipes: USD\$995 per person if registered 30 days in advance; USD\$1195 after that date. **Please note:** *Tuition does not include a private consultation with David or Cynthia Briscoe. Please see the "Private Consultation" section above for more information.*

Registration:

We accept a maximum of 6 students per course. If registration for a class is full, you may request a place on the waiting list. We suggest registering well in advance in order to get the date you want.

Deposit: a \$250 non-refundable deposit will reserve your place in the course at the early registration price when received 30 days in advance. Balance due on arrival.

Refund: We will make a full refund of any amount paid beyond the non-refundable deposit when notice of cancellation is received no later than 24 hrs. prior to the first day of the course. After that time we cannot make a refund no matter what the reason for cancellation may be. However, credit will be given for attendance at a future Steps to Health course that takes place within 3 months.

Accommodations: Room accommodations are a separate cost. Reservations are to be made by the student with a local motel. (See the above list of nearby motels.)

For more information or to register for Steps to Health, contact us at the following:

U.S. and Canada, Toll-Free
877-622-2637
 from outside North America
530-532-1918
info@macroamerica.com

What is the Macrobotics America Study House?

In the early days of macrobotics in the USA, students studied in small groups at the home or "study house" of experienced teachers. It was a strong, personal and friendly atmosphere for learning. Many respected teachers and some of longest-practicing macrobotic people in America today, received their macrobotic foundation from the study-house style of learning. When macrobotic schools with large classes opened in the 1970's, study houses unfortunately disappeared. Recently, David & Cynthia Briscoe opened their home in the study house tradition, once more affording students this unique opportunity. Students from around the world can now come here to benefit from this legendary way of learning and developing a macrobotic practice.

The personal study-house way of learning is not presented in an institutional, medical, or swank setting. It is in our humble, relaxed and welcoming home in a friendly, middle class neighborhood of Northern California. You will be in a small group of no more than 6 students with a full daily schedule, learning in down-to-earth, family-style surroundings with two personally attentive and experienced teachers who will be happy to share macrobotics with you. This opportunity for learning, in such a

small group and in such a personal way, with highly respected macrobiotic teachers who have taught all over the world for more than 30 years, is a rare and unique offering.

The Macrobiotics America Study House also hosts community gatherings, including monthly potlucks, "Ira Briscoe Memorial" Sponsored Classes for Young People, and serves as a macrobiotic resource for the surrounding community.

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NEW! Have Your Own PRIVATE and custom-designed course at The Macrobiotics America Study House tailored to your individual needs.

We'll plan with you prior to your arrival to design a complete Mon - Fri course that addresses your special needs such as cooking for children, teenagers, allergies, medicinal cooking, cooking on busy schedule, restaurant-style cooking, etc. We can design a private course to cover any personal need and interest. As our PRIVATE student, you will get all of our attention during the daily schedule. You may also send a person to us to be instructed the style of macrobiotic cooking that a counselor has recommended for you. A PRIVATE course can be arranged anytime during the year. Please call for more information. The private course tuition and meals: \$1695 per person. Room accommodations are a separate cost and arranged by you with a local motel. See the list of motels above.

About David and Cynthia Briscoe

David Briscoe is one of the most experienced macrobiotic teachers and counselors in the world today. Since 1972 he has gained expertise in every facet of macrobiotics, including personal practice, teaching, counseling, professional cooking, restaurant ownership and center development. In 1975 he was given the honor of being one of the few macrobiotic counseling apprentices to the late macrobiotic master, Noboru Muramoto, author of *Healing Ourselves*. In 1983 he was among the first to be certified by the Kushi Institute's premier training program. During the 70's and 80's, David established macrobiotic education programs and centers throughout the U.S. He has appeared on national TV programs and radio shows, including the HBO® Special, "Six Months to Live." He is the co-author of *A Personal Peace*, contributing author to *The Whole Mind* and a regular columnist for *Macrobiotics Today*, the world's leading macrobiotic magazine. David has developed macrobiotic curriculum and instruction programs for numerous educational organizations, applying his experience as a former secondary school teacher and as a trainer of teachers at the University of Kansas.

David is well known for his skilled and personal approach to private macrobiotic counseling. He is highly regarded for his vast experience in the areas of macrobiotic healing diet, home remedies and lifestyle re-balancing, and he is considered one of the leading trainers of macrobiotic counselors and cooking teachers.

In 1990 the late macrobiotic master, Herman Aihara, invited David to be his administrative, teaching and counseling associate at The Vega Study Center in California, and from 1991-1998 David worked closely with Herman. After Herman's passing, David moved on to co-found Macrobiotics America and Macrobiotics Global, the first macrobiotic educational programs to offer multi-media distance learning courses via the internet.

David travels and teaches throughout North America and overseas, speaking to medical and lay audiences and as a featured presenter at the major macrobiotic camps and conferences, including The Kushi Institute Summer Conference, French Meadows Summer Camp, The Fall Health Classic, and The Whole World Summer School in Belgium. He has also served as a guest faculty member at the world-famous Kushi Institute in Becket, MA. David holds the honorary position of macrobiotic counselor for The George Ohsawa Macrobiotic Foundation of Chico, CA, the oldest macrobiotic education and publishing organization in North America.

David lives in Northern California with his wife, Cynthia, and children, Justin, Nora, Iris, Ana and Rio.

Cynthia Briscoe is one of America's most respected macrobiotic cooking instructors. Her cooking is as delicious as it gets. She co-founded and co-directed The Macrobiotic Center of Kansas City during the 1980's. Cynthia was the co-owner and head chef of The Amber Waves Café, an award-winning macrobiotic restaurant in Kansas City, and one of the most successful and longest-running macrobiotic restaurants in North America.

From 1981-1991 Cynthia supervised macrobiotic cooking education in the central states, and from 1991-1998 she was a main cooking instructor, kitchen supervisor and kitchen apprentice trainer at the Vega Study Center in California in association with Cornelia Aihara. She has been the kitchen coordinator for macrobiotic camps and retreats, including the popular Harvest Moon Retreats and Tall Oaks Camps in the midwest.

In 1999 she was the guest cooking instructor at the macrobiotic retreat on Hvar Island, Croatia. In recent years Cynthia has served as a cooking instructor at the Kushi Institute's annual Summer Conference and the French Meadows Summer Camp. In 2004 she was invited to appear on ABC News to demonstrate macrobiotic cooking.

Her cooking instruction is admired for its clarity, patience and gentleness. Cynthia is also highly regarded for her insights into motherhood, advice on macrobiotic pregnancy and delivery, and her earthy and considerate approach to women's health in general. She is blessed with a natural gift for journeywork healing rooted in her Native American ancestry. An accomplished artist, Cynthia has illustrated books for Avery Publishing Group, Japan Publications, and Contemporary Books, including

books by the late Aveline Kushi and other macrobiotic authors. Cindy is currently working on several cookbooks and video home study courses. She is the mother of five active and kind-hearted children, ages 11-24, who care about others, animals, the earth, and looking at the stars at night.

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