

Macrobiotics America

David and Cynthia Briscoe

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 essentials of macrobiotics. This is the only 5-day macrobiotic course on the West Coast.

A Steps to Health course is held each month.

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

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, though 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.

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 \$275 fee, a Private Consultation with David Briscoe can be scheduled for an evening during your stay. For more information, please contact us.

Travel

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 very short walk of the drop-off location. The per person fee has been \$57 round-trip. Please 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

By Car: Please contact us for driving directions.

Motels in Oroville, CA

The motels listed below have been enjoyed by our students in the past. Each is within a very short 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 camping information, please contact us.

In addition to the many beautiful natural settings within a short drive, the Oroville area is rich with Old West and Gold Rush history. At orientation students receive a notebook containing sightseeing information, and many enjoy touring the area during their free time.

2006 and 2007 Dates for the Steps to Health Course

2006

January 9-13
February 6-10
March 6-10
April 3-7
May 1-5
June 5-9
August 7-11
September 11-15
October 2-6
November 6-10
December 11-15

2007

January 8-12
February 5-9
March 5-9
April 2-6
May 7-11
June 4-8
August 6-10
September 3-7
October 1-5
November 5-9
December 3-7

Dates are subject to change

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, please use the contact information at the bottom of the page.

What is the Macrobiotics America Study House?

In the early days of macrobiotics 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 macrobiotic people in America today, received their macrobiotic foundation from the study-house style of learning. When macrobiotic 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 macrobiotic 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 macrobiotics 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.