



Italian “Macro” cooking in the Austrian Alps

June 20 to 27, June 27 to July 4, July 4 to July 11
at Bad Kleinkirchheim

An International event with teachers from all over the world
and translation into English

Italy's largest natural foods



Cooking

The main event is cooking, with three balanced meals a day prepared by Italian chefs of the school as well as daily cooking class with international teachers and a cooking intensive program for more serious students.

Courses in natural healing.

There will also be studies in natural healing and the use of Macro principles, as well as an intensive program in healing for serious students.

Energetic Body Work

Barefoot shiatsu with Mitsuko Mikami - Japan
Foot reflexology with Elisa - Italy
Acupressure and Do-In
Morning exercises including yoga and tai chi

Relaxation and vacation

The Resort Hotel is a 4 star resort in a town famous for its hot springs. The hotel has a Spa area, lots of exercise rooms, children's spaces (inside and out) and the town is famous for skiing with ski lifts and mountain

passes for hiking and biking in the summer. Nearby there is a lake for swimming and many tourist attractions from one the most famous vacation areas in Austria.

Costs per week for basic program

The basic program (accommodation, meals, morning exercises and evening lecture as well as all the facilities of the hotel and ski lift passes):

In group accommodations - 3 to 4 to a large comfortable room Euro 830

In double room Euro 890

Single room Euro 990

The program begins on Saturday for dinner and ends the following Saturday after breakfast.

There are special discounts for Children, Families and early registration.

Registration by April 10th

Group accommodation Euro 699

Double room Euro 830

Single room Euro 950

Children under 3-6 years 50% discount - 7-14 30% discount. The prices shown are exclusive of the tourist tax to be paid locally for over 17 years.



Uniting Eastern healing traditions and Macrobiotics with Western science and Italian culinary art

Special programs

Daily beginners cooking class Euros 25 each or Euro 100 for all 5

Barefoot shiatsu, foot reflexology, acupressure and DO-IN course Euro 100

Intensive course studies

Those interested in in-depth studies during their vacation can choose from two programs. Each has been developed over the past 40 years and has been recognized and accredited by the Italian government.

Food therapy (2 week certification program)

Euro 1,290 per week

Cooking Intensive (3 week certification program)

Euro 900 per week



Price includes group accommodation as well as all activities of basic program. For double or single room accommodation add euro 150 for double and euro 300 for single.

a. Food Therapy and Diagnosis Intensive

The use of macrobiotic principles and theories of Traditional Chinese Medicine to understand how disease develops, how to diagnose it, and how to cure health problems of all kinds. It is an ideal program for those wishing to learn to manage their own health and that of their families through the use of diet, lifestyle and natural remedies and can lead to professional use in helping others.

The program offered this summer will last for two weeks and includes:

The theoretical base

1. Natural diet and the science of nutrition - 2 day program

A scientific view of food and balance

2. The energy of food - 2 day program

Yin and yang and the theory of 5 transformations to understand the effects of foods, cooking styles and natural remedies

5 transformations and your health

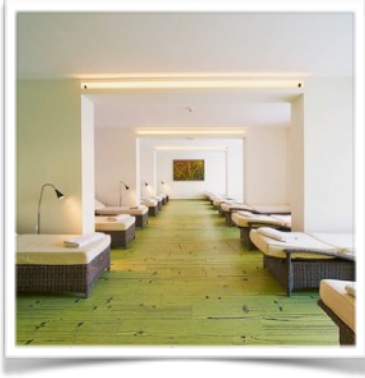
5 full day programs each dedicated to a specific energy; Wood, Fire, Earth, Metal and Water.

Each full day explores the organs related to each of the 5 energies, the effects of food on these organs, the use of special remedies and diagnosis. Major diseases and health problems related to each organ and energy are explained.

Practical cooking

Full basic course - 2 full days or 5 individual classes.

Special healing dishes for serious disease. - 1 day course.



The entire program will be done in the first 2 weeks, from the 20th of June to the 4 of July. The entire course, except for the cooking classes will be taught by Martin Halsey the director of the school and creator of the program.

b. Cooking Intensive

This is a complete course in natural, balanced and energetic cooking, including every aspect of cooking for those who love to cook, who are regaining their health and need to have complete balanced cooking and those looking for a new profession in cooking.

The complete program takes 3 weeks and is made up of:

The theoretical base

1. Natural diet and the science of nutrition - 2 day program

A scientific view of food and balance

2. The energy of food - 2 day program

Yin and yang and the theory of 5 transformations to understand the effects of foods, cooking styles and natural remedies

Cooking classes

Full basic course - 2 full days or 5 individual classes.

16 modular cooking classes by theme, each of 1 day.

Sea vegetables and tofu

Home production; tofu, seitan, tempeh and others.

Holiday cooking for Christmas

Holiday cooking for Easter

Breakfast and puddings

Cooking for infants

Cooking for children



Baked desserts
Deep frying and tempura
Pickles and fermented vegetables
Seitan and Tempeh
Bread, pizza and focacce part 1
Bread, pizza and focacce part 2
Home take out (picnic and office meals) and snacks
Slimming naturally - lose weight and improve health
Gluten free cooking

La Sana Gola

The Milan School of Natural Cooking and Healing

Info@lasanagola.com