

Macrobiotic Workshops with Lino & Jane Stanchich!

January 13, 2012

**Potluck Dinner with Lino
& Jane Stanchich
Friday, January 13, 2012
6:30-8:30 pm**



Join us in welcoming Jane and Lino Stanchich. They will give us an introduction about the events we have planned for Saturday, January 14.

January 14, 2012

**10:00-11:30 ☯ Lino Stanchich's Lecture:
The Five Transformations of Energy:
The Key to Understanding Nature
within your Body and Spirit**

The Five Transformations of Energy is the basis of the study of natural energy and how it flows in all of life. This time-tested theory is based on ancient Chinese Medicine and is an integral part of Macrobiotic theory and study.

Energy has an organic flow in Nature, in our organs, in the seasons, and the hours of the day. Energy flows through and with all the elements of Nature: Fire, Soil, Metal, Water and Tree. This logical and fascinating theory teaches us about the most healing and the most harmful foods for our specific organs so that one can eat according to this natural flow. Each organ has a specific time of day in which greater sensitivity comes about; therefore, we can learn to be more conscious and care for each organ during that particular time of day.

The Five Elements indicate which emotions are controlled by specific organs, thus allowing us to choose a lifestyle to nurture our organs and better balance our emotions.

11:30-12:30 ☯ Lunch

For those staying for the entire day, lunch will be provided.

**12:30-2:30 ☯ Jane Stanchich's Cooking Class:
Recipes for Vibrant Health at Any Age**

Cooking for families can be a dance...or a dilemma. The family cook plays a powerful and essential role in the welfare of each person for whom they cook.

Jane will teach how, in any family, one may adjust a meal to optimally nourish male and female, children, teens, adults and seniors. Having cooked macrobiotic meals in several family environments, Jane couples her experience as an accomplished macrobiotic counselor with her skills as a macrobiotic chef to present the many vital nuances of food selection, cooking styles and techniques, as well as the essential use and type of salts, seasonings, condiments and home remedies for groups and individuals in a family.

Menu:

- Scrumptious Miso Soup for the Yin and Yang
- Soothing and Satisfying Creamy Squash Risotto
- Strengthening Bean Stew
- Cool Tart and Tangy Salad with Edamame
- Quick Amasake Mocha Pudding with the Easiest Macaroons

3:00-4:30 ☯ Jane Stanchich's Women's Group

Jane will discuss many vitally important foods and remedies for helping women at any age, to achieve vibrant health and vitality. Jane will ask participants to communicate their views and needs. Come with your questions and learn empowering techniques to balance fundamental women's health issues such as PMS, hot flashes, hormonal changes, libido, bone health, breast cancer, uterine-cervical cancer, moods, emotions and menopause. Other basic health concerns will be addressed from the macrobiotic approach as well.

Discover proven and highly effective methods to bring about positive change, such as simple dietary adjustments, powerful home remedies and vital lifestyle and exercise practices. There are many solutions to becoming healthier, happier and more fulfilled.

Jane and Lino are each available for private personalized sessions.

Please call Ceri Mauerman at 407-797-2063 to schedule a Macrobiotic consultation appointment.

LOCATION FOR ALL EVENTS:

The home of Mike and Rocky Brown, 7043 Burnway Drive, Orlando, FL 32819, 407-226-6963

PRICE: **Pot Luck** | Members with a dish \$5, without a dish \$12;

and non-members with a dish \$7, without a dish \$15

Each Lecture | \$20/25 • Member/Non-Member **Cooking Class** | \$30/35 • Member/Non-Member

Special price for the entire day | \$60/75 • Member/Non-Member

**!! PLEASE BE SURE TO CALL 407.672.2356 TO RSVP BY TUESDAY, JANUARY 10th
AS SPACE IS LIMITED !!**

MACROBIOTIC

FOUNDATION

OF CENTRAL FLORIDA

Macrobiotic Foundation of Central Florida
P.O. Box 560466
Orlando, FL 32856



OUR COMMITMENT IS TO EXPOSE OUR COMMUNITY
TO A BALANCED, HARMONIOUS LIFESTYLE
THROUGH EDUCATION AND SUPPORT,
THUS CREATING ONE PEACEFUL WORLD.

Join Us in Welcoming Jane & Lino Stanchich!

The Macrobiotic Foundation of Central Florida welcomes Jane & Lino Stanchich!

LINO STANCHICH is a Macrobiotic educator, researcher and counselor with over 40 years experience. Lino is an expert with energy exercises such as Chi Kung, Shiatsu and Do-In self-massage, and revitalizing eating techniques. Lino is a member of the Kushi Institute Macrobiotic Educators Association and is a Licensed Nutritionist and Licensed Massage and Bodywork Therapist. He has lectured at many major Macrobiotic centers, universities, hospitals, medical schools and corporations throughout the world.

Author of the popular books, Power Eating Program, You Are How You Eat, Macrobiotic Healing Secrets, and The Natural Bladder Control Program, Lino has created the "Healing Mealtime Music" cassette, and the dynamic self-massage and exercise video, "Energize Yourself", and "Laugh for the Health of It" audio. He has recently produced the popular audio, "Using Your Mind to Heal Your Body," to assist people in creating positive and dynamic mental affirmations for periods of meditation and eating. Lino has also appeared on a wide variety of international radio and television shows.

Lino and Jane Stanchich's website, www.greatliefglobal.com, contains a wide array of informative articles, scientific data, inspiring recovery testimonials, delicious recipes and a full service online store with resources for a worldwide community.

JANE QUINCANNON STANCHICH is a Licensed Nutritionist, Certified Macrobiotic Teacher, counselor, author and noted chef, an international teacher of Macrobiotic health principles, who has served on the faculty of the Kushi Institute with over 25 years experience.

Jane contributes to numerous international publications and is a regular featured writer for "Christina's Healthy Living Journal" and the new "Health Education Initiative," both founded by Christina Pirello, of the Emmy Award-Winning PBS Television Cooking Show, "Christina Cooks!"

A major consultant with the highly successful Ritz Carlton Hotel's Macrobiotic Culinary Program, she also conducted the Macrobiotic menu program for the Kellogg School of Public Health's dining facility.

Jane has produced a Macrobiotic cooking DVD entitled, "Macrobiotic Cooking for the Whole Family, Meal #1" and book, Healthy Holiday Cooking: Delicious Macrobiotic Recipes for Autumn and Winter Celebrations. A DVD titled, "Cooking Terrific Tofu Turkey," accompanies her holiday book.



Jane and Lino are each available for private personalized sessions.

Please call Ceri Mauerman at 407-797-2063 to schedule an appointment.

!! PLEASE CALL 407.672.2356 TO RSVP BY TUESDAY, JANUARY 10th !!