

HOLISTIC NUTRITIONAL THERAPY, HEALING CHEF & WELLBEING SHIATSU TRAINING

Second Year Course Details

Hybrid Onsite and Online course

Training to become an accredited Holistic Nutritional Therapist, Healing Chef and Wellbeing Shiatsu Practitioner.

This course leads onto the Third Year course which qualifies you as an Advanced Holistic Nutritional Therapist and Medicinal Cook, with an optional extra course to become a fully qualified Shiatsu Therapist.

February 2027 to February 2028

Course Code: 02.27.2

Second Year Course Details

Course Overview

The aim of the second year course is to deepen your understanding of a holistic macrobiotic approach to life and health, and to learn the skills to offer professional nutritional advice, shiatsu bodywork and healing cooking to others. By the end of the course you have the skills to work as:

A **Holistic Nutritional Therapist** giving individually tailored dietary and lifestyle advice for healing a range of common health problems, and guiding clients in increasing their health.

A **Healing Chef**, able to cook amazingly delicious and healthy food for clients, groups, retreats and in restaurants, as well as giving individually tailored menus, dishes and meals to optimise healing.

You will also qualify as a **Wellbeing Shiatsu practitioner**, able to start a practice in giving shiatsu for relieving stress and tension and promoting general wellbeing.

For those of you looking for a new career, many of the school's second year course graduates have started businesses as Nutritional Therapists, cooking teachers, retreat chefs, or Wellbeing Shiatsu practitioners. Some students have used their income from these to help finance their third year course studies.

The course will also help you to develop your own physical, emotional and spiritual health through the daily practice of macrobiotics. In so doing you will become a much more effective healer and guide for others, as well as being able to offer help to your family and friends.

Students' emotional growth continues to be an important part of the training. During the second year course you are supported in becoming aware of your deeper core emotional patterns, and to work on healing and stepping out of these. You will be looking at how to heal childhood wounds, develop both our inner feminine and masculine energies and to find the right personal balance between these, and using chakra breath work as an amazing tool in releasing old emotions.

The main teachers for the course are Oliver Cowmeadow, Lara Holmes, Jana Coles teaching shiatsu and Keith Belliss teaching western anatomy and physiology. The amount of time needed for homework will be slightly more than in the first year, which is spread over a longer period of 12 months.

When you have fully completed the second year course you will be eligible to apply for accreditation with the Macrobiotic Association UK and join their register of Macrobiotic Practitioners, and to advertise yourself on the association website. You also have the option of joining the Complementary Medicine Association, which the IMS training is also accredited with.

Second year graduates usually continue onto the third year course, taking your healing skills to a deeper level, and qualifying as an Advanced Nutritional Therapist and Medicinal Cook. This enables graduates to guide individuals in healing of a very wide range including more serious illnesses and life difficulties. There is also the option of taking an additional five day course to qualify as a full Shiatsu Therapist.

We have included as many practical details on this training as possible in these Course Details, but if there is anything else you want to know, please ask us.

Additional ways of learning

To enhance your learning and skills development, there are the following out of class additional study methods.

- Regular online supervision sessions for you to discuss the clients you are seeing at home, receive advice on recommendations etc.
- You will receive some pre-recorded lessons for you to watch at home, which will then be discussed in live classes.
- The Second Year Resources website page allows you to watch pre-recorded examples of Nutritional Therapy sessions with real clients, and how to give shiatsu to different parts of the body and to meridians.
- The Resources also contains all the record sheets and consultation documents you will be using.

This is a hybrid course

Instead of running separate onsite and online courses, this course will be open both as a fully onsite course, or as an online course with attendance on two longer modules at the beginning and end of the course. The intention is to create a bigger and more vibrant group.

Dates

There are 8 modules of different lengths, all start with supper on the first day and end on Sunday afternoon. There is a total of 31 days of teaching.

Students who register for 100% onsite training will attend all dates at the school.

Students who register for the online course will attend onsite on the 2nd and 8th modules, and will be online for all the other dates.

The final day of theory assessment and interviews are online for everyone.

2027

February 11 - 14

March 30 – April 4 onsite attendance by all

May 20 - 23

July 8 - 11

September 1 - 5 optional onsite attendance for online students
 October 28 - 31
 December 9 – 12

2028

February 7 – 13 onsite attendance for all
 1 day tbc online assessments for all

Times

The teaching modules all begin with supper at 6.00pm on the first day for onsite students followed by an evening session with onsite and online students 7.30 to 9.00pm. Every module ends at 3.00pm on the last day. Please plan ahead and make sure you can fully attend all modules, so you do not miss out on live teaching and learning, and to keep the group cohesion. Please do not plan other events during the course modules so you can fully focus on the studies and your personal development.

Fees and Paying in Instalments

You can choose to attend fully onsite, or take the online version with obligatory attendance on the 2nd and 8th modules. With the online version there is also the option to attend the 4th module which covers a lot of practical learning.

It is not possible to swap between the onsite and online versions, as this will get incredibly complicated for school staff, and also be disruptive for the student group.

Onsite attendance

Full fee including all teaching and meals	£3995
Deposit to secure your place	£600
Remainder to pay, can all be paid by	£3395
OR pay in 12 monthly instalments of	£287.08

Online attendance

Full fee including all teaching and meals when onsite	£3695
Deposit to secure your place	£600
Remainder to pay, can all be paid by	£3095
OR pay in 12 instalments of	£262.08

The instalments include a £50 administration fee.

If you want to pay by instalments you can tell us on your Application Form. The Payment Schedule at the end of these details provides the information you need to make bank transfers and set up Standing Orders.

Please note the following conditions of enrolment:

1. Deposits are not refundable after January 6th. An administration fee of £150 will be withheld from deposit refunds made before this date.
2. The balance of the course fees must be paid, or standing order agreement set up by January 6th.
3. Once a course has started students are financially committed to paying the whole course fee, whether the balance of fees have been paid in one payment or are being paid in instalments. Refunds cannot be given should a student leave the course.
4. Course fees are not normally transferable to another course.
5. All bank fees incurred by overseas transfers are to be paid by you (both your bank fee and our bank fee).

Accommodation

We have on site accommodation at Murtwell House in twin or single rooms for students travelling from a distance. The cost of accommodation at the time of writing ranges from £25 to £55 per night for various shared and single rooms in the house and barn. We do seek to accommodate everyone who wishes to stay and will give priority to two people sharing a room.

Well before a course starts we ask all those who wish to stay to let us know, so we can assess availability. A room to yourself may be possible depending on numbers and requirements. We also have a small car park if you would like to bring a (small) campervan and we have a small flat area which can be used for camping too. Please contact the office to check availability before making payment.

Once you have paid your deposit or full fee for the course, if you require this accommodation please book by contacting the school.

Applying For A Place On This Course

Please fill in the application form at the end of these course details and give to the school. You will be expected to complete all the First Year Course requirements before the Second Year Course starts.

Meals

During the teaching modules all meals will be provided for those present using the best quality organic and local foods wherever possible.

Course Layout

The layout of a typical teaching block, with some variations according to the group's particular needs.

First day	6.00 - 7.30	Sharing supper together
	7.30 – 9.00	Introducing the module, checking on progress with homework, personal sharing and progress reports.
Middle days	7.45 - 9.00	Morning exercise and learning shiatsu
	9.00 - 10.00	Breakfast
	10.00 – 1.00	Classes or workshops
	1.00 – 3.00	Lunch
	3.00 – 6.00	Classes or workshops
	6.00 – 7.30	Supper
Last day	7.30 – 9.00	Tutorials or occasional classes
	7.45 - 9.00	Morning exercise or learning shiatsu
	9.00 – 10.00	Breakfast
	10.00 - 1.00	Classes or workshops
	1.00 - 2.00	Lunch and clearing up
	2.00 – 3.00	Homework setting, feedback forms and final sharings.

Second Year Syllabus

Please note that all teaching is in English, but we shall make every effort to help students whose first language is not English.

HEALTH STUDIES

- Deeper study of the theory of the Five Transformations of Energy, and the design of specific healing diets, foods, dishes and cooking styles. Practice in designing healing regimes for different imbalances and illnesses.
- How to make external compresses useful for particular imbalances and health conditions for home or professional use.
- In-depth study of a wide range of common health problems, their underlying energetic imbalances and physical and emotional causes, healing, and specific remedies. To include in depth understanding of digestive, respiratory and muscular systems, and women's and men's health.
- Regular practice of giving holistic nutritional therapy sessions in class and at home, building your experience and practical skills on how to guide and help family, friends and clients towards greater health and wellbeing.

PHILOSOPHY

- Stages of spiritual development, and exercises and meditations to develop greater awareness of one's own spiritual nature.
- How to guide clients towards manifesting their inner spirit and direction in life, for greater health, happiness and fulfilment.

DIAGNOSIS

- More in depth study and practice in using all the diagnostic methods studied on the Year One course.
- Intuitive diagnosis of the Five Transformation emotions, and deep emotional patterns developed within a person's early life, and how to help clients break these patterns for a more loving and fulfilling life.
- Diagnosis using discolouration, skin problems, injuries and other signs along the meridian pathways.
- Diagnosis of organ Ki using Back Area diagnosis.
- Diagnosis of constitution and condition looking at the hands and feet.
- Abdominal palpation of the physical and energetic state of the internal organs.
- Sclera diagnosis using the whites of the eyes to see what is happening in the internal organs.

COOKING

- Further study of using the ingredients and cooking styles of the Five Transformations to create meals with five different energies, for seasonal eating and for healing specific imbalances and health problems.
- Preparation of a range of condiments for enjoyment and specific healing purposes.
- The preparation of a range of types of pickles, and their use in medicinal cooking.
- Cooking ideal food for men and women, and to strengthen anybody's masculine or feminine energy.
- Cooking for babies and toddlers, children and families.
- Cooking food suitable for older people.
- Cooking for specialised diets including wheat- and gluten-free, Candidiasis and low fibre.
- Cooking healthy quick meals.

- Gourmet cooking for parties and special occasions.
- Guidance on cooking for groups and entertaining or restaurant cooking.
- Home practice in cooking for groups.

BODYWORK

- Learning to give a full body shiatsu treatment, including giving individually tailored treatments according to your meridian diagnosis.
- Giving shiatsu in prone, supine, sitting and side positions.
- Recommending and teaching Do-in exercises to help clients.
- The back diagnostic areas for diagnosing imbalances in the 12 classical meridians.
- Abdominal palpation for diagnosis of internal organs.

WESTERN STUDIES

- Study of the anatomy, physiology and pathology of the major systems of the body, including the digestive, respiratory, and reproductive systems.
- Western nutrition - the body's requirements for carbohydrates, protein, fats and oils, vitamins and minerals, water and salt. The best sources of these nutrients, and their functions within the body.
- Acid and alkaline forming foods and balance within the body, understanding the importance of blood sugar levels and what affects them.
- The Body Mass Index (BMI) its meaning and use.
- Study of current main dietary approaches from a macrobiotic perspective, including Paleo diet, Keto diet, veganism, raw foods, food combining, Mediterranean diet etc.

EMOTIONAL HEALING

- Further study and practice in using a variety of interventions in emotional counselling, to enable clients to go more deeply into their feelings and emotions, how to hold catharsis, dealing with transference and counter-transference, and developing your intuitive counselling skills.
- Developing an awareness of your deep core emotional patterns that run your life, understanding their causes and how to transform them.
- Individual counselling and guidance in small group tutorials.
- Contacting and healing your inner child.

PHYSICAL AND ENERGETIC EXERCISES

- Do-in self-shiatsu including abdominal massage, Makko Ho meridian stretches, and use of the meridian pathways.
- Abdominal and chakra breathing exercises and development of hara.

BUSINESS STUDIES

- How to set up a business as a Holistic Nutritional Therapist, Healing Chef and Wellbeing Shiatsu practitioner, including how to create a business plan, how to promote yourself, keeping accounts and paying self-employed tax.

This syllabus may be varied slightly according to the needs and progress of particular groups.

Other Opportunities to Study and Practice

To help develop your professional cooking skills for groups, we strongly recommend assisting one of the school's expert cooking teachers prepare meals on at least one module of another course. This is a great opportunity to learn about macrobiotic cooking and master some new recipes, and develop professional experience in catering.

What to Bring

Clothing - As well as your normal daily wear, please bring clean, loose, comfortable cotton clothing for doing exercise and giving shiatsu.

Writing Materials - You will be provided with extensive course notes, but you will also need A4 file paper or a book to write in for additional notes.

Course Requirements

At the end of the Second Year Course you will receive a diploma as a Holistic Nutritional Therapist, Healing Chef and Wellbeing Shiatsu Practitioner on satisfying the following requirements.

1. A minimum of 90% attendance of teaching days on the course.
2. Completion of all homework.
3. A pass in the end of year theory assessment.
4. A pass in the end of year practical assessment
5. A pass in the end of year cooking assessment.
6. A pass in the end of year interview.

It is necessary for a student to have obtained their second year diploma before beginning the Third Year Course. Should one or more assessments not be passed, guidance will be given on what further work is needed, and they can be retaken after sufficient time for further study or practice.

Attendance

Hopefully students will be able to fully attend all of the course, however if some days have to be missed due to illness etc. this should not exceed 10% of the course or 3 teaching days. If you miss days, it is your responsibility to make up the missed work. This is most easily done by getting together with other students who attended the missed days. You can also arrange additional tutorial time with teachers, who will charge individually for their time. If you miss more than 3 teaching days you will be expected to make up the missed work through extra paid tutorials or other teaching, to be discussed and arranged with Oliver.

Home Assignments

Between weekends there will be various kinds of work to be completed by the following weekend. This includes reading, written work, cooking for yourself and others including a work practice, and practicing Holistic Nutritional Therapy and shiatsu on members of the public. The amount of work will be approximately 6 hours per week.

The homework will include Western anatomy and physiology. There is a home study Anatomy course, with 20 assessment questions at the end, and several pieces of basic physiology homework. Students who have previously completed a course within the last 5 years covering the same syllabus to at least the same depth, may be exempted from the homework on producing evidence of their previous studies. If this applies to you, please hand details of your previous study, including syllabus covered, hours of tuition and completion certificate in to Oliver.

Assessments

The assessments for the Second Year Course will be more in depth than in the first year. During the course there will be practical assessments, for example on your cooking. At the end of the year there will be a theory paper assessing your knowledge, a cooking assessment, and a practical assessment in which you need to locate meridians and tsubo and give shiatsu.

There is also an interview in which we are looking to see that you have learnt and integrated all the course material, have used the course to develop your own physical and emotional health, and are ready to practise professionally as a Nutritional Therapist with a good understanding of professional ethics.

Should you not succeed with a particular assessment, we will guide you on what extra study or practice you need, before retaking the assessment. The fee for retaking assessments is £50 for a cooking or theory assessment, and £30 for a practical assessment or interview.

Personal Development During This Course

This course is intended to aid your own physical, emotional and spiritual development, as well as teaching you the knowledge, skills and techniques of healing others. We are expecting that during this second year, you will be integrating what you are being taught into your own life, be cooking for yourself and any others in your home on a regular basis, and identifying your core emotional patterns and be actively transforming these. If you feel you need additional help with emotional work we advise you to find a suitable counsellor, psychotherapist or other emotional worker.

As always, if you find yourself going through inner difficulties, please get support from your peers or teachers.

The Library

The school has a library of books which can be used on the tuition weekends, and can be taken out until the next teaching block. Details of all books borrowed must be recorded in THE BOOK. Please remember to **bring your books back on the next weekend**, as others may be waiting to read them!

Your Feedback to the School

Every teaching block we will be asking you for written feedback on the course and the teaching, so that we can make improvements to the quality of your training. Of course, if there is anything you are unhappy about or if you have any suggestions to make, you do not have to wait for this written feedback - tell us as soon as possible so that we can remedy or improve the situation.

Book List

Below are books that you will find useful to read during this course. You may want to buy some of them, as you will find yourself wanting to refer to them frequently, but others you may want to borrow.

PHILOSOPHY

Macrobiotics: An Invitation to Health and Happiness, George Ohsawa. GOMF.

Essential Ohsawa, George Ohsawa. GOMF.

The Book of Macrobiotics, Michio Kushi & Alex Jack. Japan Publications.

HEALTH STUDIES

The Yellow Emperor's Classic of Internal Medicine, Ilza Veith. Uni of California.

Natural Healing Through Macrobiotics, Michio Kushi. Japan Publications.

Macrobiotic Home Remedies, Michio Kushi. Japan Publications.

The Macrobiotic Path to Total Health, M Kushi & A Jack. Ballantine Books.

Traditional Acupuncture: The Law of the Five Elements, D Connelly.
Healing Your Emotions: Angela & John Hicks. Thorsons.

DIAGNOSIS

Your Face Never Lies, Michio Kushi. Avery Publishers.
Reading The Body, Wataru Ohashi. Penguin Compass.
Your Body Never Lies, Michio Kushi.

COOKING

Food Children Enjoy, Peta Jane Gulliver. Cornish Connection.
Conscious Cookery, Seasonal Recipes and Inspirations, Suzy Saunders.
Aveline Kushi's Complete Guide to Macrobiotic Cooking, Aveline Kushi.
Sweet and Natural, Meredith McCarthy. St.Martins.
Cooking with Angela, Angela Agrati Prange. Chisinau.
Japanese Foods That Heal. Jan and John Belleme.

BODYWORK

Shiatsu A Practical Introduction, Oliver Cowmeadow. Ebury Press.
Fourteen Classical Meridians, by Sue Hix, or a set of meridian charts.

WESTERN MEDICINE

Anatomy and Physiology, Ross & Wilson. Churchill Livingstone.
The Anatomy Colouring Book, Kapit & Elson. Harper Collins.
New Optimum Nutrition Bible, Patrick Holford. Piatkus.

EMOTIONAL HEALING

Helping the Client, John Heron. Sage Publications.

PHYSICAL & ENERGETIC EXERCISES

Mind Your Body, A.Scott and S.Wale. Devon School of Shiatsu.
The Book of Do-in, Michio Kushi. Japan Publications.

The Teaching Team

The main teachers for this course are Oliver Cowmeadow teaching the theory and personal development, Lara Holmes teaching the cooking, and Jana Coles teaching shiatsu and some theory. There will be some additional teaching with Keith Belliss on Western anatomy and physiology.

For each year course students have a Course Tutor, who is most closely following your learning and progress, and is the first person to contact when you have questions or problems. On this course your Course Tutor is Oliver Cowmeadow.

Further information on these and other teachers can be found on our website.

The Macrobiotic Association Practitioner Register

After graduating with the second year IMS diploma, you can apply to the Macrobiotic Association for national and international accreditation. Studying at the International Macrobiotic School has the advantage that its courses have been ratified by this association, so that on passing the school's exams, you do not have to attend the association's own exams. You will only need to submit several case studies and have an in person or online interview with the association. The Association accredits in two macrobiotic healing arts.

1. Macrobiotic Health Coach & Cook

Approximately 300 hours of study over a period of two years.

This accreditation shows that a person is able to guide others to greater health and wellbeing, and is an excellent cook able to prepare a wide range of dishes and meals for many different situations, such as cooking for families, groups of people on workshops, parties, buffets, making gluten-free food etc. and can offer basic shiatsu treatments.

You can apply for this accreditation after graduating from the Second Year Course, You can download details of the Macrobiotic Association accreditation from their website www.macrobiotics.org.uk.

2. Macrobiotic Consultant & Medicinal Cook

Requires previous study of the Macrobiotic Health Coach & Cook syllabus, plus additional training in the pathology of a wide range of illnesses, and an in depth study of the macrobiotic approach to healing, and cooking for specific healing purposes. Requires a minimum of three years study and practice to develop all the knowledge and skills needed to give in depth guidance to those who are suffering from minor and more serious illnesses.

You can apply for this accreditation after graduating from the Third Year Course.

Accreditation with the Complementary Medicine Association

The school has its training courses accredited with the CMA, giving further international recognition of the high standard of its teaching and skills training. On completing the second year course you are also eligible to join the CMA register of practitioners.

Getting In Contact

For administrative matters such as dates, payment of fees etc. please contact the office.

Telephone	01803 762598
Email	info@macroschool.co.uk
Land address:	International Macrobiotic School, Murtwell House, Diptford, Totnes TQ9 7NQ, UK.

To contact Oliver please email oliver@macroschool.co.uk or phone the office (if no one is in leave a message and he will get back to you).

SECOND YEAR PAYMENT OF COURSE FEES

February 2027 - February 2028 (course code 02.27.2)

The full fee for the year is £3995 for onsite study and £6695 for online study. We need you to pay your course fees by the dates given on this sheet.

Deposit

The deposit of £600 can be paid by bank transfer or cheque. This is due as soon as you receive confirmation of a place, or by January 6th at the latest.

Onsite Study

Either pay the balance of £3395 by bank transfer or cheque, or pay 12 monthly instalments of £287.08 on the dates below. Please do this by January 6th at the latest.

Online Study

Either pay the balance of £3095 by bank transfer or cheque, or pay 12 monthly instalments of £262.08 on the dates below. Please do this by January 6th at the latest.

Instalment dates

First instalment	to be received by February 25 th 2027
Subsequent instalments	to be received by the 25 th of each month
Final instalment	to be received on January 25 th 2028

Payments To

BANK NAME	LLOYDS TSB
BRANCH	TOTNES
ACCOUNT NAME	INTERNATIONAL MACROBIOTIC SCHOOL
SORT CODE	30-98-69
ACCOUNT NUMBER	27953568

Payment reference 02.27.2 *[your surname]*

For Payments From Abroad

Payments to be in pounds Sterling, with all bank charges paid by the sender.

IBAN	GB43 LOYD 3098 6927 9535 68
BIC / SWIFT CODE	LOYDGB21183

Payment reference 02.27.2 *[your surname]*

INTERNATIONAL MACROBIOTIC SCHOOL

Holistic Nutritional Therapist training

Application for Second Year starting February 2027 (02.27.2)

Name _____

Address _____

Postcode _____

Email address _____

Tel. no. landline _____
mobile _____

Please attach a recent head and shoulders photo of yourself here (applications not accepted without a photo). This can be a holiday snap. You may also send as a .jpeg by email to the office.

Do you have any special dietary needs? _____

Please make a bank transfer or enclose a cheque (payable to **International Macrobiotic School**) for £600 deposit or the full fee. We will confirm receipt of your application and payment by email. The deposit will reserve your place until January 6th 2027. If you send only a deposit, indicate below how you wish to pay the balance. See the accompanying Payment Schedule for all the information you need to make bank transfers and set up a Standing Order for instalments.

Onsite Study

Balance £3395 in one payment ☐ Balance in 12 instalments of £287.08 ☐

Online Study

Balance £3095 in one payment ☐ Balance in 12 instalments of £262.08 ☐

Please note the following conditions:

1. Deposits are not refundable after January 6th. Before that date, the balance is returnable, less £150 to cover administration and admission costs.
2. Balance of the course fees must be paid or standing order set up, by January 6th.
3. Once the course has started, you are committed to paying the whole course fee, regardless of whether full payment has been made or payment is by instalments. Refunds cannot be given should a student leave the course.
4. Course fees are not normally transferable to another course.
5. All bank fees incurred by overseas transfers are to be paid by you (both your bank fee and our bank fee).

If you agree to these conditions please sign below.

Signed _____

Date _____

Send your completed application to: info@macroschool.co.uk or
The International Macrobiotic School, Murtwell House, Diptford, Totnes TQ9 7NQ, UK.