

The Macrobiotic Network of Southern Maine
presents

THE KUSHI INSTITUTE

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WEEKEND SEMINAR

February 1, 2, 3, 1985

"Macrobiotic Diagnosis and Health Assessment"

THREE IN-DEPTH LECTURES WITH EDWARD ESKO

senior teacher / counselor at the Kushi Institute

FRIDAY, February 1 - Visual Diagnosis; detailed study of the face, hair, and skin.
7:30 - 10:00 p.m.

SATURDAY, February 2 - The hands and feet, including palmistry and major diagnosis
points. 7:30 - 10:00 p.m.

SUNDAY, February 3 - Eye Diagnosis; giving Macrobiotic advice. 7:00 - 10:30 p.m.

All lectures will be at the Williston West Church, 32 Thomas Street, Portland

TWO MACROBIOTIC COOKING CLASSES WITH EVELYN HARBOUN

cooking instructor at the Kushi Institute

SATURDAY, February 2 - a complete macrobiotic meal featuring various special dishes.
10:00 - 1:00 p.m.

SUNDAY, February 3 - Special Medicinal Preparations; External Applications.
1:00 - 4:00 p.m.

COOKING CLASSES WILL BE AT THE WHIP AND SPOON
161 Commercial Street, Portland

THE COST FOR INDIVIDUAL CLASSES IS \$15.00. THE ENTIRE WEEKEND IS YOURS FOR ONLY
\$60.00. PLEASE REGISTER BY JANUARY 18, 1985.

MAIL REGISTRATION SLIP WITH A \$15.00 NON-REFUNDABLE DEPOSIT TO:

The Macrobiotic Network of Southern Maine
P.O. Box 6408 PTS
Portland, Maine 04102

ADDITIONAL INFORMATION -

GINA MILLER - 773-0067

ROSEMARY WHITTAKER - 767-5968

NAME _____ TELEPHONE _____

ADDRESS _____

FRIDAY Lecture	<input type="checkbox"/>	SATURDAY Cooking	<input type="checkbox"/>
SATURDAY Lecture	<input type="checkbox"/>	SUNDAY Cooking	<input type="checkbox"/>
SUNDAY Lecture	<input type="checkbox"/>	COMPLETE Weekend	<input type="checkbox"/>