



A Summary of the 2024 International Macrobiotic Conference held at Avnø Oasis Ecovillage in Denmark

From thirteen different countries, forty-five practitioners came to this beautiful place in the countryside. The 2019 in-person Conference was in València, Spain, then, after the pandemic it was in England and now Denmark. Everyone gave something special and exchanged much in a residential situation. Some friends brought their children; Mario a lovely dog in the camper van. As last year there was no “theme” and we believe it has served the purpose of creating a different, flexible atmosphere and in the next 2 years it can have a theme again, offering a variety of yin and yang!

Some new, talented attendees said that the Conference has broadened their outlook. The mix of younger and older practitioners was as good as ever, giving us reminiscence, exercise, insight into aspects of the great life. The second time being residential has been a joy. As always different host center’s provide inspiration in the many ways the Macrobiotic Way of Life is taught and practiced.

The cooking by Angela, Lara, Paula, Tania and volunteers from Avnø Oasis was superb. So was the environment and walking toward the sunset over the ocean.

Georges Van Wesenbeeck led the chant of the supreme judgments by Buddha. Sandy Pukel talked on the importance of optimism, joy and gratitude. Alicia explained with film how her parents lived a rural, healthy life that could be called macrobiotic. Tomoko gave a well-researched talk with a film about replacing Vitamin B12 supplements with home-made Kombucha. She’s happy to share her kombucha recipe. Contact her on:- tomoko.ogawa326@gmail.com.

Anna gave Okido Yoga stretches working in pairs. Simon Markson in the windy outdoors gave us singing bowl resonance and Chi Kung before Oliver looked into the subject of our spiritual and emotional lives. Mike Chen inspired and challenged us on Ohsawa’s 7 principles and the Buddhist Four Noble Truths. A sharing circle in the evening then the walk was rapidly curtailed by pouring rain when we returned fast to the sitting room where Ignacio Aragues played the guitar and we sang loudly before bed.

Laia Delizias gave morning yoga before Ana Luisa challenged us with “The way of thinking in the way of Macrobiotics”. Kristiane presented the Wheel of Health based on yin/yang and developed a model to look at stress and how to handle it, followed by a guided exercise on healing relationships. Steven Acuff talked on the importance of supplements however well we eat and exercise. He emphasized the microbiome, sauerkraut and fermented foods. His assertion that there may be a lack of Vitamin D in macrobiotic practitioners due to coffee drinking and illness was quite provocative. We moved from the discussion room to the hall where Henrique Santos talked alongside his PowerPoint, about how the macrobiotic way of life has contributed to cure his cancer successfully. Many then enjoyed the class working with both hands to draw and consciously use the right and left side of the brain. Yin / yang in a creative, experiential way. Taught by Art teacher Tine Weis. A space came to discuss more deeply the perspectives on the death of macrobiotic teachers. It was masterfully facilitated by Taiyo King so that a

delicate subject was grounded and shared. *Hans Schmid drove from Berlin. He gave a most informative account of how to cook for 600 children per day, to nourish them with food that is organic or vegetable quality with some free range hens eggs. He has cooked like this 5 days a week for 30 years. So many young people could do this amazing work to feed, care for and educate thousands of children in the world. This has been remarkable work and dedication. For those who have further interest, please contact him at mail@makrobiotik.berlin.* The weather was good, so we all took a walk toward the bright sunset and returned for music.

Sunday began with Alicia Kon's extraordinary Biodanza movement, fun and connection to ourselves and each other. After breakfast Mario Binetti shared his journey with Macrobiotics and how Kiental several times had changed direction. He told us that in July next year Kiental will celebrate its 40th anniversary and we are all welcome to go there. Due to a computer failure, many addresses were lost: can we share addresses with him? Please contact him at mbinetti1@gmail.com. Anna Mackenzie talked on the Rhythm of Life in the natural world. We must encourage people's instinctive connection to the 5 transformations whilst modern lifestyle technology diminishes it. Wonderfully illustrated with some music. Florence shared her care and sensitivity with some Life wave products she was testing to remedy her eye situation.

In the afternoon Bjarne Andersen led a session of drumming and percussion that connected us with our inner and shared rhythm and began party mode. A wonderful session of synergy in a group. Sandy led the Q&A session with gusto. It went well. For the last night party, the meal was magnificent. The warm-hearted Danish Band played music and songs and virtually everyone danced. 16 Portuguese sang the roof off. Amazing. Monday morning exercise before departure with Manuel, Philippe, Alicia and Hauke was also nice.

For 2025 in Orval, South Belgium, Georges described the farm buildings, the extraordinary wooded / agricultural environment; the gardens of organic vegetables grown by Luc and staff for quality food made by the fine chef Miguel from Portugal. A fantastic residential center with great rooms.

Tamara and Jadranka from Croatia gave a really fine powerpoint presentation describing their center, restaurant, book shops and the award-winning organic farm run by their son. They proposed to host the Conference in 2026. Everyone voted to go there. We loved it in 2015.

The group agreed with the suggestion for the IMC that participants who want to give a presentation, always send a text extract to the Committee for a decision to maintain quality lectures.

We all agreed that for more website interaction a serious update is necessary and perhaps a Newsletter would help. A disclaimer is on the website. Jan suggested that there could be a dedicated button for each country so that people could click on it for what is happening there. And he suggested a small contribution per person (TBC) annually to keep it affordable to many and maintain the website costs.

From 2 newer participants came inspiring voluntary offers.

- a) Inmaculada, a lawyer / macro practitioner working in Zurich offered to formalize our organization into a legal structure.
- b) Paulo, a professional web technician from Portugal, offered to create a new website for IMC.

We thank Kristiane, Alicia and each Avnø staff/volunteer for all their smiles and attention and generous hosting. It was a joy.

The committee wishes to reinstate the policy of planting trees to offset the CO2 emissions at each Conference. Commencing with Oxon Hoath in England and continuing with Denmark and Belgium.

With very best wishes,

The Committee,

Kristiane Ravn Frost, Alicia Kon, Anna Mackenzie, Ken Prange, Sandy Pukel, Rosalina Silva, Georges Van Wesenbeeck.







