

Faculty

The ability to communicate macrobiotic common sense is a true calling— **Denny Waxman** embodies that priceless quality. Denny Waxman has more than thirty-five years of insight and experience as a teacher, counselor and student of macrobiotics. He is the recipient of the *Aveline Kushi Award* in 2005 for recognition of his long-term service to macrobiotics.

Susan Waxman has fifteen years experience in teaching and guiding others towards health. Her cooking continually amazes and inspires people. She is Executive Chef at *Genmai Café* in Philadelphia and is working on her first cookbook.

As Directors, Denny and Susan Waxman lead the Institute in all areas from strategic vision to curriculum development and teaching. They are joined by other esteemed practitioners and educators:

Warren Kramer,
Michelle Nemer,
and Patrick Riley.



The Strengthening Health Institute admits students of any race, color, national and ethnic origin to all the rights, privileges, programs and activities generally accorded or made available to students at the school. It does not discriminate on the basis of race, color, national and ethnic origin in administration of its educational policies, admissions policies, scholarship and loan programs and athletic and other school administered programs.

Strengthening Health Institute

1149 North 3rd Street
Philadelphia, PA 19123
Phone: (215) 238-9212
Email: info@strengthenhealth.org
Web site: www.strengthenhealth.org



The 2008 Comprehensive Certificate Program

The Comprehensive Certificate Program is an in-depth seminar that builds upon the foundation of healthy living established during the Strengthening Health Intensive. Individuals who wish to continue their study of macrobiotics benefit from our interactive and integrated approach. For those who want to become proficient in managing their own health and guiding others, the program presents macrobiotic philosophy and practical skills in diagnosis, health care, shiatsu massage, menu planning, and cooking.

At SHI, we have created a unique teaching atmosphere that is accessible and welcoming both to those who are just beginning their journey in macrobiotics as well as those who have been following this path for some time. The Strengthening Health approach provides a practical, easy-to-follow framework for understanding the most important aspects of eating habits, diet, exercise and lifestyle in order to build lasting health.

Our program will help you reach new levels of health and insight in your own life or as you prepare to enlighten others with a career in macrobiotics.

Let 2008 be the year that you choose to strengthen, deepen and enrich your life...

Comprehensive Certificate Program (CCP)

Certificate Program

The Comprehensive Certificate Program provides a unique blend of theoretical and practical training in a supportive atmosphere. Under Denny Waxman's leadership, our students and instructors develop life-long bonds and a sense of community not seen since the group houses of the 1960s. Our curriculum is interactive and the basic macrobiotic principles build upon themselves so seamlessly, they are naturally integrated into your daily life. Our method of teaching enables you to develop the confidence and knowledge to guide your life and help others make sound choices.

The Comprehensive Certificate Program meets monthly from January to November.

Testimonials

"Denny Waxman was one of my early students and is outstanding in his knowledge and dedication to macrobiotics. I am proud to have him as one of my associates and regard him one of the leading educators and an outstanding teacher of the macrobiotic lifestyle."

Michio Kushi, World Leader of Macrobiotics

"Denny is a brilliant lecturer who organizes and presents his material in an easily accessible manner. He makes sense of the simplicity of following an orderly and natural lifestyle for good health. Susan has a way of emphasizing 'the details' to make the food an extraordinary experience. After 26 years of macrobiotic practice and many cooking classes, the changes I've made after experiencing the classes have impacted my cooking skills and health. **Erica Rand, CCP Student**

"The CCP was the impetus I needed to really get my macrobiotic practice on track. The sense of community I experienced was profound. I highly recommend this program to anyone searching for a better way of life." **Ruth Owens, CCP Student**

"Attending the SHI one-year CCP has been the change in my life that I needed. After practicing macrobiotics for 10 years it was time to formalize my studies in hopes of becoming a teacher/counselor myself. My thanks to Denny and Susan Waxman for giving me this opportunity." **Betsy Bernazzani, RN, CCP Student**

Main Topics Include

Throughout the year, the following five fundamental areas are covered:

1. Macrobiotic Philosophy

-The basic models of macrobiotic thought and lifestyle and their practical applications including:

- The Unifying Principle
- Yin and Yang
- Nine Ki

2. Shiatsu and Do-In

-Whole body massage
-Daily self massage
-Breathing, meditation and spiritual practices
-Palm healing

3. Oriental Diagnosis

-How to see your physical & mental health & tendencies
-Visual health diagnosis of face, hands and body
-Pressure point diagnosis
-Constitutional and conditional diagnosis
-Symptom and environmental diagnosis

4. Macrobiotic Cooking

-Hands-on cooking classes with personal feedback
-Demonstrations
-Menu planning
-Cooking for the class
-Kitchen set-up
-Important macrobiotic dishes and cooking styles for daily and holiday cooking

5. Macrobiotic Health Care

-Allergies
-Healthy heart and circulation
-Reproductive problems
-Infant and child care
-Blood sugar control and regulation
-Weight control
-Other common problems

Costs and Information

Prices include program tuition, three delicious macrobiotic meals per day and course materials. Accommodations are not included.

Full payment by 10/1/07	\$4195.00
Full payment by 11/1/07	\$4345.00
Full payment by 12/24/07	\$4495.00
Full payment after 12/24/07	\$4695.00
Full payment to repeat the CCP	\$2495.00

Call about our payment plans.

Financial aid available.

The CCP will be held at our new center:

1149 N. 3rd Street, 1st Floor,
Philadelphia, PA 19123

Call 215-238-9212 for information or registration.

The Strengthening Health Intensive is a prerequisite for the CCP.

2008 PROGRAM DATES

January 9-13	February 8-10
March 6-9	April 11-13
May 2-4	June 5-8
July 18-20	August 15-17
September 12-14	October 17-19
November 13-16	

Each meeting begins at 6 P.M. with dinner and concludes at 2 P.M. on Sunday

Cancellation Policy:

In the event that you choose to withdraw from the Comprehensive Certificate Program the following terms apply:

If your notice is given prior to January 1st, 2008, a full refund will be given minus a \$250 processing fee. If your notice is given after January 1st, 2008, a prorated credit toward other SHI programs will be given minus a \$250 processing fee.