

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
December 27	28	29	30	31	January 1	2
3	4	5	6	7	8	9
		Home Processing - Part 1: Flour Products Traditional Whole Grain Breads: Kayu and Sprouted 7:00–9:00 pm				
10	11	12	13	14	15	16
		Home Processing - Part 1: Flour Products International Flatbreads 7:00–9:00 pm	Recipe Conversion & Demo 6:00–7:00 pm How Food Affects Your Health & Emotions 7:00–8:00 pm			
17	18	19	20	21	22	23
		Home Processing - Part 1: Flour Products Vegan Noodles 7:00–9:00 pm	Culinary Program - Assistant Training 6:00–8:00 pm			Healthy Indian Cuisine 9:00–11:00 am
24	25	26	27	28	29	30
		Home Processing - Part 1: Flour Products Seitan 7:00–9:00 pm Culinary Program - Orientation 6:00–7:00 pm Knife Skills 7:00–8:00 pm				Weekend Fundamentals Intensive - Cooking for Disease Prevention & Reversal with 1:00–7:00 pm
31	February 1	2	3	4	5	6
Weekend Fundamentals Intensive - Cooking for Disease Prevention & Reversal with 1:00–7:00 pm		Home Processing - Part 2: Soy Products Miso Production 7:00–9:00 pm	Creating a Culinary Journal 5:30–7:00 pm	The Versatile Bean Bean Basics 7:00–9:00 pm		Naturally Decadent Desserts Weekend Workshop The Best Vegan Pies and Crusts 1:00–3:00 pm Tarts and Cream Toppings 3:00–5:00 pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
January 24	25	26	27	28	29	30
		Home Processing - Part 1: Flour Products Seitan 7:00–9:00 pm Culinary Program - Orientation 6:00–7:00 pm Knife Skills 7:00–8:00 pm				Weekend Fundamentals Intensive - Cooking for Disease Prevention & Reversal with 1:00–7:00 pm
31	February 1	2	3	4	5	6
Weekend Fundamentals Intensive - Cooking for Disease Prevention & Reversal with 1:00–7:00 pm		Home Processing - Part 2: Soy Products Miso Production 7:00–9:00 pm	Creating a Culinary Journal 5:30–7:00 pm	The Versatile Bean Bean Basics 7:00–9:00 pm		Naturally Decadent Desserts Weekend Workshop The Best Vegan Pies and Crusts 1:00–3:00 pm Tarts and Cream Toppings 3:00–5:00 pm
7	8	9	10	11	12	13
Naturally Decadent Desserts Weekend Workshop Cakes, Muffins, and Icings 1:00–3:00 pm Sorbet, Gelato, and Shakes 3:00–5:00 pm		Home Processing - Part 2: Soy Products Homemade Tofu & Soymilk 7:00–9:00 pm	Recipe Conversion & Demo 6:00–7:00 pm How Food Affects Your Health & Emotions 7:00–8:00 pm	The Versatile Bean Gourmet Bean Favorites 7:00–9:00 pm		Aphrodisiacs - Cook to Love, Love to Cook 9:00 am–12:00 pm
14	15	16	17	18	19	20
		Home Processing - Part 2: Soy Products Tempeh Production 7:00–9:00 pm		The Versatile Bean International Bean Dishes 7:00–9:00 pm		
21	22	23	24	25	26	27
		Home Processing - Part 2: Soy Products Natto Production 7:00–9:00 pm		The Versatile Bean The Joy of Soy: Tempeh, Tofu, Miso & Natto 7:00–9:00 pm		Making the Transition to a Plant-Based diet 9:00 am–3:00 pm
28	March 1	2	3	4	5	6
Making the Transition to a Plant-Based diet 9:00 am–3:00 pm Essential Ohsawa Study Group - Chapter 3 4:00–6:00 pm		Five Transformation Theory Applied to Your Cooking Overview of Five Transformation Theory 7:00–9:00 pm	Creating a Culinary Journal 5:30–7:00 pm SH	Complete Macrobiotic Meals - Spring Noodle Bowl & Strawberry Couscous Cake 7:00–9:00 pm		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
February 21	22	23	24	25	26	27
		Home Processing - Part 2: Soy Products Natto Production 7:00–9:00 pm		The Versatile Bean The Joy of Soy: Tempeh, Tofu, Miso & Natto 7:00–9:00 pm		Making the Transition to a Plant-Based diet 9:00 am–3:00 pm
28	March 1	2	3	4	5	6
Making the Transition to a Plant-Based diet 9:00 am–3:00 pm Essential Ohsawa Study Group - Chapter 3 4:00–6:00 pm		Five Transformation Theory Applied to Your Cooking Overview of Five Transformation Theory 7:00–9:00 pm	Creating a Culinary Journal 5:30–7:00 pm SH	Complete Macrobiotic Meals - Spring Noodle Bowl & Strawberry Couscous Cake 7:00–9:00 pm		
7	8	9	10	11	12	13
		Five Transformation Theory Applied to Your Cooking Using Five Transformation Theory in Cooking 7:00–9:00 pm	Recipe Conversion & Demo 6:00–7:00 pm How Food Affects Your Health & Emotions 7:00–8:00 pm	Complete Macrobiotic Meals - Spring Millet with Chickpea Gravy 7:00–9:00 pm	Weekend Seminar with Warren Kramer Love Your Liver: The Essence of Springtime Health Weekend Seminar Love Your Liver: The Essence of Springtime Health 7:00–9:00 pm	Weekend Seminar with Warren Kramer Love Your Liver: The Essence of Springtime Health Weekend Seminar 9:00 am–7:00 pm
14	15	16	17	18	19	20
Weekend Seminar with Warren Kramer Love Your Liver: The Essence of Springtime Health Weekend Seminar 9:00 am–7:00 pm						
21	22	23	24	25	26	27
		Five Transformation Theory Applied to Your Cooking Creating Balance and Overcoming Common Mistakes with Five Transformation Theory 7:00–9:00 pm		Complete Macrobiotic Meals - Spring Sushi Night 7:00–9:00 pm		Homemade Pizza 9:00–11:00 am
28	29	30	31	April 1	2	3
Essential Ohsawa Study Group - Chapter 6 4:00–6:00 pm		Five Transformation Theory Applied to Your Cooking Seasonal Variations Using 5 Transformation Theory 7:00–9:00 pm		Complete Macrobiotic Meals - Spring Raw and Cooked - Side by Side 7:00–9:00 pm		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March 28 Essential Ohsawa Study Group - Chapter 6 4:00-6:00 pm	29	30 Five Transformation Theory Applied to Your Cooking Seasonal Variations Using 5 Transformation Theory 7:00-9:00 pm	31	April 1 Complete Macrobiotic Meals - Spring Raw and Cooked - Side by Side 7:00-9:00 pm	2	3
4	5	6 Five Transformation Theory Applied to Your Cooking Five Transformation Theory Summary and Menu Building 7:00-9:00 pm	7	8 Adding Variety into Your Cooking Quick Cooking Grains 7:00-9:00 pm	9	10 Homestyle Breakfast 9:00-11:00 am
11	12	13	14 Recipe Conversion & Demo 6:00-7:00 pm How Food Affects Your Health & Emotions 7:00-8:00 pm	15 Adding Variety into Your Cooking Pastas & Casseroles 7:00-9:00 pm	16	17 Culinary Program - Final Exam 9:00 am-12:00 pm
18	19	20	21 Understanding the Human Body Anatomy and Physiology 3:00-5:00 pm	22 Adding Variety into Your Cooking Glorious Greens & Sauces 7:00-9:00 pm	23	24
25 Essential Ohsawa Study Group - Chapter 7 4:00-6:00 pm	26	27	28 Understanding the Human Body Anatomy and Physiology 3:00-5:00 pm	29 Adding Variety into Your Cooking Beverages, Condiments & Pickles 7:00-9:00 pm	30	May 1 Making a Macro Mexican Meal 9:00-11:00 am
2	3	4	5 Understanding the Human Body Anatomy and Physiology 3:00-5:00 pm	6 Raw and Living Foods Raw Foods: Spreads, Pates, Sauces & Salads 7:00-9:00 pm	7	8