

**GREAT LIFE MOUNTAIN SEMINAR SCHEDULE**  
**Jane and Lino Stanchich with Dr. Martha C. Cottrell, M.D.**  
**Asheville, North Carolina**

**OCTOBER 14-20, 2013**

**MONDAY, OCTOBER 14**

**2:00 ARRIVAL/REGISTRATION/REFRESHMENTS**

Be welcomed by our friendly staff who will show you to your cozy room. Relax from your travels, have a snack we have prepared for you, walk in the refreshing woods.

**5:00 "WELCOME ALL!"**  
Jane and Lino Stanchich, Teachers and Staff

**6:00 DELICIOUS WELCOME DINNER**

**7:00 EVENING STROLL OR RELAXATION**

**7:30 ORIENTATION/LOGISTICS – JANE AND LINO**  
A Blue Ridge Assembly Staffer to Welcome Us  
The Introduction Circle

Getting to know you.... This is one of the highlights of the seminar, when we hear from participants about their lives, occupations, and goals for the seminar.

Orientation includes viewing the comprehensive student binders, filled with macrobiotic materials, recipes, charts, guides, literature, and valuable information. Learn all about the Blue Ridge Assembly facilities, nature trails, and paths to the lake.

**THE BENEFITS OF JOURNALING – MARTHA C. COTTRELL, M.D.**

Journaling is an effective tool we can all use to get in touch with very deep emotions. I will guide you in using this method to communicate with your inner most feelings, desires, and more cherished dreams. We will experiment this week with simple journaling and discussions later in the week to hear your insights.

**9:00 RELAXATION TECHNIQUES FOR PEACEFUL SLEEP**  
We will relax totally to help us sleep more deeply. You will learn invaluable and simple techniques you can practice at home to take you into deeper, more restful sleep.

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**TUESDAY, OCTOBER 15**

**7:00 SELF-MASSAGE/HEALING BODY SCRUB – LINO**  
Wake Up your vitality, circulation, and well being the fun way, in the fresh air on the front porch of the lodge. Energize your entire body with Do-In self massage, a whole body workout based on ancient energy healing techniques. Learn how to massage yourself from the top of your head to

the soles of your feet, following energy pathways, called meridians. Included will be basic hands and feet reflexology, as well as dynamic group massage and closing with a powerful laughing session. These effective techniques are proven to increase vitality and healing. Lino's informative teaching and warm, friendly style give you the perfect way to greater health!

**8:00**                                **BREAKFAST**

**9:30-10:30**                        **INTRODUCTION TO MACROBIOTICS – LINO**

Macrobiotics is a worldwide natural health movement that has its roots in ancient wisdom and is validated by modern science. It is a philosophy of living according to natural laws, using ecological and economical methods of conscious living. Many have regained their health and vitality through the macrobiotic whole foods organic diet and vital lifestyle. Discover the ways the macrobiotic path can bring you balance and greater health.

**10:30**                                **Break**

**10:45 -11:45**                        **EATING FOR MAXIMUM ENERGY AND HEALING – LINO**

Our health is determined by not only what we eat, but how we eat, when we eat, and the attitude we have during our meal. Calm, peaceful mealtimes increase digestion, absorption, and immunity- and give a wonderful feeling of well-being. Lino will relay his dramatic story when, endangered in a concentration camp, he practiced an eating method learned from his father. It saved both of their lives. Students will practice a session of Conscious Eating, proven to increase health and peace of mind.

**11:45**                                **Break**

**12:00**                                **LUNCH (Conscious Eating Practice)**

This is one meal in which we will all practice the amazing Conscious Eating method, eating a quiet peaceful meal using special techniques to enhance digestion, absorption, and wellness. A dramatic experience. Lino will host at every meal, a Conscious Eating table at which you can eat. Subsequent mealtimes allow for sharing conversation as you wish.

**2:00-3:45**                                **COOKING CLASS: GRAINS AND SOUPS – JANE**

Learn all the basics of identifying, choosing, and cooking healthful whole grains and miso soup, which we enjoy daily at the seminar. Full nutritional and energetic classifications will be given. “Women who eat miso have 50% less breast cancer!” A Miso video will be shown.

**3:45-4:00**                                **Break**

**4:00-5:30**                                **THE BENEFITS OF A PLANT-BASED DIET – DOC MAGGIE**

There will be a discussion of the many benefits of the now highly respected plant-based diet from the stand point of human health, as well as its positive impact on the environment. Dr. Cottrell will also discuss the scientifically proven connection between the Standard American Diet and the current epidemic of chronic disease and obesity.

- 5:30-6:00**                    **BREAK/TAKE A WALK/ SELECT YOUR ITEMS FROM THE STORE**
- 6:00**                            **DINNER**
- 7:30**                            **FILM “FORKS OVER KNIVES” OR “GENETIC ROULETTE”**  
We will watch a compelling video that shows medical experts promoting the organic plant-based diet, and see how our choice of foods profoundly affects not only our health, but the earth’s ecology and the welfare of all the world’s people and animals.
- 9:00**                            **DISCUSSION AND RELAXATION**
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**WEDNESDAY, OCTOBER 16**

- 7:00**                            **DO-IN SELF-MASSAGE/REBOUNDING- LINO**  
More of Lino’s revitalizing Do-In Self Massage with the addition of lymph-cleansing rebounding on the mini-trampoline, proven to be so highly effective and strengthening that NASA astronauts and Olympic athletes rebound regularly.
- 8:00**                            **BREAKFAST**
- 9:30-10:30**                    **WHAT ARE YOUR HEALTH GOALS?**  
Are you living your healthiest and happiest life? What are your health challenges? Setting clear goals is one of the most important steps to creating the life we desire. What are the goals you have for your life? What are your health goals? Identify and write down your goals.
- 10:30-10:45**                    **BREAK**
- 10:45-11:45**                    **HIGHWAYS TO HEALTH OR DOWNHILL TO DISEASE!- DOC MAGGIE**  
Dr. Cottrell will explore the western model of the Doctor-Patient relationship in which the patient is dependent on the western model of crisis intervention, rather than emphasizing those behavioral practices which address cause and the promotion of health. She will invite us to look at the other models, which require taking responsibility for our behavior, choices, and attitudes as important contributions to the promotion of our health.
- 11:45**                            **BREAK**
- 12:00**                            **LUNCH**
- 2:00-3:15**                      **MACROBIOTIC COOKING CLASS: BEANS AND BEAN PRODUCTS- JANE**  
Beans, beans, good for your heart! And kidneys and your whole body! They are key protein sources, with lentils containing equal protein content as beef in some instances. Beans are delicious and satisfying. Learn to make them so they are totally digestible and delicious.

**3:15-3:30            BREAK**

**3:30-5:00            BODY DIAGNOSIS FROM HEAD TO TOE – LINO**  
Drawing from ancient and time-honored techniques, Lino will teach us how to read our faces, know our body types, feet, hands, tongue, to better understand our constitution and body. A very enlightening class with illustrations and hands-on learning. It is truly life-changing.

**5:00-6:00            BREAK/ TAKE A WALK/ SELECT YOUR STORE ITEMS/ REST**

**6:00                    DINNER**

**7:30 – 9:00            FUN WITH YIN AND YANG**  
The guiding principle of universal energy is in all of nature, in trees, weather, landscape, animals, rocks, plants, humans - in all things. Our body type, face, features, bones, condition, and emotions...all are classified more yin or more yang. An enlightening evening of education and fun with the Universal Principle. Enjoy and join in the skits and gain an understanding of the amazing yin and yang.

**9:00                    DEEPER SLEEP THROUGH RELAXATION/MEDITATION**

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**THURSDAY, OCTOBER 17**

**7:00                    CHI ENERGY EXERCISES– LINO**  
Learn and practice a powerful form of Chi Kung, blended with Tai chi and other revitalizing exercises to generate and awaken optimum energy, held in the fresh mountain air.

**8:00                    BREAKFAST**

**9:30                    EXCURSION DAY IN ASHEVILLE!**  
**Pick Up Your Take-Out Lunch**  
**Leave for Asheville Excursions/Return by 4:00 pm**  
**Stay? Consultations and Cooking Instruction back at the Lodge**

**2:45-3:45            HANDS-ON VEGETABLE CUTTING TECHNIQUES/Q&A WITH JANE AND MARCIA**

You may choose to remain at the lodge and practice your cutting and cooking skills under the expert supervision of Marcia and Jane. Bring your cooking questions, as well as an apron and favorite knife.

**3:45-4:00            BREAK**

**4:00-5:30            SUGAR ADDICTION AND THE EPIDEMIC OF DIABETES AND DEPRESSION- DOC MAGGIE**

Sugar has been called a “Neuro-Toxin,” and poison, yet Americans eat over 140 pounds a year. Many forms of refined sugars cause a myriad of diseases including cancer, diabetes, and

depression. Learn how harmful sugar is and how to reduce sugar cravings. Watch a video of Dr. Cottrell's successful macrobiotic diabetes program.

**5:30-6:00**                    **BREAK**

**6:00**                            **DINNER**

**7:30**                            **RELAX OR TAKE A STROLL**

**8:00**                            **UNIVERSAL ENERGY MEDITATION-Lino**

Connect with the powers of the universe and the Divine. We find tremendous support and greater peace when we practice these special spiritual techniques. These methods are simple, easy, and totally complimentary with any faith.

**9:00**                            **DEEPER SLEEP/MUSICAL RELAXATION AND MEDITATION**

Following the spiritual practices of earlier in the evening, Lino will guide you in relaxation techniques utilizing music, affirmations, and guided imagery for a deeper sleep.

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## **FRIDAY, OCTOBER 18**

**7:00**                            **CHI KUNG EXERCISES - TRICIA ATTAWAY**

One of our favorite friends and teachers, Tricia, is a quite accomplished Chi Kung instructor who will teach you a dynamic and effective series of exercises. These invigorating movements are specifically designed to move, stretch, and energize specific body regions and muscle groups, while directing chi energy throughout the body.

**8:00**                            **BREAKFAST**

**9:00-11:00**                    **HOMEMADE PICKLES, KNIFE SHARPENING, HOME REMEDIES-  
GINGER COMPRESS - LINO AND STAFF**

Lino will teach how to prepare easy and healing pickles that powerfully aid digestion, including his daikon-ume, red onion, and mixed vegetable shoyu pickles and Italian "Giardiniera". Watch the proper knife sharpening techniques so you can keep your kitchen knives sharp and safe. Learn about the most essential and widely used macrobiotic home remedies, how to prepare, apply, and utilize these healing drinks, soups, plasters, and teas. Lino will also demonstrate his highly effective ginger compress step by step!

**11:00-11:15**                    **BREAK**

**11:15-11:45**                    **INTRODUCTIONS OF SPECIAL GUESTS**

**12:00**                            **LUNCH**

When you come down for Cooking Class, please bring blankets/mats to the Living Room for Shiatsu.

**2:00-3:30**                    **MACROBIOTIC COOKING: VEGETABLES & SALADS-JANE**  
Vegetables, so filled with anti-oxidents, a rainbow of color, and vital yin energy, re-hydrate and balance our body as they provide minerals, fiber, and essential vitamins. Discover ways to prepare several vegetables dishes from sautéed, stewed, and boiled to fresh raw salads that retain even more enzymes. Sprouting and Micro-greens will also be taught.

**3:30-3:45**                    **BREAK**

**3:45-5:30**                    **SHIATSU MASSAGE EXCHANGE: LEARN, GIVE & RECEIVE – LINO**  
Touch is very healing. Receive a revitalizing full body shiatsu massage, led by Lino, Licensed Massage Therapist. Trade positions with your partner and then learn how to give a simple shiatsu massage to another. One of our most popular and fun sessions teaches vital massage techniques that you can give to your loved ones and pets. Bring a blanket.

**5:30-6:00**                    **BREAK/SELECT YOUR ITEMS FROM THE STORE/ENJOY A WALK**

**6:00**                            **DINNER**

**7:30-9:00**                    **TALENT SHOW**  
Bring your musical instrument, song, poem, or reading to share with others at this fun and inspirational show of your skills and talents.

**9:00**                            **RELAXATION, MEDITATION, AND MUSIC**  
Winding down from our talent show, we will teach how to transition into a peaceful place where the mind can become calm and tranquil. Very useful techniques for those times we need to find yin amid the yang and peace in our lives.

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**SATURDAY, OCTOBER 19**

**7:00**                            **HEALING EXERCISES – LINO**  
Lino will review and refine the exercise practices taught throughout the week. A mix of Do-In, yoga, Chi Kung, and stretching will be presented in the fresh air of the lodge porch. Culminating in a rousing group laugh, we all leave rejuvenated!

**8:00**                            **BREAKFAST**

**9:00-10:30**                    **HEALING OUR EMOTIONS-DOC MAGGIE**  
Dr. Cottrell will introduce us to the basic energy systems and how our energy affects our emotions, our view of life, and the illnesses to which we are susceptible. This vital insight into the mind-body connection is based on the ancient wisdom of Chinese Medicine and philosophy.

**10:30-10:45**                    **BREAK**

**10:45-11:45**            **ASK LINO!**  
**Bring your questions about macrobiotic theory, diagnosis, food remedies, relationships, and anything you want to discuss or ask Lino. If you wish to keep your question confidential, write it on a piece of paper.**

**12:00**                    **LUNCH**

**2:00-3:00**            **TAKING THE TEACHINGS HOME**  
**A group discussion of how to take home this valuable information to our families, friends, community. How to organize our days to provide the healthy meals we want and need. How to socialize and harmonize with people who may not embrace our dietary philosophy. How to create a dynamic support group who positively enhance our lifestyle.**

**3:00-3:15**            **BREAK**

**3:15-4:30**            **THE DOCTOR IS IN! – DOC MAGGIE**  
**This is an invaluable time to hear the wisdom of Doc Maggie as she answers your questions.**

**4:30-6:00**            **FREE TIME**  
**Take this time to Pick up Store Orders or enjoy a walk!**

**6:00**                    **DINNER**

**7:30-8:30**            **SPECIAL CLOSING APPRECIATION CIRCLE**

**8:30**                    **Unwinding/Meditation and Relaxation**  
**Continued Socializing in Dining Room**

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**SUNDAY, OCTOBER 20**

**7:00**                    **MORNING WALK**

**8:00**                    **BREAKFAST**  
**Safe Journey Prayer**

**10:00**                **“FAREWELL!” AND DEPARTURE**  
**Travel Meal Provided**

**(Schedule subject to change.)**

