

# **WORLD MACROBIOTIC SUMMIT PROGRAMME Saturday 20th February**



## **Cook Along – Menu 1**

with Marco Fonseca (English, Português)  
GMT 3-4pm, CET 4-5pm, EST 10am-11am, PST 7am-8am

## **Introduction to Macrobiotics**

With Marijke De Coninck, Simon Brown  
Testimonials: Eva Madeira, Filipa Silva, Melanie Brown, Maria Gillot (English, Português)  
GMT 4-5pm, CET 5-6pm, EST 11am-12pm, PST 8am-9am

## **Cook Along – Menu 2**

with Christina Pirello (English, Italiano)  
GMT 5-6pm, CET 6-7pm, EST 12pm-1pm, PST 9am-10am

## **Why is Macrobiotics more Important than Ever**

With Denny Waxman, Susan Waxman, Michael Rossoff, Carl Ferré, Anna Mackenzie, Ana Torres  
GMT 6-7pm, CET 7-8pm, EST 1pm-2pm, PST 10am-11am

## **Health Tips**

With Paula Oliveira, Jessica Porter, Christina Pirello, L. Azevedo, Natalia Restrepo, Steven Acuff  
GMT 7-8pm, CET 8-9pm, EST 2pm-3pm, PST 11am-12pm

## **Macrobiotic Revolution**

With Melanie Brown, Jessica Porter, Michael Rossoff, Patricia Restrepo, Eva Madeira, Filipa Silva  
GMT 8-9pm, CET 9-10pm, EST 3pm-4pm, PST 12pm-1pm

## **Development of Consciousness**

With Greg Johnson, William Spear, Evan Root, Marco Fonseca, Carl Ferré, Jimena Alvarez  
GMT 9-10 pm, CET 10-11 pm, EST 4pm-5pm, PST 1pm-2pm

### **Notes:**

\* All Panels are in English

GMT – Greenwich Meridian Time (Portugal, U.K., Ireland)  
CET – Central European Time (most of Europe)  
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# **WORLD MACROBIOTIC SUMMIT PROGRAMME Sunday 21st February**



## **Cook Along – Menu 3**

With Eva Madeira (English, Português)  
GMT 4-5pm, CET 5-6pm, EST 11am-12pm, PST 8am-9am

## **Cook Along – Menu 4**

With Angela Agrati Prange (English, Italiano)  
GMT 5-6pm, CET 6-7pm, EST 12pm-1pm, PST 9am-10am

## **Macrobotics and Environment**

With Bill Tara, Simon Brown, Marion Price, Robert Carr, June Ka-Lim, Patricia Restrepo  
GMT 6-7pm, CET 7-8pm, EST 1pm-2pm, PST 10am-11am

## **Positive Psychology**

With Simon Brown, Filipa Silva, Melanie Brown, Ginat Rice, Daniel Mayor, Kenneth Prange  
GMT 7-8pm, CET 8-9pm, EST 2pm-3pm, PST 11am-12pm

## **Future of Humanity**

With Edward Esko, Naomi Esko, Alex Jack, Bettina Zumnick, Sheri De Maris, Sachi Kato, João Borges  
GMT 8-9pm, CET 9-10pm, EST 3pm-4pm, PST 12pm-1pm

## **World Current Situation**

With João Borges, Martin Halsey, Michael Rossoff, Edward Esko, Jo Waxman, Steven Acuff, Oliver Cowmeadow, Hans Schmid, Maria Gillott, Joaquim Reis, Hans Schmid, Philippe Kusnik  
GMT 9-10:30pm, CET 10-11:30pm, EST 4pm-5:30pm, PST 1pm-2:30pm

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