

"TAMBA" Macrobiotics Program

Lifestyle school : How to prepare your mind and body through diet learned from our predecessors

"Get in touch with nature and food here in Tamba, and build a healthy body."



(Makomo)

Program

Date: Sat. October 7, 2023, 9:00 - 16:00

9:00AM Meet at West Exit of JR Sonobe Station

- ★ Travel from Sonobe Station by e-bike
(If you would like to travel by car or bus , pls contact us.
- ★ Visiting Solakoya in Satoyama 9:30AM~2:00PM
【Lecture】 Nishimoto-san "Healthy Food Cooking" class
Makomo cooking experience (Makomo is a food from the Jomon period.)
【Lunch】 Having dishes prepared by participants
- ★ "Tea ceremony" tea & Japanese sweets 2:30PM~3:30PM
Praying for good health at Ikimi-Tenmangu Shrine

4:00PM Break up at West Exit of JR Sonobe Station



Nishimoto-san

Representative Solakoya

- ★ Nishimoto-san travels all over the Japan to teach Macrobiotics That is the wisdom that suits the Japanese climate. Learn about nutrition based on Yin and Yang. Experience nature, We aim to create a body that will enrich your life by adjusting your mind, body, and autonomic nervous system. I am practicing this kind of life science.



- ★ Facebook 「Solakoya」

<https://www.facebook.com/profile.php?id=100068143998161>

Participation Fee

E-bike Tour : 8,400yen

(Pls contact us if you would like to travel by car or bus.)

Participation fee : Lunch, electric bicycle fee, insurance, guide fee,

Application / Inquiry

Number of recruitment : 10

Sonobe Culture and Tourism Association

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Sponsor: Sonobe Culture and Tourism Association (Travel agency: West Japan Tourist)