



Kushi Institute - Summer Conference 2010

Peace and Joy through Health & Vitality!

IBM Executive Conference Center - Palisades, NY

July 22-25, 2010!



2010 Summer Conference

Visit Our Registration Site for

**Special Time-Sensitive
Early Registration Discount Offers!**

To Register, go to:

www.kushiconference.org.

or

Call 413-623-5741 x111

Denny Waxman Invites You to the: 2010 Summer Conference

Promoting Health and Vitality
Through Natural Diet and Lifestyle

Why you should attend!

- Expand your knowledge with new and exciting classes!
- Heal your body and mind with natural foods!
- Balance your diet for optimum health!
- Understand the relationship between your vitality and ability to follow your passion!
- Learn new recipes and expand your repertoire!
- **New for 2010!** - Multi-Session Workshops providing you the ability to explore a topic in more depth.

Achieve Extraordinary Health!

We teach you how to make healthy living practical. By taking control of your health, you will learn that true health gives you an immense feeling of gratitude & joy that fills your daily life.

Health and vitality will inspire you to follow your passion and achieve your personal goals!

For 30 years, the Kushi Institute has profoundly impacted many lives by guiding dietary and lifestyle choices through education.

Only **\$575** for the entire conference, meals included!

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Whole Foods - Vegan - Macrobiotic Meals



Michio Kushi

Michio Kushi is one of the foremost authorities on macrobiotics, alternative medicine, natural foods movements, and world peace.



Denny Waxman

Denny Waxman, is an internationally known teacher, counselor, and writer in the fields of health, natural healing, and macrobiotics. In 1982, he gained worldwide recognition for guiding Dr.

Anthony Sattilaro, then President of Methodist Hospital in Philadelphia, to a complete recovery from terminal prostate cancer. This experience is documented in Dr. Sattilaro's book, "Recalled By Life". Denny is also the founder of Essene Natural Food Store.

In 1997, Denny founded The Strengthening Health Institute and has an active health counseling practice in Philadelphia and New York. His third book, "The Great Life Diet", is available.

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or Call 1-413-623-5741 x111

Join us for an unforgettable experience
that will change your health and your life!

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or call
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Same Great Location and On-Site Accommodations

The Dolce/IBM Center in Palisades, NY is just 20 miles from Manhattan.

IBM Palisades, managed by Dolce Resorts, presents the highest-quality facilities situated on 105 acres of rolling wooded hills, ponds, walking trails and nearby parks. The serene natural surroundings coupled with the most up-to-date technology provide the perfect learning environment.



All bedrooms with Queen Beds and private bathrooms

In between classes, guests can spend time in the fitness center featuring four racquetball courts, a whirlpool, two saunas and a five-lane, wave-less lap pool. Wireless Internet as well as computers providing Internet access is complimentary throughout the facility. In addition, Dolce-IBM Palisades offers resort hotel style accommodations all under the same roof! **Only \$99 per room per night!** Additional Cots available upon request for a nominal charge.



Please note: Additional off-premise hotel accommodations available with 2 double beds available. Located just 3 miles away.

New for 2010 – Swimming available for Young Adults ages 12+. Lifeguard will be provided. *Please Note: Dolce will require a signed liability waiver.

Our Expert Speakers include:

Michio Kushi
Diane Avoli
Les Bolland
Cindy Briscoe
David Briscoe
Dr. Annemarie Colbin
Dr. Martha Cottrell
Claire Diab
Sheri DeMaris
Edward Esko
Patricio Garcia de Paredes
Rick Jarow, Phd.
John Kozinski
Warren Kramer
Susan Krieger
Dr. Larry Kushi
Judy MacKenney
Tom Monte
Clyde Motosue
Hiroyuki Naka
Mie Naka
Abraham Oort
Christina Pirello
Jessica Porter
Lino Stanchich
Denny Waxman
Susan Waxman
Melanie Waxman

Rely on Kushi Institute to provide you with the latest in natural, holistic, and alternative health that makes the Summer Conference the special "must attend" event every year!

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Kushi Institute is a 501c-3 non-profit educational organization that promotes health through a natural macrobiotic diet and lifestyle.

Gift Certificates Available On-Line

Kushi Institute is a federally approved 501-c-3 non-profit educational organization. Discrimination based on race, color, sex, sexual orientation, gender identity, religion, age, national or ethnic origin, political beliefs, veteran status, or disability unrelated to course requirements is contrary to the principles and policies of Kushi Institute.

To reduce the impact to our environment, we will use email as our primary method to communicate with you instead of mailing paper brochures. We hope you agree with our approach.

In Health and Happiness,

Kushi Institute Summer Conference Committee