

# A Dynamic Weekend Workshop with Bill Tara

## MACROBIOTICS AND HUMAN ECOLOGY

February 4 - 5, 2012

The issue of health is one that spans every frontier of human life. It permeates our biology, our intellect and our spirit; it animates both emotion and action. **This two-day exploration of the dimensions of health is an experience where expert healers, practitioners and beginners can all enjoy and discover value.**

You can discover how creating personal health may be the most important action in saving the environment and creating a world that works for everyone.

The seminar includes topics on:

- Ancient Echo's – Bringing Primitive wisdom into modern times
- Self Generated Healing – Internal Ecology
- The Relationship between Physical, Emotional and Spiritual Health
- Macrobiotic practice for Modern Times
- Creating a Human Ecology



**Weekend Workshop Feb 4 & 5, 2012:** 9.30am to 5pm (\$350) **Venue:** Theosophical Society, 240 East 53rd Street  
(Between 2nd & 3rd Ave, Subway 6 E M at 51 or 53rd/ Lex)

## An evening with Bill Tara

### LIVING AS IF LIFE MATTERED



We live in a time of rapid change. These changes can pull us away from our own center of being and into a flood of conflicting information on how to live our lives, define our values and even view our health and personal wellbeing. This evening is an opportunity to explore some of the ideas that can lead to a more fulfilling and healthy life in a culture that often seems aimed at destruction.

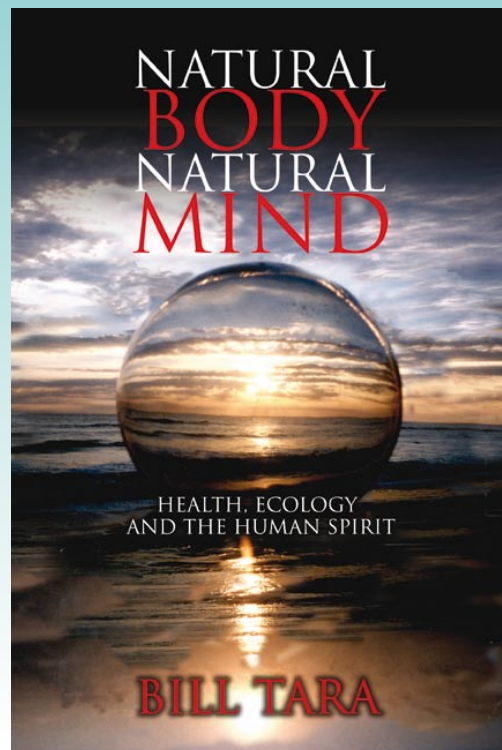
Bill Tara's ideas and ideals have been formed by a rich life experience of work, travel, teaching, study and health counseling. For over forty years he has been at the forefront of macrobiotic education, developing businesses, educational projects, and teaching in over 20 countries. He has consistently focused his work on adapting the macrobiotic philosophy to the needs of modern life and culture. His approach is dynamic, simple and comprehensive, untroubled by esoteric jargon and rich with humor. Bill's teaching addresses the huge gap in our social understanding of how to create health in the individual and in society as a whole. His newest book, "Natural Body, Natural Mind" is now available at [www.amazon.com](http://www.amazon.com) or [www.xlibris.com](http://www.xlibris.com).

**Friday evening Feb 3, 2012:** 7.30pm (Pay at door - \$20) **Venue:** Theosophical Society, 240 East 53rd Street  
(Between 2nd & 3rd Ave, Subway 6 E M at 51 or 53rd/ Lex)

## Natural Body Natural Mind *Bill Tara*

### Ancient Wisdom for Modern Times

This book takes a radical look at why wealthiest society in history is producing a culture where degenerative disease, emotional stress and social discord are the norm. It explores how our modern enchantment with technology and unlimited economic growth creates a gap between our everyday actions and our true human potential. By focusing on the relationships between Humanity to Nature and Health to Culture, Food to Health and Health to Emotion Mr. Tara presents a vision of how daily actions can create a world that works for everyone. Natural Body / Natural Mind challenges the values of science, religion and the marketplace with a passionate appeal to compassion, common sense and the wisdom of the heart.



### REVIEWS OF NATURAL BODY / NATURAL MIND



I just finished NATURAL BODY / NATURAL MIND, which hits every “note” in the song the world needs to hear now concerning all that is happening around us. **Lynn Salt, Filmmaker**

With clarity and compassion, Bill shows us the key steps to dietary and lifestyle changes that can change our lives for the better. This book points to a way to manifest macrobiotics in our lives that can impact others, the world and ourselves at the same time. I highly recommend this book.

**Michael Rossoff, Macrobiotic Teacher and Acupuncturist**

I've read 'Natural Body, Natural Mind' three times now and it has become my 'go to' book whenever I need to figure out how to articulate a theory or idea in a lecture or a class... or sort something out for myself.

I love this book so much.

**Christina Pirello, Emmy winning TV personality and Health Advocate**

The author has been in the natural health movement for decades and has a welcome long view on the changes that are accelerating around us and impacting not just our individual health but also the health of our planet and future generations.

**Randy Rolfe, Family Therapist**

If you are interested in your own health and/or the health of the planet, don't miss this book! Mind-opening, enthusiastic thinking. **Felix Nuneo, Medical Professional**

### Enquires and bookings

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