

# BILL TARA IN LONDON

**MACROBIOTICS AND HUMAN ECOLOGY**  
– A NEW PARADIGM FOR HEALTHY LIVING JULY 11 & 12, 2009



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 experienced healers, practitioners and beginners can all enjoy and discover value.



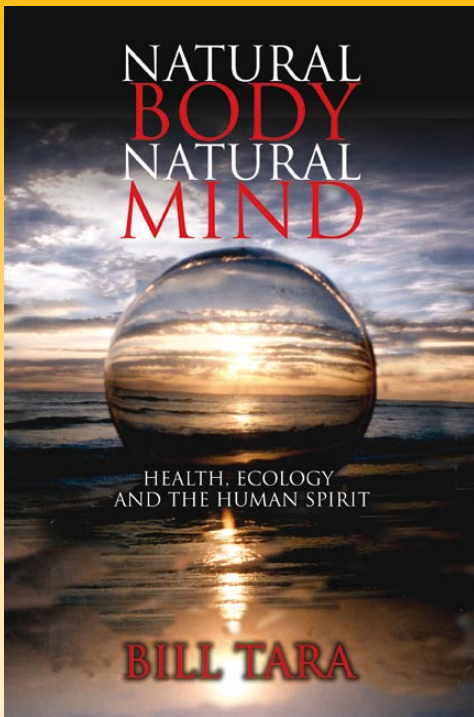
You can discover how creating personal health may be the most important action in saving the environment and creating a world that works for everyone.

The seminar includes topics on:

- Self Generated Healing
- The Relationship between Physical, Emotional and Spiritual Health
- Macrobiotic practice for Modern Times
- Ten Healthy Habits
- How to Animate Personal Dreams.

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).

*Dynamic Weekend Workshop*



## 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.

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“Bill, I’ve read your book, ‘*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 find that its wisdom works for both the beginner and the most experienced of those living naturally. For me, its message about living well takes on any number of issues that people face and strips away all the excuses not to live a better life.

I love this book so much. It sums up all I have learned from you over the years and illustrates why, to this day, I consider you my mentor and role model in the work that I do.” – Christina Pirello

# *true human potential*

**Bookings:** [info@academyhealingnutrition.com](mailto:info@academyhealingnutrition.com)

**Venue:** Regents Park College, London **Times:** 9.30 to 5pm each day.

**Fees:** Payment by Visa or Mastercard by 1st July: 160 GBP. After 1st July: 220 GBP

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