

INTRODUCTION TO MACROBIOTIC YOGA



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WHAT IS MACROBIOTIC YOGA?

< 3 features >

Macrobiotic yin and yang

Okido-yoga

Preksha meditation

APPEARANCE OF MACROBIOTIC YIN AND YANG

**What is macrobiotic yin
and yang?**

Macrobiotique Guide Book II

マクロビオティックの 陰陽がわかる本



陰陽をココロとカラダで感じてみよう！



陰陽の基本を
わかりやすく楽しく
まとめた入門書

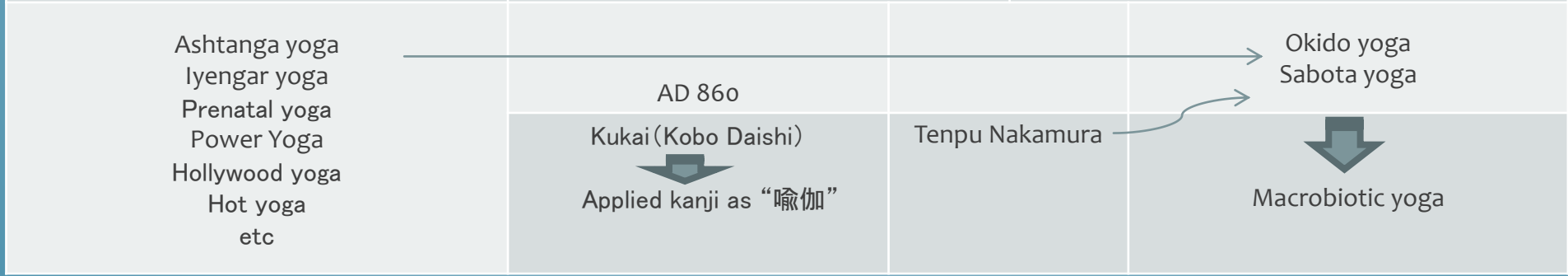
日本CI協会

BRIEF HISTORY OF YOGA AND OKIDO YOGA

**Brief history of yoga and
Okido yoga**

What is Okido yoga?

Type	Known as	Effect/ Implication
Rāja yoga	Royal Yoga	Mind
Karma yoga	Discipline of action yoga	Logic
Jnana Yoga	Intelligence yoga	Philosophy
Hatha yoga	Yin yang yoga	physiology
Kundalini Yoga	Laya yoga	parapsychology
Bhakti yoga	Cultivation of love and devotion to God yoga	Mind
Mantra yoga	Mantra yoga	Ritualistic



ENCOUNTER OF MACROBIOTIC FOUNDER GEORGE OHSAWA AND OKIDO YOGA FOUNDER MASAHIRO OKI

Who is George Ohsawa?

Who is Masahiro Oki?

How and why they met?

GEORGE OHSAWA

(1893.10.18-1966.4.24)

1912(20 YEARS OLD)

RECOVERING HEALTH DUE TO DIETETICS BY
SAGEN ISHIZUKA

1927(35 YEARS OLD)

SEATED AS CHAIRPERSON IN DIETETICS
ASSOCIATION, IN CHARGE OF EDITING "DIETETICS
MAGAZINE"

1928(36 YEARS OLD)

1ST PU UNIVERSITY IN SUMMER IN HOKKAIDO

1929(37 YEARS OLD)

PENILESS JOURNEY TO PARIS TO PRESENT
"PRINCIPLE OF UNIQUE"

1940(48 YEARS OLD)

ESTABLISHMENT OF PU CENTER IN OTSU, SHIGA

1948(56 YEARS OLD)

OPEN OF MI IN HIYOSHI

1964(72 YEARS OLD)

SET UP OF TAO(OHSAWA TRANSMUTATION RESEARCH
CENTER)

1966(74 YEARS OLD)

1ST WORLD SPIRITUAL CULTURAL OLYMPIC

Reference: George Ohsawa Library

Masahiro Oki

(1921.11. 8-1985.7.25)

1933(12 YEARS OLD)

1ST HEARD NAME "YOGA" FROM THE FOUNDING
FATHER OF BURMA BUDDHIST PRIEST OTTAA
WHO VISITED OKI'S HOUSE

1938(17 YEARS OLD)

1ST INDIA/MONGOLIA MISSION AS SPECIAL
AGENT

1941(20 YEARS OLD)

JOINED TEMPU ASSOCIATION

1942(21 YEARS OLD)

SET UP OF YOGA STUDY GROUP
TEACHING YOGA TO AIR/ARMY FORCE SHOGUN

1955(34 YEARS OLD)

**BECAME CHIEF OF DOJO TRAINING CENTER
FOR PRE CI CALLED MI**

1959(38 YEARS OLD)

SET UP OF AJYA

1975(54 YEARS OLD)

1ST OKIDO YOGA FESTIVAL

1980(59 YEARS OLD)

INTERNATIONAL INTEGRATED YOGA
TOURNAMENT

1982(61 YEARS OLD)

DECLARATION FO HOLY LOVERS
LECTURE ON **JAINISM**

Reference: Masahiro Oki Library



INTEGRATION WITH PREKSHA MEDITATION

What is Preksha meditation?

Why is integration needed?

「著作権保護コンテンツ」

勝利者 の

—ジャイナ教・修行の実際—

瞑想法

どうすれば瞑想できるかと求めている人にとってこれは正確な地図です

Yamamoto · Sakamoto
坂本知忠

「著作権保護コンテンツ」

INTRODUCTION ABOUT INSTRUCTOR PROGRAM

~SYSTEM AND POTENTIALS AFTER GRADUATION~

Instructor program

What do graduated students do?

Macrobiotic Yoga office

WHAT DO GRADUATED STUDENTS DO?

Hosting own yoga school

Assistant in instructor class

Teaching in introduction class

–Domestic (Jap/Eng class in almost every quarters)

–Overseas (At GOMF summer camp)

MACROBIOTIC YOGA OFFICE



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