



**A Summary of the 2025
International Macrobiotic Conference
At La Ferme du Bois le Comte, Orval, Belgium**

Travelling to Orval is long and very pleasant indeed. Some came by car, train, camping van, plane... whether from a distance or more close, fine teachers, practitioners and inquirers, gathered happy to create the few days together.

The venue is unique, nestled in South Belgium true countryside where for 29 years Luc and Lieve De Cuyper, and amazing staff, have dedicated their lives to making this traditional farmhouse and the land into a flourishing macrobiotic and wellness centre. Following permaculture principles of caring for the land and growing enough vegetables to cater all the year round for dozens of participants. Having a warm fire indoors and fine simple rooms with every window a view of healthy nature. The walks and fresh air are a delight. The teaching rooms are beautifully simple and large.

Luc welcomed the conference group and provided the big temple room for us to sit, mostly in a circle, for the presentations and sharing. Each one was a gift, with great variety, professional application, depth, and laughter. Jan Vervecken master Shiatsu teacher gave the opening early morning movement. Inge Cox interactive work on a deep level in pairs and groups. Steven Acuff with the theme of preventing and healing cancer, shared extraordinary knowledge on nutrition and health, and support from natural supplements. Mia Macke constellation workshop connected to 5 elements, followed by Luc's superb Five Rhythms dance class to bring us right into the now. The sound bath with the blended vibration of many instruments, one evening from Katrien Hermans who takes this sound teaching to children also.

Laia Escrig lovely yoga followed, after breakfast, by Lina Balzer so soft yet dynamic knowledgeable presentation in tune with nature. Mieke Vervecken's fine description of Healing gut Microbiome with macrobiotics and Ayurveda. Anna Mackenzie led preparatory shiatsu then chanting, the sound was truly lovely. We toured the land led by Luc De Cuyper as he shared his permaculture wisdom and garden practice. Joska Dubbeldam spoke on Ecovillage. Followed by, all the way from the USA, Sandy Pukel super talk on gratitude which led to an amazing discussion about young people joining the Conference and Macrobiotics in general. After dinner Ignacio played great guitar tunes, no one could resist the power of dance and laughter took over.

Anna Mackenzie began the day - interactive Okido yoga with partners. After breakfast Tamara Kempf a psychologist, created a double session on Emotions Matter, Reclaiming a vital part of life. We worked with each other and the insights were fascinating. Sunny lunch then Isabel Corthier 8 brocades Qigong brought gentle inner focus and stretch and breathing. Mike Chen spoke beautifully on Ohsawa and Let go. Then we went into a smaller room to hold a little remembrance circle dedicated to Georges Van Wesenbeeck who had given so much to macrobiotics and was on the committee and worked with Luc. Mieke and Jan had brought sunflowers that were the centre piece and they led the honouring ceremony. Suzanne Severijns came the day before to join us. Annick, Marike de Coninck, Carin and Hilke also dear friends from Belgium and Holland, were a vital part of the conference and much appreciated. Mario Binetti, Oliver Cowmeadow, Geninha Varatojo, Mary Nino, Marion/Florence Price, Ana Torres, Kristiane Ravn Frost, Tomoko Ogawa Lillrank, Ken and Angela Prange (we wish you well Ken) regretted not to be here. And so many others.

The enthusiastic discussion that arose out of Sandy's talk held interest and was talked about at mealtimes. How can we encourage new generations; some were there and they are wonderful! There was space in the itinerary to add further discussion later, led so well by Mike Chen that was very productive conversation toward answer's another time. And thank you Rosalina.

Belgium, Croatia, Denmark, England, Holland, Hungary, Germany, Ireland, Portugal, Spain, Sweden, USA, were represented. Ignacio Aragues played the guitar beautifully in a variety of moods to accompany parts of presentations, talk, remembrance and party. The meals were delicious; everyone tucked in and when the sun shone ate happily outside or inside with doors open and animated conversations were abundant.

In the evening of our final night together an amazing wood fire was constructed as a pyramid and we sat around warmed by the flames and sang songs with Ignacio playing the guitar. The best possible way to close the Conference regarding the place that hosted us, immersed in, and surrounded by nature and the stars.

We finished the last morning listening to the presentations for Conference 2026 in magnificent Croatia and voted for Conference 2027 return to Denmark by the sea. Then gathered our-selves to go outside to walk up the hill in sunshine, from where there was a beautiful spacious view of fields, woods and blue sky, and as is our tradition, we planted one tree to help mitigate CO2 emissions from all our travels and a second tree for Georges Van Wesenbeeck. We circled for peace and happiness, then together spoke the poem of Michio, beginning "We all have come from Infinity" Taking a group photo before saying goodbye.

The importance of meeting in person at least once a year, eyes to eyes, face to face, sharing experiences, knowledge, doubts, questions, and discussing the future. Experiencing our friends from other countries or other realities is a blessing. Join us next year in Zagreb, hosted by MAKRONOVA. Save the dates for IMC26 in Croatia 20/21/22 October 2026 with a travel day either side. More information to come soon.

With very best wishes,

The Committee,

Luc De Cuyper, Tamara Kempf, Anna Mackenzie, Ken Prange, Sandy Pukel, Rosalina Silva.