



Introduction to Permaculture Workshop

Harmonizing Earth & Spirit

March 20 – 22, 2020

Friday, March 20

- 1:30 – 2:30 PM Check-in if staying overnight (or 2:00 – 2:30 pm if not staying overnight) – Office
- 3:00 Welcome-Logistics – Lodge
- 3:15 Introductions, evidence for the need to act, ethics and principles of Permaculture, Zone Zero – Temple
- 5:30 Light Dinner
- 7:00 Restorative Yoga: Observing Within – Yoga Room

Saturday, March 21

- 6 – 6:30 AM Quiet Meditation (optional) – Come and go quietly during this time – Temple
- 7 Breakfast
- 8 – 9:30 Perma Principles in Action observation walk – Meet in Lodge
- 10 – 12:00 Seed exchange/planting & Hoop green-house site tour – Meet in Lodge
- 12:30 PM Lunch
- 1:30 – 3:30 Soils & composting – Meet in Lodge
- 3:45 – 5:30 Tree grafting & orchard mgmt – take home your own small tree – Lodge patio
- 5:30 Dinner
- 7:00 Guided Meditation/Hong Sau Technique of Concentration – Temple

Sunday, March 22

- 7 – 8 AM Light Breakfast
- 8:15 – 9:15 Wheel of Life Gathering/The Four Directions – Meet in Lodge
- 10:30 Sunday Service with music, inspirational talk, quiet time for prayer and meditation. – Temple
- After Service Brunch
- 1:30 – 4:00 PM Guided Hike (Optional)

All meals are served in the Lodge Dining Room