

Living Permaculture

Spiritual and practical Permaculture

5 day summer retreat on Samsø. 23rd - 28th July
2019

There is only One Life ☺

It is the same life force that flows through everything – ant, worm, apple, human – everything woven together in a beautiful web of interconnectedness. Nothing manifests outside this interconnectedness.

Permaculture builds on this fundamental understanding and a firm idea that it is possible to create living systems that are sustainably beneficial for both human beings, animals, plants and soil in one beautiful, fertile and totally interconnected process.

On this retreat we will work in many different ways – both in meditation and in very practical ways – with the interconnectedness, the ethics and principles of Permaculture and how that can help us live our lives in more sustainable ways. In the morning sessions we will primarily work theoretically/meditatively and in the afternoons we will work more hands on but also meditatively in the forest garden or elsewhere in nature.

Inspiratoriet has 1,3 hectares of garden with 3500 m2 Food Forest, vegetable garden, ornamental garden and nature right outside our doors, so we have ample possibilities to explore the interconnectedness in very practical ways – both in the inner and outer landscapes.

Cecil Rye Olsen will be teaching this course. She has a PDC (permaculture design certificate), has been working intensely with permaculture for the last 6 years, is a mad gardening enthusiast and teaches meditation and inner freedom ☺

The course will be in English if there are any foreign participants. Participants are always welcome to share/ask in Danish if that feels more comfortable – we will make the necessary translations both ways.

Tentative daily programme

08.00 Breakfast

09.00 Morning session, teaching, meditation,
dialogue, exercises

12.30 Lunch



13.30 Free time, siesta, walks etc.

15.30 Afternoon session, meditation, practical exercises/work in the Food Forest

18.30 Dinner

20.00 Evening session, short meditation and resonance work

21.00 Goodnight

Arrival:

July 23rd around lunch. We will have lunch around 13.00 and then start the retreat with an afternoon session around 15.30-18.00, then have dinner and a short evening session circa 19.30-21.00.

Getting to Samsø on July 23rd

You can catch a ferry from Kalundborg (Sealand/Sjælland) to Ballen or from Hou (Jutland/Jylland) to Sælvig. For detailed info regarding ferries see: <http://www.faergen.dk/> or www.tilsamsoe.dk .

We will book taxis from the ferries to the retreat centre if you tell us when you arrive.

Please let me know if you need help with planning the trip – I am happy to help. XXX Cecil

Venue:

Inspiratoriet, Sildeballe 17, 8305 Samsø

The retreat centre is built in two of the old stables on our farm located in the heart chakra of the island. It has 10 double/single rooms and shared bathrooms and toilets, beautiful meditation/teaching hall, big garden, open fields surrounding it and great walks just outside the doors and 10 min. walk to nice beaches.



Food:

Food is simple, vegan and as organic as possible.

We will harvest and use crops from the Food Forest and vegetable garden, so that we can learn how to prepare some of the many new and exciting crops we have in the perma-garden.

You are invited to lend a helping hand with laying the tables, cooking, cleaning etc. as we are self catering.

Payment and deposits

Price is 3.500 DKK including food and board.

For Danes a non-refundable deposit of 1.500 kr. can be transferred to account no 8401 1196015 in Merkur Bank – all others please contact cecil@inspiratoriet.org for IBAN and SWIFT numbers.

The remaining sum should be paid by bank transfer before the retreat starts.

**Departure**

The retreat ends after lunch on the 28th of July. After lunch everyone helps with clearing up before we hug and leave for the ferries.

Looking forward to explore the beauty of interconnectedness with you :o)

Much love Cecil