

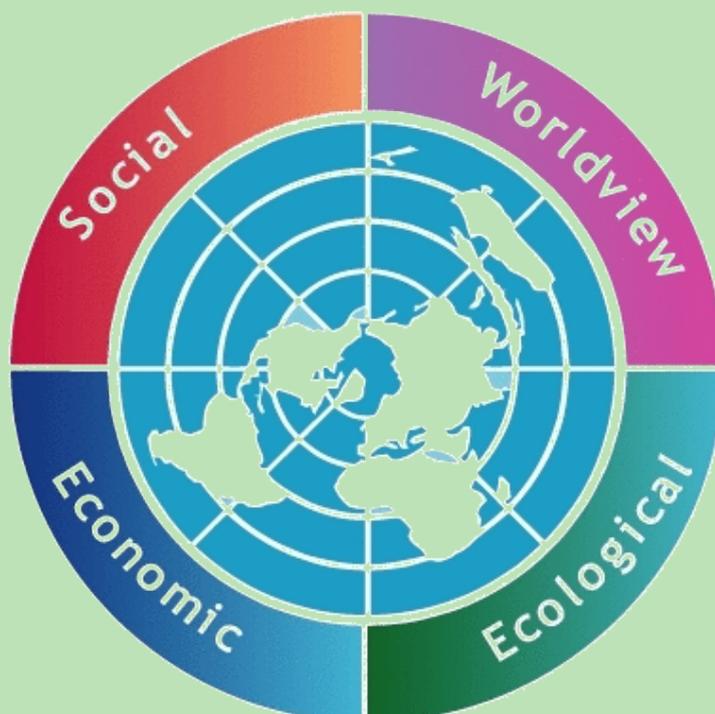


Ecovillage Design Course Feb. 22 – 28, 2014 Vig, Denmark

Part 1

Holistic Worldview and Awareness

Introduction: This is part one of a four part “EDE” (Ecovillage Design Education) course covering the worldview, social, ecological and economic aspects of ecovillage design. The course is spread over four separate weeks in February, June, August and November of 2014. Based on Gaia Education’s Ecovillage Design Curriculum the course brings together a talented team of trainers with a wide range of skills and experience. The course is held at Ananda Gaorii organic farm and retreat center, itself a budding yoga-based community. Ananda Gaorii is situated in the midst of several other Danish ecovillages which will be visited and interacted with during the course.



Aims:

- Explore the impact of worldview in shaping society and community
- Explore the concept of a holistic worldview and how it could benefit communities and society
- Learn tools for deepening our worldview and bringing it into more concrete expression in our relationship with ourselves, our community, with nature and with the world around us.
- Learn design skills and engage in a design process focused on clarifying how a worldview will be understood, practiced and reinforced within a community.
- Learn vision, communication, planning and action skills as we engage in the process of creating our designs.
- Experience a sense of interconnectedness, personally and as a group, as we go through the process.
- Interact and develop relationships with Danish Ecovillages and the Global Ecovillage Network
- Strengthen our support networks
- Learn where to get the information and skills we may be lacking.

Methodology

The methodology covers a wide range of teaching methods – lectures, powerpoints, videos, action learning and dialogue. Participants will gain experience with a variety of tools for observing, visioning, planning and execution as well as tools for personal growth and well-being. There will be visits to existing ecovillages to encounter real situations and participants will be engaged in a design process throughout the workshop.

Program

Daily Routine (This applies to days 2 - 6. The routine for the arrival and departure days is slightly different and therefore written independently).

600	Rise
630 *	Yoga
730 *	Meditation
815	Breakfast
900	Check In
915	Morning A (Theoretical Content)
1045	Break
1100	Morning B (Experiential Content)
1215	Lunch
1300	Personal Reflection Time
1330	Afternoon A (Design Time)
1430	Break
1445	Afternoon B (New Theory or Experience)
1530	Break



1545	Afternoon C (Dialogue in Pairs and Groups)
1630	Break
1645 *	Mixed Practice (Qigong, Gongfu, healing, massage, holistic chiropractic)
1745 *	Meditation
1830	Harvesting (Review of what was learned/experienced during the day)
1900	Dinner
2000	Evening
2130	Sleep Prep
2200	Sleep

* Yoga, meditation and Qigong (etc.) will be offered during the morning and afternoon practice sessions. These sessions are optional but participants are encouraged to join as they can play an important role in developing a sense of personal and group integration.

Day1 Arrival, Welcoming, Orientation

10.00	Arrival, Registration, Settle in
12.00	Lunch
1300	Welcoming Circle; Practicalities and Ground Rules, Games and Energizers, Constellation Mapping, Rivers of Life, Ananda Gaorii Quick Walk Around, Advanced Preparation for Council of All Beings
1715	Introduction to Daily Practices with options for meditation, Yoga, Qigong, or something from the participants
1815	Meditation
1900	Dinner
2000	Share a story, song, poem or any cultural item that expresses your worldview

Day 2 Worldview

Morning:

- Strengthening Unity Consciousness – An Introduction to Holistic Worldview
- Permaculture Ethics
- Fellow Travellers on the Journey of Self-Realization
- Creating the We

Afternoon:

- Dragon Dreaming
- Anthroposophy Worldview
- Introduction to the Global Village Network (Gen)
- Sharing on Worldviews
 - What is a holistic worldview for me?
 - What worldviews do we share
 - What worldviews are the foundation for my community/ecovillage
 - Has my opinion changed based on what we've looked at today



Evening:

Optional Video – “What the Bleep Do We Know”

Day 3 Reconnecting with Nature

Morning:

- Permaculture Introduction & Patterns in Nature
- 9 Ways of Observing
- Outdoor Nature/Fire Vigil

Afternoon:

- Common Picture Building
- Design Process
- Council of All Beings
- Dialogues in Pairs and Groups

Evening - A Choice Between:

- Sharing Wild Nature Experiences
- 8 Shields Video based on 7 ways of looking at life by Native Americans



Day 4 Transformation of Consciousness

Morning:

- Basic Principles of Consciousness Transformation
- Exercises for Consciousness Transformation (Theatre work)

Afternoon:

- Excursion and Analysis of Two Ecovillages

Evening:

- Eckhardt Tolle Video



Day 5 Personal and Planetary Health

MORNING THEME: Personal Health

- Principles of Holistic Health Care – Innovations in the Healing Arts
- Prama - A Holistic Health Design Tool
- Holistic Health: Group Session plus Tools

AFTERNOON THEME: Planetary Health

- Permaculture Tools for Carbon Footprint Analysis
- Design Time
- Transition Outlook on Planetary Health
Needs versus Wants - How to Meet Your Needs by Creating Abundance rather than Destruction
- Dialogue in Pairs and Groups

Evening:

- Video about Ayurveda



Day 6 Socially Engaged Spirituality

Morning:

- Spiritually Inspired Social Change
- Necanor Perlas – Sustainable Development
- Educating for Enlightened Leadership
Social Change Scenario Game

Afternoon:

- Design Process
- Theatre of the Oppressed
- Dialogue in Pairs and Groups

Evening:

- Design Time (preparing own presentation)



Day 7 Presentations, Harvesting, Gratitude

Morning:

- Presentation and Review of Ecovillage Design
- Individual Harvesting
- Planning of Next Steps

Afternoon:

- Plenum Harvesting
- Comparing results with expectations
- Followup Processes/Networking
- Thanking/Gratitude

Trainers

Rakesh Bhambri is a Permaculture designer and instructor from the UK. He has worked as an advisor to several transition projects in London and Croatia and has taught in many countries around the world. Rakesh suffered from dyslexia from childhood but turned this to his advantage by developing a talent for observation and hands on learning and teaching methods. At a young age he established a successful computer consultancy and, after achieving financial independence, acquired skills as a homeopath and yoga teacher which he put to use in Ananda Marga humanitarian relief projects in Africa and South Asia. Along with Permaculture Rakesh focuses on the human skills of communication and planning so necessary for successful communities.





Erik Lemcke has worked 26 years as a process consultant and facilitator primarily with teambuilding, conflict resolution, development and vision-building processes in municipalities and non-profit organizations. Erik's work is based on Bernard Lievegoed's holistic and spiritual methods known as "Social Ecology". Erik has a masters in social entrepreneurship from Roskilde University and in 2001 he co-founded the international organization, "GLOBENET3", focused on the role of civil society in creating sustainable communities and democratic renewal. He is co-initiator of the Transition movement in Denmark and a certified Transition trainer. Erik works with local communities and organization focusing on the question, *"How can we strengthen quality of life and create resilient communities with less consumption?"* Erik is also a sculptor.

Dada Krsnasevananda has been a monk of Ananda Marga since the age of 23 and has many years experience teaching yoga, meditation and living in community. He is originally from Canada but has been in Denmark from 2011 and is actively involved in the development of Ananda Gaorii as a spiritual retreat, learning center and ecovillage. Dada also writes and teaches about Prout, an alternative social and economic theory based on regional self-reliance, economic democracy and rational distribution of wealth.



Camilla Nielsen-Englyst is a passionate creator of innovative learning platforms, a reflective practitioner, a dedicated activist in various social movements and an experienced manager of development projects. She is a trained coach, a creative facilitator, a Democracy consultant, future workshop holder and trainer at Action Aid, just to mention a few tracks of her professional background. Co-creation is Camilla's favourite occupation, developing projects together. She took a full EDE in Findhorn 2011 and hosted/co-facilitated the first Danish EDE in August 2012.

Stefan Per de Freitas is the founder and coordinator of the Human Being Center in Copenhagen. He is a holistic healer and psychotherapist with a degree in applied psychology from Copenhagen University and a Masters in Education from the Danish School of Education. Stefan is also a certified practitioner of the Danish healing system known as the Body Self-Development System.



Rasaviharii is a yoga teacher from America with 16 years experience teaching both yoga and Eastern Medicine. He majored in philosophy and medical studies at Portland State University and spent many years in India and China studying the philosophy and practice of Indian and Chinese medicine. His classes weave together a pragmatic and fascinating blend of Eastern and Western wisdom.

Ole Brekke is the Founder and Director of The Commedia School, a professional level international theatre school in Copenhagen, Denmark. Ole brings over 40 years of experience in theatre and in using theatre in activist



and educational situations on all continents. He has also been involved with Ananda Marga social, spiritual, relief and development activities since the early 1970s.



Cathrine Dolleris is dedicated to preserving life supporting systems in nature and society. Her background in geography, extensive travels and work with NGOs has given her experience with poverty, rural and community development, ethnic minorities, ecosystems, natural resource management, participatory approaches and international networking. After returning from five years of development work in Nepal and Vietnam she has dedicated herself to permaculture, eco-village development and organization of green demonstration projects and communication activities as well as teaching and

teacher training. She is a member of the board of Permaculture Denmark and active in the green networks in Denmark and internationally.

Accommodation

Ananda Gaorii is a 10 hectare organic farm and retreat center located in Vig, near Holbaek, about an hour from Copenhagen. Presently Ananda Gaorii has a small number of private rooms, two large dormitories, good shower and toilet facilities, a pleasant kitchen and dining room and a small meditation, yoga and study hall. More extensive facilities are currently being renovated and constructed. Participants will be provided with a mattress and pillow on the floor but need to bring their own sleeping bag, sheets, etc.

What to Bring

Towel, toiletries, warm clothes and a good sleeping bag. The main building (where we will spend most of our time) is very well heated but the dormitories, though heated, are too big to be toasty warm at this time of year. We will also spend some time outdoors so warm sweater, jacket, hat and gloves, etc. will be needed. A notebook and pen will also be required. Average winter temperature is around 0 degrees Celsius but can get much colder.

Cost and Registration

Full Price	2200 Dkk or 300 Euros
Early Bird Price (before Feb.1)	2000 Dkk or 280 Euros
Concession Price (4 places only)	1500 Dkk or 200 Euros

Account for Payment:

Account No.	5010-0001465289
Iban No.:	DK9450100001465289
Swift/Bic Code:	JYBADKKK
Bank:	Jyske Bank, Vesterbrogade 9, 1780 København V

Please use the following form to register for the workshop

<http://tinyurl.com/ncppdhy>

Contact Information

For more information and registration:

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Telephone: +45 32106828

For directions/pickup:

Email: rudolphschemuth@yahoo.com

Mobile: +45 91490811

Telephone: +45 47314731

How to Get There:

The address of Ananda Gaorii is 56 Holbaekvej, Vig, 4560 Denmark. If you come by train we can pick you up from Holbaek Station. Trains leave every half hour from Kobenhavn H (central) and take about one hour. If you come by car please click on this map:

<https://maps.google.com/maps?hl=en&tab=ml>

