

DYNAMICS ECOLOGICAL DESIGN

Site Planning • Landscape Design • Construction • Education • Permaculture

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Remaking Eden: Ecological Design as Spiritual Practice **An Advanced Permaculture Design Course with Dave Jacke & Michael Judd** **at Sivananda Ashram Yoga Ranch, Woodbourne, NY** **October 16-25, 2009**

HIGHLIGHTS

- 10 Days of intensive ecological design and yoga practice
- Learn and apply a professional design process start-to-finish, on small mentored teams
- Focused learning on site-specific design challenges: food production, water/wastewater, buildings and energy; or socio- economic systems.
- World-recognized instruction in classical yoga and meditation in a unique ashram setting
- 77-acre site and community dedicated to wholistic design and implementation

COURSE DESCRIPTION

The belief that humans are separate from nature prevents people from designing whole systems that simultaneously meet human needs and regenerate healthy ecosystems. Both permaculture design and Yoga and Vedanta philosophy posit that humanity and nature are one. In this eight-day advanced permaculture design course, students will explore and experience first-hand the connection and unity between humans and nature through intensive ecological design training, immersion in ashram life and yoga practice, and personal and group reflection.

Along with course staff, participants will form a large-scale paraprofessional design team “hired” by Sivananda Ashram Yoga Ranch to resolve key design challenges and create a Schematic Master Plan for the ranch’s 77-acre campus and resident community. Depending on student interests, backgrounds and experience, each participant will focus on one of four key “design streams” relating to the whole design: water supply and waste water treatment systems; food production, processing, storage, and distribution systems; buildings and energy systems; or social and economic structures. Each stream will take on design problems of moderate to high complexity in a mentored group-learning environment and all teams will present and dialogue with each other throughout the course as work progresses. As a collective, we will synthesize these streams into a unified Master Plan and present to a larger public audience by course end.

Immersion in the regular ashram program forms an integral part of the course, including morning (6 AM) and evening meditations, daily yoga, kirtan (chanting), and community service.

Participation in the daily schedule, which is fundamental to the ashram mission, is not only an opportunity to develop or strengthen a personal spiritual practice, but also a direct approach to understanding the unique client and setting. You are invited to actively participate in the yoga and meditation at a level comfortable to you, but at the very least as an observer and an engaged and curious designer. Throughout the course, the design team (all of us) will relate our experiences with meditation and yoga and/or other personal spiritual practices to our work as designers, students, and teachers – and vice versa.

Join us as we explore and weave together questions and answers from the inner and outer landscapes. Open to graduates of permaculture design certificate courses and others after phone interview. No prior experience with yoga is necessary.

COURSE PREREQUISITES:

- Completion of at least one basic certified permaculture design course
 - Ideally, one to two years of practical and/or design experience in permaculture-related, ecological design work of some kind.
 - *If you do not have one or both of the above*, please inquire about a phone interview.
- We encourage new and non-permaculture course graduates to participate—experience is useful, but enthusiasm, commitment, and integrity contribute a ton!
- No prior yoga experience is required, however, an open and inquiring mind and heart will serve each of us, all of us, and our design clients best.

COURSE FEES / REGISTRATION DATES: \$1160 including 10-day intensive, 9 nights accommodations; light breakfast, organic vegetarian Brunch and Dinner daily, yoga (asana) classes and meditation daily; weekend sauna.

Special offers

- \$50 OFF if you register before September 30
- Additional \$50 OFF per referral (call or email for group registration)

Final registration deadline: October 9, 2009. Spaces limited.

For more information or to register:

Contact Alice Lo (Green Phoenix Permaculture) at permaculture@sivananda.org or 631-365-4135.

COURSE GOALS:

- The course serves as an introduction and immersion into professional ecological design practice:
 - The design team (course staff and students) offers professional-quality design services to Sivananda Ashram Yoga Ranch.
 - Participants gain practical design-skills training and development through guided and supported team design exercises of moderate to high complexity in an empowering, mentored, group-learning environment.
 - Participants focus their permaculture learning on one primary area of ecological design as appropriate to their interests and project needs, and collaborate to integrate all design streams into a preliminary Master Plan.
- The course provides participants with a basic introduction to Yoga practice and Vedanta philosophy:
 - Participants gain practical experience in yoga, meditation, and self-observation that they can apply to their personal and interpersonal processes during and beyond the course.
 - Course members engage with ashram life

- Participants share in the exploration of the relationship between inner or spiritual work and the “outer” work of ecological design.
 - What do these practices require of us?
 - How are they similar and different? How do they support and facilitate one another? How do they inform each other?
 - How can the practice of ecological design teach us who we really are, how to see, how to act in relation to nature and spirit?
 - What are the qualities of a healthy, functional relationship to God/Goddess, Nature—and hence to each other?
 - How does the unity of individual consciousness with universal consciousness inform how we design?
- The ashram more fully integrates ecological and permaculture design into its community life as integrated parts of spiritual practice.
 - We incorporate our learning about how inner work and ecological design interact into the design for Sivananda Ashram Yoga Ranch.
 - The site design(s) developed during the course vibrantly and holistically express permaculture as yoga and yoga as permaculture.

COURSE EXPECTATIONS

More details about the following will be provided upon registration and acceptance into the course.

- All participants actively engage in the ashram daily schedule, including morning (6 AM) and evening meditations, daily yoga, kirtan (chanting), and community service, as appropriate to your needs and situation.
- All participants adhere to yogic guidelines for ethical conduct during the course, including dietary guidelines (no drugs, alcohol, coffee, garlic, onions, mushrooms, etc.).
- All participants remain mindful of the spiritual intention and commitment of the residents and other guests by maintaining a serene environment suitable for meditation, study, and reflection.
- All participants maintain professional standards of conduct, including signing and living by a confidentiality agreement regarding our clients, bearing responsibility for the quality of our individual tasks/assignments and our collective work, holding ourselves accountable to group standards, and supporting others to do the same.
- All participants arrive well-rested and prepared, having reviewed pre-course research related to the ashram and your design stream of focus. If feasible, it is highly recommended that you arrive early to allow time to settle in at the ashram before the course begins.
- All participants arrive with a basic set of drafting and design tools. (A basic list of tools to bring will be provided.)

Together, we will create a complete, functioning design team, studio, and office that will hit the ground running on day one of the course!