



# Be your inner gardener

Introduction course to social permaculture

27- 30 September 2018

with Lulu Mederer and Helena von Bothmer

*This introduction to social permaculture gives you the opportunity to grow what you want to be and the change you want to see in the world around you. Learn how to use and play with the design web and to apply the ethics and principles of permaculture to your inner landscape.*

Here at Koster's Trädgårdar the garden is our paradise where abundance is obvious. The soils are thriving with life and the plants and animals may choose to cooperate with the gardener. We see a variety of colours and patterns, smell the fragrantcy of flowers in the air and the fruits and vegetables provide a wealth of tastes. Experiencing all of this helps to grow happiness, the feeling of being alive and harmony.

The permaculture design methods create systems and environments where our needs are met. In this course we start from looking at nature in the garden. What we nourish and water is what we want to see growing into healthy plants so that in turn they nourish us. How can we imitate this and bring it into our own lives and inner landscapes? Is it possible to become our own inner gardeners in order to bring into life what is healthy for us?

By using the ethics and principles of permaculture and by specifically working with the Design Web from the book *People & Permaculture* we will guide you through this design

Questions and bookings: [helena@kosterstradgardar.se](mailto:helena@kosterstradgardar.se)

Early bird, before 1 September: 3000SEK.

After: 3400SEK

Prices include course, all meals and a bed in shared room.

Reduction if you choose tent: -300kr

If you choose single room: +400kr

All meals are served in the garden restaurant at Koster's Trädgårdar, mainly vegetarian/vegan and 100% organic.

weekend. Through a lot of playfulness, nature connection and group work you will learn to be able to do your own designing. When leaving you will have gained knowledge of the basics of permaculture and take tools with you that give you energy and inspiration to keep seeking resilience, finding joy and meaningfulness.

#### About Lulu

Lulu is an academic trained in literature, mythology and depth psychology. To balance this work she started gardening and learning about permaculture since 2012. In her courses she likes to offer

guidance to those who are interested to deepen their connection with themselves, other people and nature.

#### About Helena

She is a gardener and permaculture designer since 1998.

Since then she has been working with the project Koster's Trädgårdar. For the last couple of years she is expanding Koster's Trädgårdar and herself into the field of social permaculture, giving workshops and courses at the venue.

#### About the venue

Koster's Trädgårdar is a permaculture garden, restaurant and course venue situated in the first Swedish Marine National Park on an island on the Swedish west coast. (Sydkoster) During season it is open for visitors and tourists with the underlying wish to inspire everyone who enters to take steps towards sustainability and transition. On the venue there are two enterprises, one being a cooperative, in charge of the restaurant the other a family enterprise in charge of the gardens, production of veggies and animal husbandry, courses and guided events. [www.kosterstradgardar.se](http://www.kosterstradgardar.se)

