



# Peace, Empowerment and Cultural Emergence

20<sup>th</sup> – 25<sup>th</sup> August, 2019

at Kusters Trädgårdar, Sweden  
with Looby Manamara and  
Helena von Bothmer

## *Connect with self, people and land*

Join Looby Macnamara and Helena Von Bothmer for this pioneering experience to discover tools for positive cultural evolution. Through an embodied experience of connection we find peace within us, and resource ourselves with tools to create peaceful relationships. This module of Cultural Emergence focuses on how we can Nourish and Empower ourselves through connection practices.

Come and connect with like-minded people, enjoy the wild and beautiful island with beaches. Swim, relax, connect.

This is an exciting opportunity to learn and converse with the co-founders and collaborators of the Cultural Emergence project and to be part of the global activation and development of Cultural Emergence.

## *You will learn*

- how to use the Cultural Emergence toolkit in our own lives

## *Information and bookings:*

Course starts August 20th at 18H with evening meal. It ends on 25th August after lunch.

Questions: [helena@kusterstradgardar.se](mailto:helena@kusterstradgardar.se); Any practicals, travelling information, housing, food specials. For booking, please [HERE](#)

Sliding cost: 6800 – 7600SEK (550-614 GBP). Early bird before 1 May: 6800SEK, Afterward: 7600. This includes a bed in shared room and all meals during course. Please check in with [Helena](#) about fees.

A reduction of 1000SEK if sleeping in tent instead of a shared room  
An addition of 2000SEK if sleeping in private single room

Please pay a booking fee of 1000SEK by June 1st to reserve your place. Last payment by August 1st. Payment details on the Registration page [HERE](#)

to become more intentional in making our relationships kinder, more connected and truly regenerative.

- how to integrate the principles and practices of Cultural Emergence into our everyday lives
- deep nature connections practices to enhance our well-being
- tools and principles for Designing for Peace for ourselves and our relationships

- methods for effective Collaboration and Co-creation

## *The experiential feel of the course*

This is a wonderful opportunity to connect with like-minded people and create a collaborative learning community. The use of the toolkit will be embedded into the course itself, to create a culture of connection, care and empowerment, that invites us all to shine our gifts and invites emergent wisdom to flow through the group.

We will be immersed in the natural world, and continually

deepening our connection with ourselves and each other as well as the vast world around us. We will get a chance to relax and play as well as have meaningful conversations and connections with each other.

We will be connecting with the bigger vision for humanity and how we can play our part in bringing this vision into reality.

### *This Course will give you*

The intention is to come away *nourished and empowered* to live the life we want to live and make a positive contribution to humanity.

We will be continually renewing and developing our sense of peace and empowerment and finding ways in which we can take this forward into our own lives.

This is a wonderful opportunity to come to a beautiful place, meet amazing people and gift yourself with some quality time and connection.

### *Who is this Course for?*

This course is accessible and is for anyone wishing to create more peace, empowerment and connection in their lives.

- Those working towards a holistic sustainable vision for humanity
- People wanting a deeper grounding in skills and

principles that support healthy relationships

- People involved in creating healthy communities through Transition initiatives and other community projects.
- 8 Shields practitioners, village builders and community facilitators
- Permaculturists wanting to increase their knowledge or specialise in people permaculture (personal and social permaculture)
- People interested in supporting nature connection practices



**Helena** is a gardener and permaculture designer. She took her PDC in 1992 and diploma in 1998. Since then she has been working with the project and operation at Koster Trädgårdar, which she initiated with her husband in 1995. Helena arranges and co-creates permaculture courses (pdc) in Sweden and Norway ([PDC Sweden-Norway](#)) She has attended Facilitator training within People & Permaculture with Looby Macnamara and Peter Cow. And she has also followed and worked with Debbie Warraner and her work on Inner Leadership for Outer Change. ([Inner Leadership for outer change](#)). She is now eager to expand the venue and herself into the field of social permaculture and is co-teaching with Looby Macnamara ([Cultural Emergence](#)), Peter Cow ([Connecting to nature 8Shields introduction](#)) and Lulu Mederer. ([Social permaculture](#)).

Helena is an eager Ashtangayoga practitioner and is extremely fond of bathing in the sea.

**Looby** is co-developer of the Cultural Emergence toolkit with Jon Young. She is an experienced



permaculture teacher, author and designer. She is author of 3 books [People and Permaculture](#) and [7 Ways to Think Differently](#). [People and Permaculture](#) is the first book to directly translate the principles and design methods of permaculture from land to people. Looby enjoys using creative teaching methods to create a fun and collaborative learning environment.

### **About the venue**

Koster 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 summer months Koster Trädgårdar is open for visitors and tourists with the underlying wish to inspire everyone who enters to take steps towards sustainability. In winter, early spring and late autumn we mainly work with arranging special events, courses and gatherings within the theme of sustainability, food, gardening, cooperation and micro enterprises. On the venue there are two enterprises, one being a cooperative, which is in charge of the restaurant the other a family enterprise in charge of the gardens, production of food, courses and guided events. [www.kosterstradgardar.se](http://www.kosterstradgardar.se)