



Connecting to nature Building the Village

The first 8 Shields introduction weekend in Sweden

7-9 September 2018

With Peter Cow, Rebecca Card and Miki Dedijer

*Do you long for a deeper connection with yourself, with your community and with the wild world around?
Are you looking for a more profound sense of belonging to yourself, your family and your community?
Do you dream of living in a nurturing village where everyone has a close, vibrant relationship to earth?*

This weekend we journey through the universal map of the 8 Shields, deepening our relationships and sense of belonging through powerful experiential practices. We introduce you to a bundle of tools and processes that open your heart and your mind, awakening your pathways of connection.

We will explore deep nature connection and conscious culture, sharing some of the wisdom and practices that have been gathered by Jon Young and the 8 Shields Institute over the last 30 years from their research with indigenous cultures around the world.

Through embodying different regenerative, nature based practices we travel through the cycle of the 8 Shields and explore how we can remember the village and live in wholeness with ourselves, the communities we are part of and the global community of all species.

Over the weekend we will play wild and gentle games, practice nature connection mentoring, support our path of connection,

Questions and bookings: helena@kosterstradgardar.se

Early bird, before 1 July: 3000SEK.

After 1 July 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.

tell and listen to stories of wonder, slip into and embody nature, deepen with ceremony, acknowledge our ancestors, explore our inner world, dive into the wilderness of our secret spot and get an overview of the 8 Shields wheel. Participants will leave with:

Tools for connecting themselves and others to nature more deeply. Insights into creating connective groups and events for their life and work. An experience of deep group and personal connection, and an understanding of how it happened within the context of the 'village'. The workshop will be led in English by experienced British and Swedish facilitators, with an international support team. A translation into Swedish is possible.

About Rebecca

Rebecca works as a Guide, Facilitator and Ceremonialist of Nature-based Wisdom, Cultural Healing and Soul Initiation. She is trained in the 8 Shields lineage of Apache Scout and Shaman, Grandfather Stalking Wolf, and is involved with the 8 Shields, UK as a Village Builder, working at a regional and national level, and has organized and facilitated on a number of 8 Shields programs. Rebecca has participated in several Animas Valley Institute programs both in the U.S. and in the U.K. and



trained as a Wilderness Rites Guide with the [School of Lost Borders](#). She is also a qualified and experienced Yoga teacher, Meditation Instructor and Somatic Movement facilitator. Her encounters with the other-than-human world and the tracking of the soul's journey inspire her poetry writing. Rebecca holds grief tending ceremonies and is deeply passionate about reclaiming the indigenous roots of her people and her land in order to create empowered, grounded, and authentic ceremonies. She believes in the power of 'the village' and sitting in circle for deep healing and honest connection. Her passion is in re~membering Wholeness and finding creative ways to explore that. Her joy is in dancing, weaving, dream work, being with the birds and the land and spending time nurturing deeply fulfilling connections. Find out more about Rebecca's

About Peter

A heartfelt facilitator and culture designer, Peter has been involved with 8 Shields programmes and events since 2011. He's on the

team setting up the UK 8 Shields network and runs 8 Shields introductory weekends and events around the UK and Europe. He was the lead organiser for the 2017 UK 'Art of Mentoring' camp, holding the flame to bring these powerful and connective camps back to the UK. Peter has been teaching and facilitating Permaculture courses since 2007, specialising in 'People Permaculture' (social and personal regenerative design). He co-creates immersive and empowering learning experiences that connect people more deeply to nature, themselves and their community. Back in 2000, Peter co-founded Steward Community Woodland, a sustainable woodland community in Devon. He lived, designed, learned and played there in deep collaboration with the land and people for 7 years. Peter now lives on a farm in Dartmoor, where he enjoys wild running, cold swimming, listening to birdsong and singing.



About Miki

Miki lives with his family on a 30 ha farm in Bohuslän, and is an artful forester, a seasoned



animal tracker and groovy permaculturist. With a passion for supporting nature-loving and community-minded families, he serves as a mentor and coach to parents, both 1-on-1 and in group programs. As a community facilitator he leads monthly nature programs for children, transformative men's circles, family overnights, and is the chairman of the board at the local Waldorf school. Miki has extensive experience of the outdoors, is a former leader with the Swedish Survival Guild, and has facilitated and lead 8-shields programs in Europe and the United States. He holds a degree in Ecology, Evolution and Behavior from Princeton University, and was for 20 years an environmental journalist and award-winning documentary filmmaker focusing on human relationships to nature across four continents.

For more about Miki and his work, please visit: www.mikidedijer.com

About the venue

Kosters 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

