



Permaculture Workshops 2014

Permaculture is about creating a culture of permanence, where we all support each other and allow each other to flourish. The principals are based on a blend of ancient as well as new knowledge, ethics and common sense. The design process is logical, methodical, scientific and yet very imaginative and creative, and is therefore accessible for all to learn and impairment.

The main ethos of permaculture is to mimic nature to create self sustaining systems, which require as few external inputs as possible to create diverse, healthy systems whilst nourishing all components of the system, be it plants, animals and people in a food growing system or staff, management, customers and earth's resources, in a business.

Be empowered towards our brighter, greener, more sociable future

25th Jan 2014 (9am) - 7th Feb 2014 (5pm)

Certified Permaculture Design Course (PDC)

by Rakesh Rootsman Rak (London) www.ecologicaldesigns.co.uk

This course gives you the tools, enthusiasm and support to create true abundance in all areas of life (from food, energy, shelter, through to community, work and your spiritual welfare). You will learn how by observing and working with nature and through thoughtful intentional design you can make your life more fulfilling, without exploiting or creating pollution.

The PDC certificate is accredited by the Permaculture Association UK.

16th Feb 2014 (6pm) - 22nd Feb 2014 (2pm)

Permaculture Hands-On Training

by Rico Zook www.i-permaculture.org

This content rich hands-on course provides a great introduction to permaculture and the components for creating regenerative systems, be they physical, cultural, social, or economic. We will learn and work in a collaborative environment that together we will adapt to the needs of the participants. After completion of this course you will have the knowledge and confidence to start applying aspects of Permaculture and regenerative systems. More importantly, you'll have the clarity and understanding to continue along the path of learning and growing in your knowledge, as well as ability, to create a sustainable lifestyle for yourself and others.

Adarsh Bio Organic Farms

Village Dhaula, Sohna, Gurgaon (Haryana), Delhi NCR, eMail adasingh@yahoo.co.in - Phone No. +91-9810165575



Workshop Fees

Training	Indian Participants		Foreign Participants	
	Day Boarding includes tuition, organic lunch, tea and snacks	Residential as day boarding, plus basic accomodation, organic dinner and breakfast	Day Boarding	Residential
PDC	Rs. 20,000/-	Rs. 23,000/-	Rs. 22,000/-	Rs. 25,000/-
Hands On	Rs. 12,000/-	Rs. 14,000/-	Rs. 15,000/-	Rs. 17,000/-

10% discount will be provided to participants who confirm their participation before 15th November with 50% advance Fee.

Online Registration

<http://goo.gl/uo3cX0>

Contact & Booking

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25th Jan 2014 (9am) - 7th Feb 2014 (5pm)

Permaculture Design Course (PDC)

by Rakesh Rootsman Rak (London) www.ecologicaldesigns.co.uk

A 12 days residential/ Non- Residential PDC on rural permaculture by Permaculture Expert & Designer, Rakesh Rootsman Rak from UK.

The course gives you the tools, enthusiasm and support to create true abundance in all areas of life (from food, energy, shelter, through to community, work and your spiritual welfare). You will learn how by observing and working with nature and through thoughtful intentional design you can make your life more fulfilling, without exploiting or creating pollution.

This course is accredited by the Permaculture Association UK. The certificate is recognised throughout the world and entitles the holder to use Permaculture in their professional work. After completing several designs, and possibly some training you will be able to facilitate and run introduction courses in permaculture. This certificate is also a prerequisite to becoming an approved permaculture teacher.

Course Schedule Permaculture Design Course (PDC)

The 12 day course will be in English, and conducted by Rakesh, plus various specialist guest teachers

The course will start by discussing the way in which we live and establishing what is good and what needs to be changed in order to bring about a more resilient future. We will look at peak oil and climate change, and look at what we can all personally do to help bring about a global change. We will look at existing solutions and explore where permaculture fits in and how it solves many of the worlds problems. Participants will be guided through how to observe nature, how to observe yourself or any other complex system. We will explore a set of simple tools which can help us see patterns in nature so we can learn from nature and replicate in our designs the same patterns that help nature to be so resilient.

We will cover the basic ethics of permaculture, which ensures what we design is beneficial to all humans, animals and mother earth. We will look at the principles, that help us ensure we get the maximum yield from each system. We will introduce several simple design methodologies, which can be applied to almost any type of design (from your day to day life or business to backyard food growing or a large scale farm). All principals will be taught in such a way that they can be applied to any environment, including food growing in different climates (temperate, tropical or subtropical).

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Throughout the course you will be making a personal design (which you can realistically put into practice after the course), as well as a group design, which could be of your own garden, smallholding or farm, a community space, a project, or something for the venue.

We will cover land surveying, including making maps and overlays, how to take soil samples, how to read the landscape. We will share with you tools for gathering community opinions, which can then be used to build designs that meet everyone's needs.

To reinforce how the principles are put into practice participants will choose from several potential hands on practicals, such as plastering a cob wall, using local materials, which would lead on from a session on how to design a natural home. We will look at how to convert an orchard into a self fertilising, low maintenance, high yield forest garden. We will make some small food growing plots, which will follow a session on how to design using companion planting, nutrient accumulators and plant guilds, which help to reduce the need for adding nutrients, continuous weeding or watering. We will make some water capturing systems which will follow on from a session on how to capture and reuse valuable energies, such as water, heat, sun, wind, etc.

This is a life changing course. Most people comment on how they see the world with different eyes after this course. This is how we will bring about a silent revolution. A revolution of individuals, based on ethics and the well-being of all, who act locally, think globally. I invite you to be part of this revolution.

About the teacher

Rakesh is a internationally active Permaculture Teacher, certified by the Permaculture Association UK. As an experienced teacher and guide he rejects conventional teaching and enquires deeper and more intuitively. He learnt by observing nature, a skill imparted to him at the age of 4 when he was given his first cucumber seed to plant. This child-like fascination with life has remained, and combined with all the subjects he has applied, has lead him to a natural and deep understanding of permaculture. Being led by his creative and intuitive side, his talks are always inspired, he works with the flow and energy of the participants, so you never know quite where the adventure will take you, but they will always be fun, light hearted and packed full of experiential wisdom.





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Permaculture Hands-On Training

by Mr. Rico Zook www.i-permaculture.org

This content rich hands-on course provides a great introduction to permaculture and the components for creating regenerative systems, be they physical, cultural, social, or economic. We will learn and work in a collaborative environment that together we will adapt to the needs of the participants. After completion of this course you will have the knowledge and confidence to start applying aspects of Permaculture and regenerative systems. More importantly, you'll have the clarity and understanding to continue along the path of learning and growing in your knowledge, as well as ability, to create a sustainable lifestyle for yourself and others.

What to expect

This one-week course will give you a brief introduction to the breadth and depth of Permaculture. Being a design system that creates healthy dynamic physical environments that provide the needs for a fulfilling human life, Permaculture has an expansive holistic knowledge and practical base that is an ongoing path. This course will provide you with both the foundations to begin walking the path, as well as functional questions with the fundamental knowledge to begin moving along your own path to a regenerative life.

The curriculum for this course is based upon that of the internationally recognized Permaculture Design Certification (PDC) course. In this course we organize the curriculum into 3 basic components,

- Permaculture and regenerative systems: foundations and understandings
- Introductions to the various parts we work with in Permaculture: soil, water, plants, animals, structures and infrastructure, appropriate technologies, urban landscapes, and invisible structures [social, cultural, economic and political systems]
- Design: how to put these into regenerative relationships and holistic systems

For the one-week introduction course we focus the middle component, with a strong emphasis on the first one. We will introduce aspects of design and give its context within Permaculture, however, only within a limited timeframe.

This course is set up to strive for about 50% hands-on learning, which includes projects and exercises. The other part will be more academic, though in a relaxed and conversant atmosphere. Overall we work towards a more engaged and doing process for this course. There is a general schedule that will be the basis of our time together. This schedule may change once our week starts,

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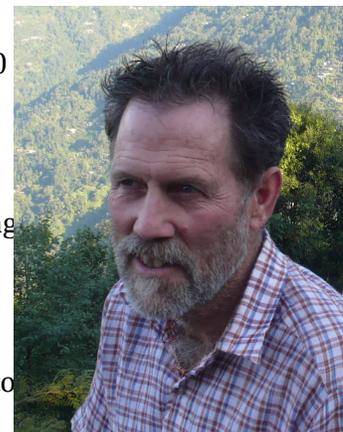
which is fine and all a part of the permaculture approach. The weather and how our bodies are with it will help decide when and how much work we actually do. People will have different abilities and limitations. We will do our best to be aware of you and your needs, and, it is up to you to know your limits to take care of yourself. While we hope to have enough work to tire us all out, I ask that everyone takes care of themselves and engages as much as is appropriate for themselves. No one will be asked to do anything they do not want to do.

So once we are all together and starting our week, we may decide to alter the schedule due to weather and our collective needs. Within this collaborative setting participants will have input on the specific subjects and the depth we go with them as the week unfolds. This does not mean every specific subject that each person wants to discuss will happen; rather, as a community we will do our best to meet the needs of those involved. That is, that everyone gets his or her fair share.

The pace and energy of this workshop will be similarly as intense as that of a full PDC, however, with much more ability to adapt and relax as needed by the participants. Together we will create a relaxed and enjoyable course environment while maintaining a focus on the purpose that has brought us together. The basic reality of this course is that there will be much more information and understandings to share and learn than we have time for. For almost all courses we teach it is a balance between sharing all of this in an academic setting (which is faster to share more) and providing hands-on learning experiences. Though learning by doing is almost everyone's favorite way, and is a great way to learn, it does overall limit the actual rate in which we can share with you, as well as having other challenges as a learning process. We will do our best to time manage so we all get the most possible out of our limited time together, both outside and in the classroom. We share this with you so that you'll understand the challenge of this type of course and to ask for your help in managing this balance. We greatly appreciate your understanding and assistance in this.

About the teacher

Rico brings over 40 years of experience in nature, as well as creating and working with a wide variety of land-based systems. For the past 20 years he has been a Permaculture designer, consultant and educator working with private individuals, farmers, villagers and local organizations in northern New Mexico, India, Cambodia, the middle-east and other parts of the world. This work focuses on assisting all levels of our global community to create culturally and environmentally appropriate life systems that are resilient and regenerative. He has also worked with local and indigenous cultures to help preserve traditional knowledge and technologies while adapting to and becoming active members of our rapidly globalizing world.



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About Adarsh Bio Organic Farms

Adarsh Bio Organic Farm is a 15 Hectare (37.5 acres approx.) organic farm located at Village Dhaula, Sohna in Gurgaon District of Haryana. It is the first Organic Certified CSA farm in Delhi NCR region. The beautiful view of near by Aravali Hills which is one of the world's oldest mountain ranges, adds to the beauty of the Farm especially during and after Monsoons. There are some wild and un-cultivated patches of land next to the Farm, which provides natural habitats for natural predators, birds & wild animals thus creating a mini ecosystem in and around Farm.



The Organic Farmer, Adarsh Singh Tawar, who has been into organic farming for more than 10 years, is growing organic fruits, vegetables & herbs at this farm with the help of few local organic farmers; Sh. Inderpal and Sh. Hari. Adarsh holds a Post Graduate Diploma in Organic Agriculture Management (PGDOAM) and has attended several courses in Permaculture, Bio-Dynamics, SAN (Sustainable Agriculture Network)- Rain Forest Alliance, Bio-Pesticides & Bio- Fertilizers Production, Organic & Natural Farming. He has been contributing to the Organic Agriculture Movement for long time and is also member of International Competence Centre for Organic Agriculture (www.iccoa.org) and IFOAM (International Federation for Organic Agriculture Movements) Asia.

Website <http://adarshbio.webs.com>

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