



## Booking Form –Permaculture Your Body

High Heathercombe Centre, Heathercombe Brake, Manaton,  
Newton Abbot, Devon TQ13 9XE

Thursday 17th to Sunday 20th May 2018  
(7.00pm Thursday to 4.30pm Sunday)



Thank you for your enquiry about 'Permaculture Your Body' - a three-day residential course where we'll be applying permaculture design principles to the care of the place we all spend the most time in - our own bodies!

### What 'Physical Education' should have been like

Join us for an exploration of the body's remarkable adaptability, rebuilding your natural resilience and reconnecting you with it. We will provide you with a better understanding of your body as a whole system, give you expert individual feedback on your own movement patterns, and show you how to fix the issues that lead to those all-too-common aches and pains. Begin a journey of holistic body health and well-being and come away with your own customised permaculture body design.

- Our human body evolved in an environment very different to the modern world and we no longer move as well as our ancestors did.
- How can we bridge the gap between them and us, to recover daily habits and movements that match the actual functions of our bodies?
- How can we apply our modern understanding of the body and its systems to design holistic habits that help our bodies to function as they were meant to?

### Who is the course for?

The course is aimed at pretty much anyone who inhabits an adult human body, young or old, especially if you already experience any kind of pain or discomfort. Participant numbers are being deliberately kept low to ensure that everyone gets a personalised assessment and rejuvenation programme. If you have any questions about your personal situation though, just send us an email.

### Where does permaculture fit in?

Permaculture is a set of ethics, principles and tools for the understanding of natural systems, their evolution and interconnectedness. Although originally conceived for managing physical landscapes (farming, gardening etc.), it is at its heart all about doing a better job of meeting our needs. More recently we've seen permaculture being applied to the design of social landscapes; we now bring it to the core, to this complex, magnificent and largely misunderstood thing our human body is.



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For instance, permaculture teaches us that one of nature's secrets is multi-functionality. While our ancestors were being shaped by their diverse activities, they also relied upon those daily movements to stay healthy, to lubricate their joints, remove toxins and to maintain good posture in particular. Incorporating those same movements into our daily lives are a key element in helping us to optimise our health and well-being and stay free of pain.

You will receive expert and individual coaching and feedback in particular on posture and movement patterns. Join us and create your permaculture body design!

## Programme

During the three days you will learn to:

- Observe, unravel and redesign your physical habits.
- Explore and learn how to resolve your postural imbalances:
  - feet and ankles
  - knees hips and lower back
  - upper back, shoulders and neck.
- Get pain-free and eliminate recurrent injuries.
- Re-discover your natural resilience.
- Apply movement tools and techniques to:
  - core control
  - breathing patterns
  - flexibility & mobility
  - strength.
- Activate the body's cleansing process.
- Maintain a beneficial 'gut ecology'.
- Recover natural movement patterns.
- Utilise the fascial web and kinetic chain.
- Rebalance the hormonal system.

**Cost:** £295 (four concessions at £225 – fees fully inclusive of tuition, food, accommodation & materials).

A deposit of £120 is required to secure your place. The remaining balance is due 23<sup>rd</sup> April 2018. The deposit is non-refundable unless it should be necessary for us to cancel for any reason.

Further details, such as directions, what to bring etc. will be sent to you after confirmation of booking. We look forward to working with you in May.

Best wishes,



Aranya

For more information on booking or enquiries about the course content or teaching, contact: Aranya on 01297 20908 or email [aranya@learnpermaculture.com](mailto:aranya@learnpermaculture.com)

For enquiries about venue or catering contact Mel:  
01647 221425 / 0779 160 1737 or email: [high@heathercombe.com](mailto:high@heathercombe.com)

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☎ +44 (0)1297 20908 🌐 [www.learnpermaculture.com](http://www.learnpermaculture.com) @ [aranya@learnpermaculture.com](mailto:aranya@learnpermaculture.com)



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### 1) Your contact details and needs

**PLEASE WRITE CLEARLY OR TYPE INTO THE BOXES BELOW**

Full Name:	
Name by which you'd like to be known:	
Please delete as appropriate (so we can allocate rooms):	Male / Female
Address (including postcode):	
Telephone No:	
Mobile No:	
Email:	
Emergency contact details while you are on the course: <b>(name and phone no)</b>	
Do you have any specific dietary needs? (N.B. The catering at Heathercombe is all vegetarian with a vegan option)	
Do you have any other needs? (e.g. mobility, learning difficulties)	



### 2) Your booking (please see cancellation policy above)

#### The fee for this course is £295

(four concessions available at £225 – fees fully inclusive of tuition, food, accommodation & materials).

A deposit of £120 is required to reserve your place; the **remaining balance is to be paid by 23rd April 2018.**

Please make cheques payable to 'Aranya Gardens', and send them with this form to the address overleaf. Alternatively please email your booking form to [aranya@learnpermaculture.com](mailto:aranya@learnpermaculture.com) and ask for bank details.

*Please fill in and tick as appropriate*

- I am paying £\_\_\_\_\_ and have enclosed / am sending the full amount with my booking.
- I am paying £\_\_\_\_\_ and have enclosed a £120 deposit, paying the outstanding amount by 23rd April.
- I am applying for one of the concessionary places (please check there is still one available before sending us your form).

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**3) How did you hear about the course?** (Please state as precisely as possible so we can optimize publicity – if via the internet, please let us know the website if you can remember, thank you)

**4) Your permaculture background:**

Have you attended any other permaculture courses?

Have you attended any other bodywork courses?

**5) Travel and Resources:**

How are you planning to travel to the course?

We will be connecting all participants via email several weeks before the course starts so that you can all contact each other and arrange lift share/requests/offers. Would you like to be included in this information?

Yes       No

What other resources/skills might you be able to offer the group? (e.g. first aid, games, etc.)

**6) Age Range (please tick) – to help us with room allocations**

16 – 25       26 – 40       41 – 59       60 and above

**7) Your expectations for the course**

What are your reasons for joining the course? What do you hope to get out of it?

Your signature:

Date:

To secure your place, please print out this form & send along with your payment/deposit to:  
**Aranya – Learn Permaculture, Spring Cottage, Axmouth, Seaton, Devon EX12 4BE**

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