

**October 17th – 31st @ The Panya Project Chiang Mai**

This workshop will cover all aspects of Eco-village design & the fundamentals of Deep Ecology, Community Building & Permaculture using interactive participatory action learning. Based on the belief that every body has a piece of the truth inside of them. Participatory, interactive teaching methods are designed to empower through experiential learning & reflection. Our aim is to create a supportive learning community for the duration of the workshop, where trust, love, compassion, support & connection is built among participants.



**Eco-village design / Deep Ecology:**

Our community will spend time on the four key elements of Eco-village design.

**Social** - New relations in community that bring happiness; Building community & embracing diversity.

**World-view** - New ways of looking at the universe; listening to & reconnecting with nature.

**Ecological** - Design an eco-village & practice basic principles & skills.

**Economics** - Right livelihood in communities, shifting the global economy towards sustainability.

There will be a series of sessions throughout the workshop designed to heal & connect with our inner self & nature. There will be visioning sessions that will be conducted in the beautiful forest next to the Panya project. These sessions will be led by Om an experienced & powerful facilitator who has studied & been inspired by the work of Joanna Macy.

### ▣ **Permaculture Design:**

Our aim is for participants to leave inspired empowered & confident. Our days will kick off with theory sessions, gaining knowledge using participatory & fun methods. Sessions will cover; Ethics & principles, Social Permaculture / community building, Design methodologies, Natural building, Soil, Veg production / garden design & Food forests.



### **Community Building:**

As a group of trainers & participants we will become a community for the duration of the workshop. Our collective will explore ways of developing & strengthening community relations experiencing group decision making, developing communication skills, trust building, inspirational sharing & deep listening. Together we will identify invisible & soft structures that are the foundations of harmony in a community context. We will investigate how Permaculture principles & other tools can potentially be employed to create balance & joy that is accessible to all. Our goal is to offer a rounded experience that integrates the elements that build successful community's.

### **Natural Building / Organic gardening**

During the workshop you will be introduced to different styles of natural building. We will have hands on time employing tried & tested methods including, Adobe & Wattle + cob. There will be plenty of opportunity for creativity & play. Participants will leave motivated & with plenty of experience. We will discover some of the secrets behind designing awesome, functional, aesthetic & productive gardens. Participants will have the opportunity to take part in a range of garden related activities such as; Making potting mixes, direct seeding, transplants & harvesting. We will also have a site visit to a well established organic farm.

### **Structure Of The Day**

During this two-week workshop, we will enjoy a healthy & balanced diet. After time for yoga or meditation we will start with a wholesome breakfast, often porridge fruit & eggs. There will be a mid morning break for refreshments. Lunch will be prepared for us & be served just after noon. There will be a slot for rest after lunch followed by an afternoon session. Our community will share the responsibility of preparing the evening meal, this will give us time to exchange & share recipes ideas & flavours. In the evenings there will be opportunity's for us to socialize, watch documentaries, have classes on bread, wine & cheese making as well as skill share sessions. We will finish the workshop with one of the classic Panya Pizza partys.

### **Accommodation**

Participants will be staying in airy dormitory's kitted out with comfortable mattress's sheets & mosquito nets (private rooms are available at an additional cost, (subject to availability)). All food will be provided, a percentage from our land, mainly vegetarian with plenty of fruit.



We will be working with emerging design, based on feed-back, observing & responding to the needs & energy's of the group. Holding space for deep learning & the joy of the community. But no matter how we shift the schedule all the key learnings will be covered.

This two week workshop is designed to develop the **Hands**; Developing practical land based skills.  
**Heart**; Cultivating compassion & nonviolence.

**Head**

; Theory sessions, participatory action learning, observation development, discussions, documentary's, roll play & games.

This workshop is held at the Panya Project Chiang Mai, a community that celebrates & honours diversity. Come & join us for this unique & powerful two week workshop.

### Costs:

14 Day workshop: **October 17Th – 31st- \$600 Inclusive**

We ask all participants to pay a \$100 deposit to secure a place.

Register Now with [Eventbrite](#)

Contact: [ombenandmatt@gmail.com](mailto:ombenandmatt@gmail.com)



**About the Facilitators** – Om, Ben & Matt are experienced & passionate facilitators who have

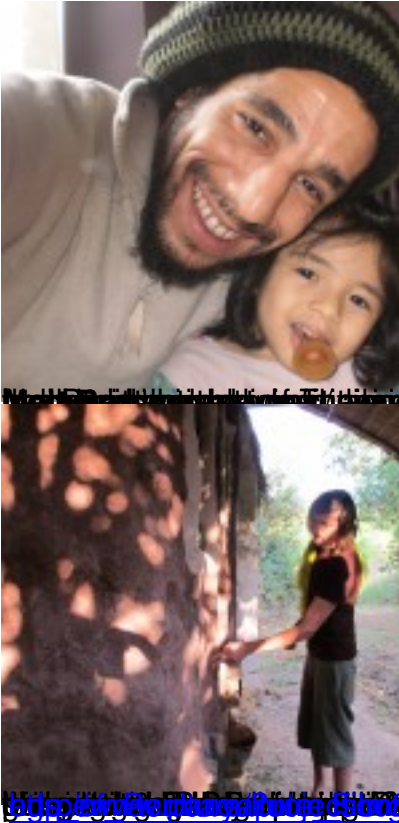
enjoyed the reality of Eco-village living at the Panya community for more than one year. As a teaching collective they have developed a symbiotic working relationship, based on balance, respect, co-creation & a deep Love of nature. A rounded team that is inspired to inspire & regenerate using diverse facilitation / teaching skills.

### **Om; (Sunisa Jamwiset)**



Om has been using participatory learning techniques to teach Eco-village Design & Training of Trainer Courses in Thailand from 2009 – 2012 with the Thai EDE teaching team. She is the ambassador of Thailand for the Global Eco-village Network of Oceania & Asia. Trainer of Youth Training Programme for International Network of socially Engaged Buddhists (INEB). Experiencing 8 years living in an intentional community – Wongsanit Ashram & one year at the Panya project. She has been researching alternative communities in Thailand for 5 years & published a book in Thai. She is now starting a project on her home land in Nong khai; “The Elements Ashram”. Her passion is socially engaged spirituality; searching for true beauty in oneself & in the world through alternative means. Beside teaching & facilitating courses she enjoys dancing, playing flute & spending time on her own in the forest!

### **Ben Murray**



<http://www.permaculturenews.com/2012/05/15/10-ways-to-build-a-permaculture-community/>

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