Reconnecting with Nature

21st - 30th OCTOBER 2019

Led by Tim Wigley

A ten day immersive experience in which we will re-establish our awe for the natural world so that our gardening or farming becomes inspired by a love of nature and a deep appreciation for how natural processes work.
These courses are designed to help people garden or farm from the heart, consciously cooperating with ecosystem processes and the regenerative power of nature. The aim in these courses is to transmit the experience of living with a conscious realisation of how we can cooperate with nature and how life-giving this relationship with nature can become.

There is an emphasis in the training that what is being taught on the course is not so much about bringing new information but more about reminding people what they originally knew. Most indigenous people understood that the welfare of nature and that of people was inseparable – our Western way of life has taken us so far away from this understanding that we are now having to teach one another how to reconnect with the natural world.

**Content covered will include:**
- Life of the Soil
- Mulching
- Compost Making
- Succession and Productivity
- Communities of Plants (Guilds)
- Permaculture Principles
- Natural Farming
- Organic Gardening Methods
- Listening, Observing & Allowing the Land to guide you
- Design Principles
- Water Cycle
- Sun Energy
- “Pests” and Protection
- Tree Planting
- Food Forests
- Seedling Production

This course will be run in collaboration with the Living Soils Learning Farm project. The learning farm, located at Spier, will showcase the production of nutritious food through sustainable farming methods for the benefit of food security of the local community, and will involve the training and development of young farmers to address local youth unemployment and land reform issues.
Living Soils Community Learning Farm, Spier Wine Farm, Stellenbosch, Western Cape

COSTS AND BOOKING

Maximum 16 participants. Place secured on payment of 50% deposit.

FULL COURSE FEE:
• R3 500 per person

Includes:
• 10 day course fee
• Lunch, tea & coffee

Excludes:
• Travel expenses to and from the course
• Accommodation

BOOKING:
Email yoliswa@sustainabilityinstitute.net for booking forms
More info: Yoliswa Mahobe - 061 713 2545

TIME & DATE:
21st to 30th October 2019, from 8h30 till 17h30 daily

VENUE:
Living Soils Community Learning Farm, Spier Wine Farm, Stellenbosch, Western Cape

ABOUT TIM WIGLEY

Tim began his farming journey in 1978. He had little knowledge of how to farm and little awareness of just how out of step with nature commercial agriculture had become. After two years of following expert advice from the local agricultural research programme, he noticed a marked deterioration in the soil. This stopped him in his tracks and began his journey of learning to work in co-operation with nature, without the use of chemicals.

Inspired by old Xhosa ways, Permaculture, Holistic Management, Manfred Max-Neef, Masanobu Fukuoka, Rudolf Steiner and a good dose of common sense, Tim set upon a journey of experimentation. Before long people were calling his farm the most developed example of permaculture they had seen in South Africa.

In 2010 he put his learnt experience into practice in the creation of Earth Harmony Homestead, where he currently strives to create a thriving food forest on a one hectare piece of previously degraded land. He is also committed to expanding natural agricultural practices in rural communities in the Eastern Cape through the re-awakening of dormant knowledge.

AMAVA OLUNTU NPC No: 2011/108066/08

Amava Oluntu is a collective of individuals and groups working together to create spaces that encourage reconnection of individuals to themselves, each other and the natural world.