

Anahata PDC 2018

Anahata PDC 2018		Day 1	Day 2	Day 3	Day 4	Day 5
October	Wednesday 3	Thursday 4	Friday 5	Saturday 6	Sunday 7	Monday 8
Daily Rhythm		WELCOME!	INTRO TO PC	PATTERNS	ECOLOGY/ D.E.	WATER
6:00 – 7:00 am		6:00 – 7:15 am Hatha Yoga	6:00 – 7:15 am Havan Fire Ceremony	6:00 – 7:15 am Hatha Yoga		
7:00 – 7:15 am					Mantra meditation	Mantra meditation
7:15 – 8:00 am		<i>7:45 Breakfast*</i>	Breakfast	Breakfast	Breakfast	Breakfast
8:15 – 8:45 am		---	Morning Circle	Morning Circle	Morning Circle	Morning Circle
8:45 – 10:15am		# Anahata (9am)	# R & G	#R	#I	#R
Session 1		Rego, Tours & Settling In	PC Ethics & Principles	Biomes & Bioregions	Deep Ecology	Nature Design & Observation
10:15 – 10:45am		Morning Tea	Morning Tea	Morning Tea	Morning Tea	Morning Tea
10:45 – 12:15 pm		#R Orientation & Team Building	#R PC Principles Activity	# R & G Site & Sector Analysis	#I Deep Ecology	#G Water in the Landscape
12:30 – 1:00 pm		Yoga Nidra	Yoga Nidra	Yoga Nidra	Yoga Nidra	Yoga Nidra
1:00 – 2:30 pm		Lunch & Clean-up	Lunch & Clean-up	Lunch & Clean-up	Lunch & Clean-up	Lunch & Clean-up
2:30 – 4:00 pm		#R & G	# G & R	# G & R	#I	# G & R
Session 3		Curriculum & Group Culture Intro to Permaculture # R	Design Thinking – wholistic goal setting – design process	Microclimates	Deep Ecology	Water-harvest systems Modeling Activity
4:00 – 4:30 pm		Afternoon Tea	Afternoon Tea	Afternoon Tea	Afternoon Tea	Afternoon Tea
4:30 – 6:00 pm		# G & R	# R & G	4:30 – 5:00 Free	#I	#G & R
Session 4		Ecological Principles	Patterns	5:00 – 6:30 Havan Fire	Deep Ecology	Landscape Contours Practical
	Pick-up: 5:45pm	5:30		Ceremony		
6:00 – 6:30 pm		Meditation	Meditation Nature Pattern		Meditation	FREE TIME: 6-6:30

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6:30 – 7:30 pm	Dinner & Clean-up	Dinner & Clean-up	Dinner & Clean-up	Dinner & Clean-up	Dinner & Clean-up	Dinner & Clean-up
7:30 – 8:45 pm Session 5	---	#Anahata Yogic Way of Life 1	#G DVD Inhabit	FREE TIME	FREE TIME	# G DVD Sepp Hotlzer

Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12
Tuesday 9	Wednesday 10	Thursday 11	Friday 12	Saturday 13	Sunday 14	Monday 15

SOILS	GARDENS	ANIMALS	ORCHARDS	FIELD VISIT	DAY OFF	BUILDING I
6:00 – 7:15 am Hatha Yoga	Mantra meditation	6:00 – 7:15 am Hatha Yoga	6:00 – 7:15 am Havan Fire Ceremony	6:00 – 7:15 am Hatha Yoga	FREE TIME	Mantra meditation
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast		Breakfast
Morning Circle	Morning Circle	Morning Circle	Morning Circle	# R		Morning Circle
#G	# R & G & Gt	# G	# R			# G
The living web of soils	(2:00 pm start) Garden Practicals	Intro to Animals in PC	Forest Gardens, Orchards & Shelterbelts			Ecological Building Principles
Morning Tea	Compost Making	Morning Tea	Morning Tea		10:00 Brunch!	Morning Tea
# R & G Soil Observation Analysis	Seed Raising Planting & Placement	# G & R Poultry & Small Animals in PC Systems	# R Food Forest Design			# G Associated Systems Water & Waste
Yoga Nidra	Yoga Nidra	Yoga Nidra	Yoga Nidra			Yoga Nidra
Lunch & Clean-up	Lunch & Clean-up	Lunch & Clean-up	Lunch & Clean-up	FIELD VISIT		Lunch & Clean-up
#R	#Anahata	# R & G	#R	DAY		# R
Garden Design: Zone 1	Yogic Way of Life 2	Animal Systems Design Activity	PC Priciples in Social PC			Anahata (& Savitiri??)
Afternoon Tea	Afternoon Tea	Afternoon Tea	Afternoon Tea			Site Visits
# R	4:30 – 5:00 Free	# Gt	# R & G		4:30 PM	&
Garden Design: Zone 2	5:00 – 6:30 Yoga	Bees in PC Systems	Designing Sacred Spaces		Dinner & Clean up	Building Analysis
FREE TIME: 6-6:30	Buffet	FREE TIME: 6-6:30				FREE TIME: 6-6:30

Suggested_schedule

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Tuesday 9	Wednesday 10	Thursday 11	Friday 12	Saturday 13	Sunday 14	Monday 15
Dinner & Clean-up	Dinner & Clean-up	Dinner & Clean-up	Dinner & Clean-up	DINNER OUT		Dinner & Clean-up
# G & R Urban Design	7:30 – 8:30 Kirtan	# G DVD: One man, One cow, One Planet	FREE TIME	FREE TIME	FREE TIME	# G Tech design and drawing scaling etc

Suggested_schedule

Day 13	Day 14	Day 15	Day 16	Day 17	Day 18	Day 19
Tuesday 16	Wednesday 17	Thursday 18	Friday 19	Saturday 20	Sunday 21	Monday 22

BUILDING II	SOCIAL PC	MAIN DESIGN	MAIN DESIGN	MAIN DESIGN	MAIN DESIGN	CLOSING
6:00 – 7:15 am Hatha Yoga	Mantra meditation	6:00 – 7:15 am Hatha Yoga	6:00 – 7:15 am Havan Fire Ceremony	6:00 – 7:15 am Hatha Yoga	Mantra meditation	Mantra meditation
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Morning Circle	Morning Circle	Morning Circle	Morning Circle	Morning Circle	Morning Circle	# R & G
# G	# R	# R & G	# R & G	# R & G	# R & G	Wrap up - Feedback & Closing Ritual
Appropriate Technology	Invisible/ legal & governance Structures	Intro to Client Interview & S.A.	MAIN DESIGN PROJECTS	MAIN DESIGN PROJECTS	MAIN DESIGN PROJECTS	
Morning Tea	Morning Tea	Morning Tea	Morning Tea	Morning Tea	Morning Tea	
# R House Design Activity	#R Community / alternative economics Design	# R Preparing for Design Process	# R & G MAIN DESIGN PROJECTS	# R & G MAIN DESIGN PROJECTS	# R & G MAIN DESIGN PROJECTS	
Yoga Nidra	Yoga Nidra	Yoga Nidra	Yoga Nidra	Yoga Nidra	Yoga Nidra	Yoga Nidra
Lunch & Clean-up	Lunch & Clean-up	Lunch & Clean-up	Lunch & Clean-up	Lunch & Clean-up	Lunch & Clean-up	* Those needing to catch the bus from
# R & G & Gt	# R	# R & G	# R & G	# R & G	# R & G	Takaka to Nelson
Building Practicals	Intro to Main Projects & Team Creation	MAIN DESIGN PROJECTS	MAIN DESIGN PROJECTS	MAIN DESIGN PROJECTS	Design Presentations	need to leave no
	Afternoon Tea	Afternoon Tea	Afternoon Tea	Afternoon Tea	Afternoon Tea	later than 11:00 a.m.
	4:30 – 5:00 Free	# R & G	# R & G	4:30 – 5:00 Free	# R & G	
	5:00 – 6:30 Yoga	MAIN DESIGN PROJECTS	MAIN DESIGN PROJECTS	5:00 – 6:30 Havan Fire Ceremony	MAIN DESIGN PROJECTS	
	Buffet	Meditation				

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Dinner & Clean-up	Dinner & Clean-up	Dinner & Clean-up	Dinner & Clean-up	Dinner & Clean-up	Dinner & Clean-up	
# G DVD Woodland Way	7:30 – 8:30 Kirtan	#R & G MAIN DESIGN PROJECTS	# R & G Where to from here	# R & G MAIN DESIGN PROJECTS	# R & G Celebration Evening	