

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



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

