

October - December 2010

green events

FREE

The alternative guide to what's happening in the South

THE MONEYLESS MAN

Could you live without money?

100's of
events
for mind
body and
spirit

Build your own
EARTHSHIP

And lots more inspirational courses inside

www.greenevents.co.uk

NEW
LOOK!

Celebrations • Mind, Body & Spirit • Green Issues • Practical Courses • Exhibitions

The Green Parent

THE NATURAL PARENTING MAGAZINE

FREE SUMMER KNITTING PATTERN FOR EVERY READER

The Green Parent

JUNE/JULY 2010 £3.50

THEGREENPARENT.CO.UK

Woodland SPECIAL

Classroom without walls
Bushcraft for families

Outside the Box

How to live without TV

Natural Immunity

The vaccination debate

HOW TO:

- boost your teen's confidence
- improve fertility with herbs
- create a boat from junk

Brotherly Love

Nurturing the sibling bond

10 Fun free ideas to turn your garden into a magical place

PLUS GREEN HOLIDAYS • COOKING ON THE FIRE • BREASTFEEDING • HOME EDUCATION

alternative education ■ holistic health ■ seasonal celebrations
eco house and garden ■ competitions and much more

www.thegreenparent.co.uk

reduce your impact on the environment



planet-friendly courses

- straw-bale building
- keeping chickens
- herbal medicine
- seed saving
- heating with wood
- permaculture
- food preserving
- renewables
- smallholding
- living willow...etc.

over 350 courses, at 30 locations around the UK

Also at LILI : gift vouchers, free factsheets, web forum, online shop & bookshop, WWOOF (volunteering on organic farms), links library



low-impact living initiative

www.lowimpact.org 01296 714184

JANET TRELOAR

Dip Hyp, Dip RTH

07989 429232

www.planet-therapies.com

DOUG BUCKINGHAM

Dip Hyp, PDC Hyp, Dip RTH

07979 750291

www.dougbuckingham.co.uk

Past Life & Inter-Life Regression Therapists
Assistant Trainers for the Past Life Regression Academy
One 2 One Sessions and Workshops. London & Essex Locations



'For those of us who have had the opportunity to actually see our immortality a new depth of self understanding and empowerment emerges'

Call or see respective websites for details

REGULAR CLASSES



Monday

Yoga for all 19.00-20.30

Classes with Richard Kravetz
The Hall, Hutton Grove, Finchley, N12
020 83499602 richard@yogaforall-uk.com

Jung Study Group 19.00-20.30

Carl Jung considered The Red Book to be his most important work - a truly spiritual magnum opus of gnostic wisdom. Join the study group on 4, 18 Oct; 1, 15, 29 Nov; and 13 Dec. Admission: £5, £4 concessions.
Theosophical Society, 50 Gloucester Place, W1 Colyn 020 7563 9817

Isis Unveiled 19.00-20.30

Isis Unveiled, published in 1877, is H.P.Blavatsky's first major work on Theosophy, examining religion and science in the light of Western and Oriental ancient wisdom and occult and spiritualistic phenomena. Join the study group on 11, 25 October; 8, 22 November; 6, 20 December. Admission: £5, £4 concessions.
Theosophical Society, 50 Gloucester Place, W1 Colyn 020 7563 9817

Advanced Djembe 19.00-21.30

with Souleymane Compo
The Rhythm Café, Camden Stables Market
020 7428 9619 therhythmcafe.com

Taijiwuxigong 19.15-20.30

Self healing exercises with spontaneous movement. A form of qi gong highly effective for improving posture and health. Also new morning class in Crouch End.
British School of Shitsu-Do, Finsbury Park, N7 Eve Jackson 07982 833170

Yoga classes 19.15-21.15

Connect yourself to the body of nature through exploration of seasonal change. With Bea Fritzsching-Jerschke
Movingartsbase, 134 Liverpool Rd, N1
07973 619633 bea@beayogi.co.uk

5Rhythms 19.45-21.45

Gabrielle Roth's 5Rhythms classes with Cathy Ryan. A dynamic moving meditation to which all are welcome.
St Mary's Neighbourhood Centre, Upper Street, Islington, N1 Cathy 07791 955669 maracathy@gmail.com

Hatha Yoga 20.00-21.30

Asana, Pranayama and Meditation with Michael Joseph.
Hidden Space Yoga Studio, Falkland Rd, N8
07919 557950 thehiddenspace.co.uk

Tuesday

Women's Yoga 19.00-20.00

Small classes, suitable for all abilities. Includes meditation and relaxation.
Maiden Lane Community Centre, NW1 020 7267 3230 dianab@eggconnect.net

Meditation 19.00-20.30

Guided meditation followed by discussions that explore the many facets of evolutionary spirituality and the relationship between meditation and engaging creatively with

life. Free for first-time visitors.

EnlightenNext UK Centre, 13 Windsor St., N1 8QG 020 7288 7000 info.UK@enlightennext.org enlightennext.org/uk

Philosophy Talk 19.00-20.30

A key source book in study of the Ageless Wisdom, providing a synthesis of science, religion and philosophy. Admission free. From 5 October - 14 December.
Foundation for Theosophical Studies, 50 Gloucester Place, W1 Colyn 020 7563 9817

5Rhythms 19.00-21.00

5Rhythms dance class with Sue Rickards.
St George's Church, Crayford Road N7 OND
0845 458 8251 acalltodance.com

Joy of Meditation 19.00-21.00

Introduction to the theory and practice of meditation as a spiritual discipline. Admission free. From 2 Nov - 14 Dec.
Theosophical Society, 50 Gloucester Place, W1 Colyn 020 7563 9817 dhyancentre.org

Gestalt Therapy 19.30-22.00

An ongoing group in Gestalt Psychotherapy. Awareness and expression.
The Open Centre, EC1 020 7288 1894 info@abod.co.uk gestaltbodymind.co.uk

Djembe Classes 19.45-22.00

Intermediate with Hans Sutton
The Rhythm Café, Camden Stables Market
020 7428 9619 therhythmcafe.com

Wednesday

Environmental Yoga 9.45-11.15

Practicing yoga from an environmental standpoint. Also 19.15-20.45. A percentage of profits to environmental charities.
Mountainview Chapel, Battersea
020 7801 0562 environmentalyoga.com

Conservation 10.00-16.00

Practical conservation volunteer workdays
Camley Str Natural Park, NW1
Kate Coss 020 7833 2311

Kettlebells 18.30-19.30

Kettlebells are an excellent exercise tool for full body strength, weight loss and rehabilitation. Weekly sessions available from fully qualified instructor! Some free places for those on low income. Until 17 Nov.
Kingsley Hall Community Centre, Bromley by Bow Steve 07760391315 kalisteve@hotmail.com, kingsleyhall.co.uk

Thursday

Yoga class 18.30-20.00

Weekly classes with Ruth White
Colet House, Hammersmith, W14
01993 831032 ruthwhiteyoga.com

Darbuka Drumming 19.00-21.00

Middle Eastern Drumming session led by experienced Malik Terblizi
The Rhythm Café, Camden Stables Market
020 7428 9619 therhythmcafe.com

Mindful Practice 19.30-21.00

West London class including pranayama and meditation
Ealing bodhi-yoga.co.uk

Sweaty Thursdays 19.30-21.30

5Rhythms drop-in dance session with Christian de Sousa
St. Peter's Church, 310 Kennington Lane, Vauxhall, SE11 (use side entrance on Tyers Str.) Jay 07932 793971 londondances@dancingtao.net dancingtao.net

Friday

Critical Mass Bike Ride 18.00

Bike ride on the last Friday of each month - 27 Oct, 26 Nov, 24 Dec.
Under Waterloo Bridge by NFT
criticalmasslondon.org.uk

Percussion Session 19.00-20.30

All ages & Abilities with Roberto Sterza
The Rhythm Café, Camden Stables Market
020 7428 9619 therhythmcafe.com

Being Sound 19.30-21.30

Voice work comprising breathing, toning, overtones, song healing and power of voice.
Friends Meeting House, Bush Rd, E11
Jas Dawson 020 8556 8363, 07956 437372 jas@beingsound.com

Jamming Time! 20.30-22.00

Come and express yourself in a session of improvisation, or just hang out, dance and enjoy the rhythms.
The Rhythm Café, Camden Stables Market
020 7428 9619 therhythmcafe.com

Saturday

Hatha Yoga 10.00-11.30

The Healthy Living Centre, Highbury
Helen 07769 651596

Organic Market 10.00-15.00

Sunnyside Community Garden run an organic food market every Saturday. A percentage of the profit supports their mental health work. Come and buy organic fruit, veg, pasta, meat, eggs, oil, juice etc.
Corner of Hazelville Road and St. John's Way, N19 Andy 020 7272 3522 andy@sunnysidegarden.org.uk

Djembe Workshop 13.30-15.30

For beginners with Mamadou Oury Diallo Learn how to play the djembe drum.
The Rhythm Café, Camden Stables Market
020 7428 9619 therhythmcafe.com

5Rhythms 19.00-22.00

5Rhythms dance class with Sue Rickards
St. George's Church, Crayford Rd, N7 OND
0845 458 8251 acalltodance.com

Sunday

Walk in Peace 10:55-12.00

Slow, silent, mindful, meditative walk for peace on 1st Sunday of every month.
Hyde Park Speaker's Corner, by the café
020 8755 0353 beatricepillar@freeuk.com

Rehearsal 16.00-18.00

Learn and play with our band, Beats Ecstatic and you'll soon be performing with us on stages around the UK.
The Rhythm Café, Camden Stables Market
020 7428 9619 therhythmcafe.com

Theosophy 16.45- 19.45

Introduction to the Ageless Wisdom, providing reliable answers to questions surrounding the purpose of life and human destiny. Free. Held weekly until 5 Dec.
Foundation for Theosophical Studies, 50 Gloucester Place, W1 Colyn 020 7563 9817

Monthly Events

Full Moon Meditation

Short introductory talk followed by a 20 min meditation. No charge and no booking necc.
Thistle Hotel, Victoria
020 7839 4512 lucistrust.org

New Moon Meeting

Short introductory talk followed by a 20 min meditation. No charge and no booking necc.
Lucis Trust Library, Suite 54, Whitehall Court, SW1 020 7839 4512 lucistrust.org

5Rhythms Dance 19.30-21.30

A full moon dance for women. The 5Rhythms is an ecstatic dance and movement meditation practice suitable for everyone. All women welcome! Come along!
St Peter's Church, Vauxhall, SE11 Chloe 07866 757575 chloedesus@mac.com

Dont forget to say
you saw it in

green
events

greenevents.co.uk

Want to advertise
your regular class?
Turn to page 14 for
details and rates.



NEXT ISSUE: 1st Jan 2011

YOGA Your Body

The Yoga Show 29-31 Oct, Olympia, London. theyogashow.co.uk

There will be plenty to do at the seventh annual yoga show including free classes, children's yoga, demos and lectures. The free open classes offer the chance to sample a wide range of yoga and pilates and are suitable for all levels including beginners. We have ten passes to give away. For your chance to win, email your name, address, where you picked up this copy and your favourite yoga asana to london@greenevents.co.uk.



MAKE YOUR OWN

Self-build an Earthship 22-24 Oct Brighton, East Sussex. Take part in a course where you will learn how to build your own home with tyres, bottles and mud. It is also suitable for those with a general interest in Earthships and there is a strong practical element to the weekend. **What is an Earthship?** A low impact building that makes use of recycled materials in its construction including over 1000 car tyres. It has passive solar heating and cooling and uses only renewable technologies. All the water used is harvested from rain-water and recycled with waste water management on site.



October

Discover how to build your own home using only mud and tyres and win tickets to the cycling show.

Inspire Our Youth

Introduction to Earth Education 11 Oct Chalfont St. Giles, Bucks This day workshop is aimed at teachers wanting to bring more awareness of environmental issues into their classroom. Participants will gain a clear understanding of earth education - its philosophy, background and distinctiveness, how to create dynamic magical learning adventures and be taught specific ways to help learners improve their relationship with the Earth. **0845 4583017 eartheducation.org.uk**



WIN A DAY OUT

The Cycle Show 8-10 Oct, Earl's Court, London, cycleshow.co.uk

Now in its 9th year, this four day cycling experience promises to be even bigger and better than ever before, with plenty of activities to keep the kids busy. Not only perfectly suited to those bike mad enthusiasts but also ideal for those who have never ridden a bike before. For your chance to win tickets, simply email your name, address, where you picked up this copy and tell us why you'd like to go to the show - london@greenevents.co.uk.

Things To Do

This Month

WATCH THIS FILM

Animate Earth by Stephen Harding offers a new and much-needed scientific vision for creating positive change.

READ THIS BOOK - Hope For Animals and Their World: How Endangered Animals are being rescued from the brink by Jane Goodall - World renowned scientist, Goodall offers an optimistic message of hope in this timely book.

GO TO THIS EVENT - The Big Green Home Show from 29-31 Oct in Swindon to find out how to green up your living space indoors and out. For info: buildstore.co.uk.



OTHER EVENTS: 2-17 Oct, Biodynamic Food Fortnight • 10 Oct, Seed Gathering Sunday • 18-24 Oct, Energy Saving Week • 21 Oct, Apple Day

UPCOMING EVENTS



Creativity

Creative Writing workshop

WED 6 Oct 10am-4pm Chelsea Physic Garden, London

Be inspired by nature to improve your poetry or prose at the Chelsea Physic Garden with Poet Dr. Lesley Saunders. 020 7349 6460 adultlearning@chelseaphysicgarden.co.uk, chelseaphysicgarden.co.uk

Advanced Botanical Illustration

TUE 12 Oct 10.00-16.00 Chelsea Physic Garden, London

Advanced botanical illustration. Dry brush technique for fine detail. Convey texture in leaf and flower. Avoiding muddiness when intensifying colour. 020 7349 6460 adultlearning@chelseaphysicgarden.co.uk, chelseaphysicgarden.co.uk

Christmas Floral Design

THU 16 Dec 10.00-16.00 Chelsea Physic Garden, London

Creating exquisite Christmas decor and floral designs using natural resources at the Chelsea Physic Garden. 020 7349 6460 adultlearning@chelseaphysicgarden.co.uk, chelseaphysicgarden.co.uk

Celebration

4th Native Spirit Festival of Indigenous People

TUE 12 - FRI 22 Oct 18-22:00

Amnesty International, SOAS, Birbeck College

An annual season of films, talks and performances promoting the Cultures of Indigenous Peoples.

festival@nativespiritfoundation.org, nativespiritfoundation.org

PechaKucha Africa

WED 20 Oct 19.00-23.00 Kings Place, London

PechaKucha meaning chit-chat in Japanese, is an event format sweeping the world jo@savetherhino.org, savetherhino.org

Goma - Fullmoon Weekend

SAT 23 Oct 9.00 - 13.00 nr. Totnes and Exeter, Devon

Sacred Fire Ceremony & Chants at Babaji's Ashram near Exeter. Include lunch, by donation 01392 811108 ombabaji.org.uk

Goma Concert

SUN 24 Oct Doors open 18.30 for 19.00 St. John's Church

Bridgetown, Totnes

Indian devotional chants performed by Western musicians. Dance! Sing! £8/£6 tickets on the door. [Chai & snacks available](http://chai&snacks.com) Asha 07798 606093

Compassionate Xmas Fayre

SAT 6 Nov 11.00-16.00 Victoria Hall Methodist Church, Norfolk Street, Sheffield

Animal Aid's first northern Christmas Fayre in Sheffield. A great opportunity to buy all your ethical Christmas gifts from Animal Aid and other local companies and to try some vegan food provided by new local catering company Compassionate Catering. There will also be information stalls and talks. 01732 364546 kelly@animalaid.co.uk, animalaid.org.uk

World Goodwill Seminar

SAT 6 Nov 13.30-17.30 Grosvenor Hotel, London SW1

The Spirit of Money and the Divine Circulatory Flow: World Goodwill Seminar 0870 770 1646 worldgoodwill.uk@lucistrust.org, worldgoodwill.org

Holistic Heaven

SUN 7 Nov 10.00-17.00 Oakley House, Bromley

Hundreds of people from all walks of life will visit Holistic Heaven throughout the day to discover new treatments, stimulate their mind and inspire their senses. There are free workshops to help visitors understand alternative treatments and open their mind to life-changing practices.

0845 302 4914 info@holisticheavenevents.com, holisticheavenevents.com

Eco Design Christmas Fair

SAT 4 - SUN 5 Dec 10.00-17.00

Assembly Hall, Islington Town Hall, London, N1 2UD

Now in it's seventh year, the Eco-Design Fair continues to provide a unique retail platform for designers whose work is centred on sustainability and kindness to the environment. Come along and discover a fantastic range of Christmas gifts and gadgets, home accessories, fashion, footwear, jewellery, lighting, sculpture, books, technology, baby clothes, toys and many more top British and Fairtrade sustainable products. info@ecodesignfair.co.uk, ecodesignfair.co.uk

Animal Aid's Christmas Fayre

SUN 5 Dec 10.00-17.00 Kensington Town Hall, London

Annual extravaganza promoting animal-friendly products and services in a congenial atmosphere. Brian May will be speaking on the hunting issue. More than 85 stands bringing you an amazing array of animal-friendly merchandise and information about how you can help animals, the environment and the planet. mary@nimalaid.co.uk, animalaid.org.uk

Exhibitions/Awards

The Green Economics Retreat and Wellbeing Conference

FRI 5 - SUN 7 Nov Earth Spirit Centre, Glastonbury, Somerset

Focusing on the importance of understanding the real human being and the natural world in economic practice and theory. Topics range from economics in the long term, education, human rights and sustainability. greeneconomicsevents@yahoo.co.uk, greeneconomics.org.uk

Cleantech World conference

WED 17 - THU 18 Nov Excel Exhibition Hall London

A new conference and exhibition to provide an international platform for the fast-growing Cleantech sector. A raft of young Cleantech companies is emerging to bring a wide range of green concepts to market in fields such as biofuels, solar, wind, biomass, tidal power generation, conservation and many other categories. 01454 629741 cleantechworld.co.uk

Low Carbon Futures: Money does grow on trees

TUE 23 Nov 8.30-18.00 Watershed Media Centre, Harbourside, Bristol

An annual conference that looks closely at the cutting-edge themes of the new green economy, the business case for using sustainable technologies and incentives, and the balance between prosperity and economic growth. riba.southwest@inst.riba.org, greenregister.org.uk

GREEN Awards 2010

THU 25 Nov 19.00-24.00

This year the 5th Green Awards for Excellence in Communicating Sustainability goes global. These unique Awards, accredited by the Royal Society of Arts, recognise creativity internationally that communicates the importance of corporate and social responsibility, sustainable development and ethical best practice in any sector. caroline@greenawards.co.uk, greenawards.co.uk

Food and Drink

Charity Cooking event

THU 7 Oct 18:30 Cookbook Cafe, Park Lane, Ldn, W1J 3QY

Charity event for the Medical Foundation for the Care of Victims of Torture, which is an one-off opportunity to learn to make popular dishes with top culinary chefs. mkilinc@torturecare.org.uk torturecare.org.uk/pomegranate

Introduction to Fungi ID

FRI 15 Oct Dulwich Upper Wood, South London

Held at a fungi rich woodland reserve in South London. Learn the skills used to identify and appreciate the diverse range of fungi species found on this site with the British Trust for Conservation Volunteers. Standard rate: £75 Reduced rate: £45 (BTCV members and volunteers, including associated groups and unemployed people). 020 7278 4294 london@btcv.org.uk, btcv.org.uk

Healthy Cooking for Beginners!

THU 21 Oct - THU 18 Nov 13.00-15.00 Kingsley Hall Community Centre, Bromley by Bow

This course gives a basic guide to nutrition and explains how to cook delicious healthy meals at home. There are some pay what you can places for those on low incomes. 07779 770468 beatricenicholson@gmail.com

Green Issues

Liftshare Week

MON 4 - FRI 8 Oct

Liftshare Week aims to help people travel more sustainably by finding them someone else going their way so they can share their cars. It's green, it's sociable and it saves you a lot of money. cecilia@liftshare.com, liftshareweek.com

EcoTeams-Up Event

WED 6 Oct 18-20.30 Westminster Kingsway College, Victoria Centre, London, SW1P 2PD

Want to lighten your load on the planet and save money at the same time? EcoTeams brings people together and shows them how to make smarter, greener choices that reduce their environmental impact and household bills. Find out how you can get involved at this event in Central London. 020 7420 4436 ecoteams@globalactionplan.org.uk, teamgreenbritain.org/ecoevents

Sustainable Business workshop

THU 7 - FRI 8 Oct 9:15-17:00 Seaweb, London

This two day course explores how to successfully balance environmental, economic and social goals. It covers the themes of leadership, communications and stakeholder engagement, partnerships, organisational and behavioural change, and sustainability frameworks. 0208 144 8287 jeremy@idealmedia.org.uk, idealmedia.org.uk

Plastic pollution in the oceans

WED 13 Oct 19.00-20.30 Royal Geographical Society

The public discussion series aims to improve understanding of, and engagement with, some of the big issues likely to affect our lives and society in the coming years. Our throw away society is polluting large areas of the world's oceans with marine litter, much of which is plastic, threatening marine life and food chains. 020 7591 3100 events@rgs.org, 21stcenturychallenges.org

Contemplative Experience with Steve Van Matre

THU 14 - FRI 15 Oct Shortenills Centre, Bucks, HP8 4SG

If 'beauty is in the eye of the beholder', how do we get nature 'into the eye'? 0845 4583017 office@earthed.org.uk, earthededucation.org.uk

Earthwatch debate

THU 14 Oct 19.00-20.30

Royal Geographical Society, 1 Kensington Gore, SW7 2AR

Earthwatch believes it's time to find a new mascot for Britain, and we will do just that at our 2010 debate! An audience vote will decide the most fitting species (bestial or botanical) to become the new mascot for Britain. 01865 318856 events@earthwatch.org.uk, earthwatch.org/europe

Global Food Security

Vegan farming can help to overcome world hunger. Choose a vegan diet to help protect fertile lands and fresh water reserves, and cut greenhouse gas emissions. This year on World Vegan Day – 1 Nov – The Vegan Society are taking the message to food producers, decision makers and international development groups. But they need your help! Why not share great vegan food with your family, friends and neighbours – and tell them that vegan farming can help to feed the hungry? Or write to your elected representatives, your local newspapers and radio stations, and international development groups which you support? Visit worldveganday.org or tel 0845 458 8244 to get started.



MEETING THE WILD

Nature based practice Retreat

13 - 27 Nov Spain ecodharma.com

This is a retreat with an emphasis on meditatively inhabiting the wild landscape which surrounds the Ecodharma Centre in Spain. Our deepest nature is untameable and this course offers the chance to deepen the connection to the earth through meditation, mindfulness, and reflection. This is a two week long residential retreat, for up to eight adult participants. The centre itself will act as a base, and all the usual facilities of shrine-room, dining spaces, and accommodation are available to support the participants to spend as much time as is useful out in the wilds – without placing any pressure or expectations upon them.



November

Help overcome world hunger, vote for your favourite green companies and learn about wellbeing through yoga.

Women's wellbeing

Well Woman Yoga Therapy 20 - 21 Nov London yogacampus.com. This course is all about yoga for women's health and vital energy. The course includes practical yoga programmes covering menarche, menstruation and pre-menstrual tension – techniques for managing pain, and promoting healthy, regular menstrual cycles; fertility and menopause – techniques for prevention and management of headaches, hot flushes and mood swings. Practices will include asana, pranayama, meditation, and deep relaxation techniques, including yoga nidra.

Don't spend a penny!

Buy Nothing Day 27th November 2010, buynothingday.co.uk

This subversive event was set up to get us thinking about consumer culture. We'll be celebrating with our annual Buy Nothing Month – you can follow our progress at thegreenparent.co.uk/blog. Here are a few ideas that you might like to try at home:

CLEAR OUT Spend the day clearing out the cupboards and take unwanted stuff to the charity shop or list it on freecycle.org.

EXPLORE Take a walk around your local area and check out all the free entertainment from art galleries to museums, libraries to parks.

JOIN Find a LETS scheme to swap skills and services - letslinkuk.net.

Things To Do

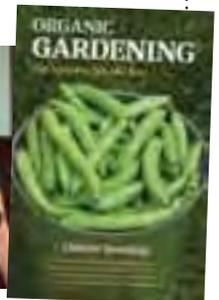
This Month

HUG A TREE

From 27 Nov to 5 Dec National Tree Week marks the start of the winter tree planting season. There are events taking place around the country – treecouncil.org.uk for details.

READ THIS BOOK Organic Gardening by Charles Dowding is about the no-dig approach to organic gardening. It is packed with ideas and advice on running a successful productive plot. greenbooks.co.uk

VOTE GREEN At the Green Awards 2010 on 25 Nov in London, which help to inform people about green issues and products. greenawards.co.uk



OTHER EVENTS: 3 Nov, Stress Awareness Day • 11 Nov, Armistice Day • 4 Nov, Remembrance Sunday • 20 Nov, World Children's Day

UPCOMING EVENTS



Ecological Facilitation

MON 18 – FRI 22 Oct Schumacher College, Devon

Practical and evocative course to explore questions of how to facilitate and lead groups engaged in the complex challenges of creating a sustainable future for all life. admin@schumachercollege.org.uk, schumachercollege.org.uk

Ecoliteracy: First principles for radical change

MON 25 Oct – FRI 5 Nov

Schumacher College, Devon
Transforming the way we live on the planet is vital, and to do that we need a whole new set of skills that enable us to act effectively in a complex world. This course will enable students to appreciate and understand what an ecological world view is and how it can be applied in their lives and work. admin@schumachercollege.org.uk, schumachercollege.org.uk

Environmental Sustainability in the Workplace

THU 28 Oct 10.00-16.00 St. Ethelburga, London, EC2N

A practical and comprehensive workshop to help your organisation make real efficiency savings, engage with staff and stakeholders and improve the environmental impact of your workplace. [Corinna 0207 324 4774](mailto:Corinna.0207.324.4774@talkaction.org) corinna@talkaction.org, talkaction.org

Zero Carbon by 2030

SAT 30 Oct 13.00-21.00 Friends House, Euston, Ldn

We need to reach this goal and we can reach this goal. But to get there we will need a radical programme of climate action for the UK info@campaigncc.org, campaigncc.org

Transformational Change: Business inspired by nature

MON 22- FRI 26 Nov Schumacher College, Dartington, Devon

The natural world is telling us that we have to radically change how we do business if we are not to pay a high price for ignoring limits to resources, ecosystems, resilience and biodiversity. Despite the scale of challenge, there's increasing evidence that nature itself can provide the inspiration for sustainable business through exploration of processes and relationships as well as the well-accepted ideas of nature-inspired product design. [01803 865934](tel:01803865934) admin@schumachercollege.org.uk, schumachercollege.org.uk

Can the UK be sustainable?

WED 1 Dec 19.30-21.00 Royal Geographical Society

21st Century Challenges is the public discussion series run by the Royal Geographical Society (with IBG). The series aims to improve public understanding of, and engagement with, some of the big issues likely to affect our lives and society in the coming years. [020 7591 3100](tel:02075913100) events@rgs.org, 21stcenturychallenges.org,

Mind, Body & Spirit

Sessions with Stuart Schwartz

SAT 2 – MON 4 Oct Midhurst,

Hants and Blackheath, Ldn
Stuart is the embodiment of pure love. His presence invites those who meet him openheartedly to the self recognition that they too are this same infinite, unconditional, and eternal love. majivanprem@gmail.com, satsangwithstuart.com.

Intro to Regression Therapy

SAT 2 Oct Creek Road, Greenwich, London, SE10

A fabulous day during which you can find out info about past lives and regression, experience your own past life, watch a live regression (could be you) and much more
Price: £65 in advance
[Doug Buckingham on 07979 750291](tel:07979750291) doug Buckingham.co.uk

The Joy of Meditation

SUN 3 Oct 11.00-16.00

Theosophical Society, 50 Gloucester Place, W1
Afternoon intensive that provides the theory and practice of meditation as a spiritual discipline Admission free.
[Colyn 020 7563 9817](tel:02075639817) dhyanaenre.org

Levitation and Anti-gravity (theory only!)

SUN 3 Oct 18.00-19.30 Foundation for Theosophical Studies, 50 Gloucester Place, W1

Have you considered how the giant stone blocks of Baalbek, the Pyramids and Stonehenge were lifted? And how some human beings, saintly and otherwise, levitate themselves? This lecture explores a range of mechanisms that might work, from counter-acting, shielding, nullifying or sidestepping gravity. [Colyn 020 7563 9817](tel:02075639817) dhyanaenre.org

Occupational Stress Workshop

SAT 9 Oct 10.00-17.00 10 Harley Street (5 mins from Oxford Circus)

Led by trained staff comprising of psychiatrists, psychologists and counselors. What does it mean to have this condition? How can it affect your life? How can it be managed effectively? luke.watkin@appleconsultancies.co.uk, appleconsultancies.co.uk

Reiki Level 2 Initiation

SUN 10 Oct 10.00-17.00 St. John's Wood London NW8

A 10:10:10 Special
[Barbara Ann 020 7286 7907](tel:02072867907) barbara@healing-reiki.org.uk, healing-reiki.org.uk

Awakening To Our True Reality

SUN 10 Oct 18.00-19.30

Foundation for Theosophical Studies, 50 Gloucester Place, W1
This talk explains the path to humanity's

awakening and what we might expect beyond it. [Colyn 020 7563 9817](tel:02075639817) dhyanaenre.org

Meditation 10:10:10 Special

SUN 10 Oct 19.30-21.30 Violet Hill Studios, St. John's Wood, NW8
[Barbara Ann 020 7286 7907](tel:02072867907) barbara@healing-reiki.org.uk, healing-reiki.org.uk

Foundation Course: Astrology

WED 13 Oct or SAT 16 Oct WCI Faculty of Astrological Studies Foundation Course in Astrology begins Wed 13 Oct and Sat 16 Oct. Learn astrology with the Faculty. Choose between Wednesday evening classes or Saturday day time study. classes@astrology.org.uk, astrology.org.uk

Benjamin Creme Lecture

THU 14 Oct 19:00-21.30 (doors open 18.30) Friends House, 173 Euston Road, London NW1
The Emergence of Maitreya the World Teacher. His message can be summarized as: Share and save the world.
[020 7482 1113](tel:02074821113) share-international.org

Sacred Ecstasy Trance Dance

FRI 15 Oct 19:00 - 21:30 St Nicholas Church, Dyke Road, Brighton, BN1 3LJ
A deep journey into the inner realms of ecstatic freeform dance, carried by world beats, wild rhythms, and the breath of fire! Ecstatic, authentic, powerful, healing - bring it all and dance it all! [Shanti 07863 134255](tel:07863134255) shanti@sacredecstasy.co.uk, sacredecstasy.co.uk

Intro to Sacred Sexuality

SAT 16- SUN 17 Oct 10.00-17.00 Clapham North, London,
In this beginners workshop, you'll explore presence as a path to true pleasure. Connect consciously to your own essence through playful sensuality and desire. Everyone welcome - all genders and sexual orientations. [07903 014364](tel:07903014364) info@rebeccalowrie.com, rebeccalowrie.com

Urubu's Ecstatic Dance Revolution!

SAT 16 Oct St Peter's Church SE11
Come dance your heart out this Autumn with live music from the 7 piece world music ensemble, the URUBU collective. This is an ecstatic dance/moving meditation. Dance your body fully alive! meetup.com/london-ecstatic-dance or facebook.com/urubucollective.

One Day Taster Workshop

SUN 17 Oct 10.00-17.30 Ldn, N19
An introduction to the different aspects of Biodynamic Body Psychotherapy. Cost £75
[0700 079 4725](tel:07000794725) enquiries@lsbp.org.uk, www.lsbp.org.uk.

The Primal Power Of Symbols

SUN 17 Oct 18.00-19.30
Foundation for Theosophical Studies, 50 Gloucester Place, W1

Words may communicate to our conscious minds but there is a much more potent force acting on the less accessible parts of our consciousness. In this lecture Tim Wyatt reveals how symbols represent a universal and primordial language which works powerfully on a subconscious level
[Colyn 020 7563 9817](tel:02075639817) dhyanaenre.org

Radix Education in Feeling

WED 20 Oct Tooting

A six-week course on Radix Education in Feeling begins. [Brian Stirner radix@brianstirner.co.uk](mailto:Brian.Stirner@radixlondon.co.uk), radixlondon.co.uk

Urubu's Ecstatic Dance Revolution!

FRI 22 Oct Unity Unitarian Church London, N1 2TZ

Come dance your heart out this Autumn with live music from the 7 piece world music ensemble, the URUBU collective. This is an ecstatic dance/moving meditation. Dance your body fully alive! meetup.com/london-ecstatic-dance or facebook.com/urubucollective.

Sacred Pleasure

SUN 24 Oct 10.00-17.00 Clapham North, London

A day of joyful opening, blissful delights and heart-centred liberation. In this one-day workshop you will explore presence as a path to true pleasure. We will be inviting you to connect consciously to your own essence through playful sensuality and desire. Everyone welcome - all genders and sexual orientations. Price £65. [07903 014364](tel:07903014364) info@rebeccalowrie.com, rebeccalowrie.com

A Taste of Stillness

SUN 24 Oct 14.00-19.00 158

Holland Park Avenue, W11 4UH
The School of Meditation Open Day. All welcome. Refreshments, talks, readings, guided meditation sessions.
[Tessa 0207 7603 6116](tel:020776036116) i.j.schiemann@lse.ac.uk, schoolofmeditation.org

The Masters Of The Wisdom

SUN 24 Oct 14.00-16.30

Foundation for Theosophical Studies, 50 Gloucester Place, W1
This workshop will cover key elements of the Fourth Way teaching and Gurdjieff's mission to the West. The day will also focus on Cosmic laws governing man's life on Earth and The Principle of Knowledge & Being. [Colyn 020 7563 9817](tel:02075639817) dhyanaenre.org

Exploring Time And Eternity

SUN 24 Oct 18.00-19.30

Foundation for Theosophical Studies, 50 Gloucester Place, W1
What was there before the Big Bang? The very idea of 'before' is meaningless as there was no time. What is it beyond the curved boundary of space? And what meaning can the notion of 'beyond' have when there is no space? It does not exist. It is just the Nothing. But it is a very strange sort of Nothing since everything that is comes out of it. [Colyn 020 7563 9817](tel:02075639817)



ENJOY A WINTER WALK

Festival of Winter Walks 25 Dec - 2 Jan
ramblers.co.uk The Ramblers have teamed up with the Change4Life campaign to bring back the traditional Boxing Day walk. They're calling on families across the country to burn off their Christmas dinner and be more active over the festive season. Hundreds of walks will take place around the country that are free, fun and open to anyone and everyone from toddlers to grandparents. Chosen and led by experienced Ramblers, the walks will showcase Britain at its wintry best. Many of the walks are short and family friendly.



Reclaim the love

Passion, Power and Love 28 Dec - 2 Jan
Earth Spirit Centre, Somerset janday.com



Rose Rouse, journalist attended this course and it changed her life. "I'd recently ended an unhealthy relationship with an ex-neighbour, New Year was approaching rapidly

and I wanted to experience a workshop with the potential for meeting new people. That's exactly what I found during these restorative yet challenging five days. Afterwards, I felt like my life had expanded considerably, and I had realistic new plans to put into action. But mostly, I just felt deeply loved and looked after."

December

Take a hike, be an ethical shopper and use the power of the New Year energy to change your life.

Be an ethical shopper

London Ethical Christmas Fair 11 - 12 Dec Chelsea Town Hall
handupmedia.co.uk Selling the very best foods and drink, fashion and accessories, textiles, jewellery, toys, books, music and much much more.
Animal Aid's Christmas Fayre 5 Dec Kensington Town Hall, London W8. (opposite High Street Kensington tube station) animalaid.org.uk/xmas/fayre.htm Campaign groups, ethical traders, vegan food. 70+ stalls selling Fair Trade crafts and jewellery, cruelty-free cosmetics, recycled goods, environmentally friendly clothing, seasonal cards and gifts. Celebrity auction, talks, videos, fun events for all the family.
Eco Design Christmas Fair 28-29 Nov The Old Truman Brewery, London, E1 ecodesignfair.co.uk Now in it's sixth year, the Eco-Design Fair continues to provide a unique retail platform for designers whose work is centred on sustainability and kindness to the environment.



Things To Do

This Month

WATCH THIS FILM

The Story of Cosmetics by Annie Leonard is another brilliantly produced short film unveiling the ugly truth about the toxins in our beauty products. storyofstuff.org

READ THIS BOOK

Sustainable Homes by Chris Bird
 This book is an inspirational guide from the Transition series of Books to help you encourage sustainable homes in your community. greenbooks.co.uk

GO TO THIS EVENT - At 9am on Christmas Day in Hyde Park, members of the Serpentine Swimming Club can compete for the Peter Pan Cup. Spectators are welcome but to compete enquire via serpenteswimmingclub.com.



OTHER EVENTS: 1 Dec, World Aids Day • 1 Dec, Prisoners for Peace • 10 Dec, International Human Rights Day • 11 Dec, Mountain Day

UPCOMING EVENTS



■ An introduction to

Transmission Meditation

THU 28 Oct 19.00-21.00 Friends House, 173 Euston Road, NW1

A simple group meditation providing both a dynamic service to the world and powerful, personal spiritual development. Admission free. **020 7482 1113** share-international.org

■ Daoist Transformation Seminar

FRI 29 – SUN 31 Oct North London Seminar with with Oleg Tcherne. Ba Gua, Meditation, Yi Quan and Practice for the Covering Body, FREE LECTURE on 29.10.10 **07961 177003** uk@inbiworld.com, inbiworld.com.

■ Moving Energy: Introduction to Movement Medicine

SAT 30 – SUN 31 Oct 11.00-18.00 Colet House, Baron's Court, W14 Movement Medicine is a contemporary practice rooted in ecstatic dance, developed by Ya'Acov & Susannah Darling Khan. This workshop is an invitation to explore these maps as facilitated by Christian de Sousa, an experienced 5Rhythms teacher & Movement Medicine Pathfinder. **Nikki 07972659701** nikki@dancingtao.net, dancingtao.net.

■ Secret Spirit of the Unborn Child

SAT 30 Oct 14.00-17.30 Rudolf Steiner House, 35 Park Road, NW1 Sometimes in pregnancy women have significant dreams or insights into the nature of the Incoming Soul, which may pave the way for a heightened attunement. During this workshop participants will explore the spiritual significance of life changing events. **020 7723 4400** rsh-office@anth.org.uk, rsh.anth.org.uk

■ Water - The Mind & Memory Of Living Matter

SUN 31 Oct 18.00-19.30 Foundation for Theosophical Studies, 50 Gloucester Place, W1 Why is water the single most malleable computer in nature and how can its memory can affect our state and transform our existence? This talk examines the message contained in water crystals; looks at the way water affects human consciousness and human DNA. **Colyn 020 7563 9817**

■ Natural Vision Improvement

SAT 6 – SUN 7 Nov Central London Maybe throw away your glasses! with Leo Angart. £195. Next weekend 11/12 June 2011 **01895 255063** katrina@key2.demon.co.uk, vision-training.com

■ Soulmates

SUN 7 Nov 14.00-16.30 Foundation for Theosophical Studies, 50 Gloucester Place, W1

Many people are looking for their soul mate and expect to be blissfully happy when they find one. But, sadly, they seem doomed to disappointment. This workshop explores contracts, karmic conundrums and unfinished business that lie behind many

soul mate experiences and will help us to understand why our soul mate may be an invaluable tool in our karmic learning. **Colyn 020 7563 9817**

■ New World Order: Wisdom From The Bhagavad Gita

SUN 7 Nov 18.00-19.30 Foundation for Theosophical Studies, 50 Gloucester Place, W1

The Bhagavad Gita has a universal appeal. There have been examples throughout history of its influence on the decision making of outstanding international figures. The lecture will explore the Gita's teachings in relation to a sustainable global evolution. **Colyn 020 7563 9817**

■ Benjamin Creme Lecture

TUE 9 Nov 19.00-21.30 (Doors open 18.30) Friends House, 173 Euston Road, London NW1 Maitreya, the World Teacher is awaited by religious groups under different names. His message can be summarized as: Share and save the world. Admission free **020 7482 1113** share-international.org

■ Sacred Ecstasy Trance Dance

FRI 12 Nov 19:00-21:30 St Nicholas Church, Dyke Road, Brighton, BN1 Join us for a deep journey into the inner realms of ecstatic freeform dance, carried by world beats, wild rhythms, and the breath of fire! Ecstatic, authentic, powerful, healing - bring it all and dance it all! **07863 134255** shanti@sacredecstasy.co.uk, sacredecstasy.co.uk.

■ Ecstatic Dance Revolution!

SAT 13 Nov St Peter's Church SE11 Come dance your heart out this Autumn with live music from the 7 piece world music ensemble, the URUBU collective. This is an ecstatic dance/moving meditation. Dance your body fully alive! meetup.com/london-ecstatic-dance or facebook.com/urubucollective.

■ Meetings Without Masks

SUN 14 Nov Light Centre, Belgravia, London One day gender-balanced bi-monthly workshop for singles Relationship expert, Jan Day invites you to join her for a day that focuses on what you want in a loving relationship. A gentle, heart-opening day - with a gorgeous lunch - it is also a fun, warm, and compassionately-held space. Full price £97 with lunch. £77 if you book online. **020 8123 988** meetings@janday.com, meetingswithoutmasks.com.

■ Theosophists and The Powers Latent In Man

SUN 14 Nov 18.00-19.30 Foundation for Theosophical Studies, 50 Gloucester Place, W1 The early Theosophists were pioneers in attempts to develop higher forces in humanity, inspired by both eastern and western imitates. **Colyn 020 7563 9817** dhyanaecentre.org

■ Transmission Meditation

SAT 20 Nov 13.30-17.30 Friends House, 173 Euston Road, NW1 With Benjamin Crème. A simple group meditation providing both a dynamic service to the world and powerful, personal spiritual development. Admission free. **020 7482 1113** share-international.org

■ Sacred Relationship

SUN 21 Nov 10.00-17.00 Clapham North, London Whether you want to deepen a new relationship or revitalize a long-term partnership, these one-day workshops will help you connect to each other in blissful new ways. Feel nurtured and supported as you explore some of the many possibilities that conscious, sacred sexuality has to offer. Join us for an enriching and transformational day of discovery. Couples in all types of relationship are very welcome. £140 per couple or £120 if booked and paid for by 21st October. **07903 014364** info@rebeccalowrie.com, rebeccalowrie.com

■ The Joy of Meditation

SUN 21 Nov 11.00-16.00 Theosophical Society, 50 Gloucester Place, W1 Afternoon intensive that provides the theory and practice of meditation as a spiritual discipline Admission free. **Colyn 020 7563 9817** dhyanaecentre.org

■ Visions & Prophecies

SUN 21 Nov 18.00-19.30 Foundation for Theosophical Studies, 50 Gloucester Place, W1 The End Times, 2012, Armageddon, Resurrection, Return of the Christ, the New Jerusalem, the Horsemen of the Apocalypse. Can the future be predicted accurately? What can we make of the Book of Revelation or the prophecies of Nostradamus? Some would have it that there is only 'now' - no past or future - but H. P. Blavatsky tells us that 'now' is an illusion and that all is memory! **Colyn 020 7563 9817**

■ Intro to Transmission Meditation

THU 25 Nov 19.00-21.00 Friends House, 173 Euston Road, Ldn NW1 A simple group meditation providing both a dynamic service to the world and powerful, personal spiritual development. Admission free. **020 7482 1113** share-international.org

■ Urubu's Ecstatic Dance Revolution!

FRI 26 Nov Unity Unitarian Church NI Come dance your heart out this Autumn with live music from the 7 piece world music ensemble, the URUBU collective. This is an ecstatic dance/moving meditation. Dance your body fully alive! meetup.com/london-ecstatic-dance or facebook.com/urubucollective.

■ Dorset Tai Chi and Qi Gong

FRI 26 - SUN 28 Nov Springhead Trust, Dorset Countryside This weekend retreat is set in the calm and

beautiful Dorset countryside. There will be varied tai chi and qi gong sessions to re-energise and rebalance in an ideal location. **Leena 09784 665331** info@tranquil-retreats.com, tranquil-retreats.com

■ The Mystery Of Me

SUN 28 Nov 14.00-16.30 Foundation for Theosophical Studies, 50 Gloucester Place, W1 What is this thing we call me? This question is the most ancient and pressing of all. Enquiring deeply into it leads to the realisation of our true essential and spiritual nature. **Colyn 020 7563 9817**

■ Is This Heaven?

SUN 28 Nov 18.00-19.30 Foundation for Theosophical Studies, 50 Gloucester Place, W1 Heaven and hell is in the mind. So what is this life for? It is for engagement, an encounter with destiny. Either embrace it or reject it. The key question is who faces it? **Colyn 020 7563 9817**

■ Rhythm Journeys

SAT 4 Dec 13.00-19.00 St Peter's Church, Vauxhall, Ldn, SE11 5HY (use side entrance on Tyers St.) A one-day 5Rhythms workshop with Christian de Sousa. **07972 659701** nikki@dancingtao.net, dancingtao.net

■ Can A Person Experience God?

SUN 5 Dec 18.00-19.30 Foundation for Theosophical Studies, 50 Gloucester Place, W1 This talk will deal with esoteric and philosophical ideas about god and how we define spiritual and mystical experiences. **Colyn 020 7563 9817**

■ Benjamin Creme Lecture

TUE 7 Dec 19.00-21.30 (Doors open 18.30) Friends House, 173 Euston Road, London NW1 The Emergence of Maitreya the World Teacher His message can be summarized as: Share and save the world. Admission free **020 7482 1113** share-international.org

■ Urubu's Ecstatic Dance Revolution!

SAT 11 Dec St Peter's Church SE11 Come dance your heart out this Autumn with live music from the 7 piece world music ensemble, the URUBU collective. This is an ecstatic dance/moving meditation. Dance your body fully alive! meetup.com/london-ecstatic-dance or facebook.com/urubucollective.

■ Sacred Ecstasy Trance Dance

FRI 17 Dec 19.00-21.30 St Nicholas Church, Dyke Road, Brighton, BN1 Join us for a deep journey into the inner realms of ecstatic freeform dance, carried by world beats, wild rhythms, and the breath of fire! Ecstatic, authentic, powerful, healing - bring it all and dance it all! **07863 134255** shanti@sacredecstasy.co.uk, sacredecstasy.co.uk

Open Centre

A long established independent growth centre with experienced practitioners:

Comprehensive programme of introductory, on-going, weekend and training workshops

For a brochure ring 020 7251 1504 or write to: Open Centre, 188 Old Street, London EC1V 9FR email: info@opencentre.com www.opencentre.com

Learn Shiatsu

professional training > professional qualification courses start weekly



FREE PROSPECTUS
0700 078 1195 **call now**
www.learn-shiatsu.co.uk

OCTOBER 29-31
LONDON

DAOIST ALCHEMY

Alchemy of the Gods Art of Preserving Covering Body
Daoist Meditation Yi Quan

ph. 07961 177 003
uk@inblworld.com

The Rhythm Cafe



Drumming & Dance Workshops
Percussion Shop

Camden Stables Market
www.therhythmcafe.com
0207 4289619

UNLOCKING MYSTERIES of the DIVINE

Sunday Lectures - 6 pm

3 October Levitation & Anti-Gravity
10 October Awakening to True Reality
17 October Primal Power of Symbols
24 October Exploring Time & Eternity
31 October Water - The Mind & Memory of Living Matter

50 Gloucester Place, London W1U 6EA
Tel: 020 7563 6817 www.theosoc.org.uk

Arranged by The Foundation for Theosophical Studies

The Spirit of Money and the Divine Circulatory Flow

A World Goodwill Seminar – LONDON Saturday 6 November, 1.30–5.30 pm

An afternoon of talks, discussion and meditation focusing on ways to redeem our personal and collective use of the energy of money.

Guest Speakers
Christopher Houghton Budd *Can Finance Breathe with the Gods?*
Josh Ryan-Collins *Reconnecting Economies – Putting People First*

For further information, and to reserve free tickets, please email worldgoodwill.uk@lucistrust.org or telephone 0870 770 1646 or write to: World Goodwill, Suite 54, 3 Whitehall Court, London SW1A 2EF, UK or visit www.worldgoodwill.org

THROW AWAY YOUR GLASSES !



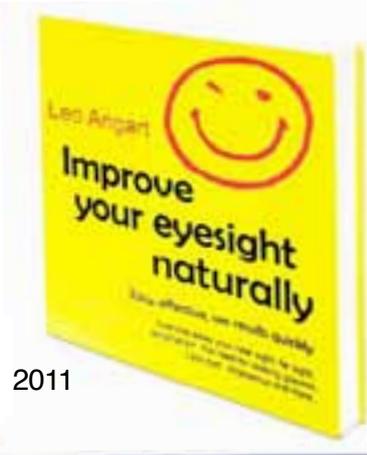
Leo Angart, world renowned vision re-trainer, explains how to achieve clear vision naturally in his popular book **Improve Your Eyesight Naturally**

- simple exercises you can do at home or at work
- gets results quickly
- for short sightedness, long sightedness, astigmatism, lazy eye, strabismus and more
- £ 15.00 (post free)

Order book or book workshop through
katrina@key2.demon.co.uk
or tel 01895 255063

Visit www.vision-training.com for video clips and lots of information

Next London Workshops
with Leo Angart, Nov 6/7 2010 or Jun 11/12 2011



Leo Angart has appeared on 'The Richard and Judy Show', CNN International and 'Today Tonight' in Australia

UPCOMING EVENTS



Redeeming Darkness

MON 13 – THU 16 Dec Schumacher College, Dartington, Devon

We live in a culture that, in a desire to understand and control chaotic Nature, has deified the Light at the expense of the Dark. The consequences are becoming clear for all to see: it is arguably through our flight from the Dark that we have become alienated from Soul and from a healthy relationship with our natural environment. Course detail - At this, the darkest time of the year, it seems appropriate to seek the redemption of the Dark. Building on last year's course, Darkness and Transformation, this course will enable participants to reflect on how we can renew our relationship with the creative mysteries of darkness and come to understand and appreciate its powers and gifts. **01803 865934** admin@schumachercollege.org.uk, schumachercollege.org.uk

Passion, Power and Love

TUE 28 Dec – SUN 2 Jan Earth Spirit Centre, Somerset

New Year is a wonderful and powerful time, a time to give yourself the space to take stock, to integrate, to find completion, to tap into your inspiration and give birth to something new. Come and be nourished, have quiet times, laugh, dance, create, join in ritual. Passion, Power and Love is a carefully designed adventure into deep intimacy and love of life. **020 8123 9831** jan@janday.com, janday.com

Politics

Stifling debate: libel laws and the price of free speech

MON 4 Oct 18.45 The Gallery, Cowcross Street, EC1M 6EL
English libel law, and the use of 'super-injunctions', are becoming a global disgrace, with a profoundly negative impact on freedom of expression, both in the UK and abroad. **07984 178 193** enquiries@mondediplofriends.org.uk, mondediplofriends.org.uk

Peoplequake: population myths

MON 25 Oct 18.45 (Doors open 18.30) The Gallery, 70/77 Cowcross Street, London, EC1M 6EL
Many fear an unsustainable explosion in global population, but in fact the population bomb is being defused round the world by women making new choices about their own lives. By mid-century the world's population could be falling. **07984 178193** enquiries@mondediplofriends.org.uk, mondediplofriends.org.uk

Campaign Against Arms Trade National Gathering

SAT 6 Nov 9.45-16.30 Conway Hall
The new government brazenly claims there is 'no embarrassment' in pushing arms exports. But resistance to the arms trade is multiplying. With the world's largest arms fair coming up in the UK in 2011, this Gathering will be crucial for making links, sharing ideas and hatching plans to shut the

arms profiteers down. **Anne-Marie O'Reilly** **02072810297** annemarie@caat.org.uk, caat.org.uk/events/nationalgathering

Leadership, Education and the Closed-Loop Economy

MON 8 – FRI 12 Nov Schumacher College, Devon
With Ellen MacArthur and Ken Webster. How do we educate for sustainability? What new skills and ways of thinking can help young people and the institutions that work with them prepare for a challenging and unpredictable future? Drawing on systems thinking and innovations in design, business and community enterprise, this course presents a coherent approach which builds on and goes further into 'closed loop' or 'cradle to cradle' design philosophy. **01803 865934** admin@schumachercollege.org.uk, schumachercollege.org.uk

US Militarisation of Latin America

MON 8 Nov 18.45 (Doors open 18.30) The Gallery, 70/77 Cowcross Street, EC1M 6EL
The Latin American social democratic model, which places the fight against poverty and exclusion at the centre of its policies, is perceived as a threat by the neo-liberal economic and political hegemony, and the emergence of left wing governments in Venezuela, Bolivia, Ecuador, Nicaragua, Uruguay and Cuba, and of left-leaning governments in Brazil and Argentina, has greatly alarmed the US. enquiries@mondediplofriends.org.uk, mondediplofriends.org.uk

The Art of Feminine Leadership

FRI 19 – SUN 21 Nov Schumacher College, Dartington, Devon
There's a revolution going on in the world and it's coming from the grass roots. It's the revolution of the sustainable entrepreneurs, mainly women, and it's about personal growth as well as an economic tool. Lynne Franks will introduce participants to her unique coaching and communication tools that use story-telling, experiential learning and other methods to shed light on the Art of Feminine Leadership. The group will work together to brainstorm new ideas on how to take a new kind of leadership into the world of business. **01803 865934** admin@schumachercollege.org.uk, schumachercollege.org.uk

Practical Courses

Permaculture Gardening

SAT 2 – SUN 3 Oct Stanmer Park, Brighton, BN1
This course explores how Permaculture Design can be used to create beautiful, productive and wildlife-friendly gardens. Please see website for booking details and contacts. brightonpermaculture.org.uk

Transition Towns Training

SAT 2 – SUN 3 Oct Findhorn Ecovillage, Scotland
Presented by the Findhorn Foundation in partnership with Gaia Education and Global

Ecovillage Network. For more information please visit the website. sustedu@findhorn.org, findhorn.org

Roundwood Timber Framing

SUN 3 – TUE 5 Oct
Woodland Craft & Adventure courses in the South East **Adrian 07952 759466** info@wholewoods.co.uk, wholewoods.co.uk

Herbal Medicines, what is their role for the future?

TUES 5 Oct 10-4.30pm Chelsea Physic Garden, London
One day workshop exploring the scientific knowledge about herbal medicines along with presentations on the latest research. **020 7349 6460** adultlearning@chelseaphysicgarden.co.uk, chelseaphysicgarden.co.uk

Introduction to Photovoltaics

THU 7 Oct Earthship, Stanmer Park, Brighton BN1 9PZ
The basics of off-grid solar electrics. brightonpermaculture.org.uk

Wild Plants as Food & Medicine

MON 11 – FRI 15 Oct Schumacher College, Dartington, Devon
Today many of us have forgotten how vital interaction with the natural world is to our wellbeing. This experiential course will explore how cultivating our relationship with plants can improve our physical and emotional health on many different levels. **01803 865934** admin@schumachercollege.org.uk, schumachercollege.org.uk

Introduction to Earth Education

MON 11 Oct Shortenills Centre, Buckinghamshire, HP8 4SG
Introduction to crafting a series of learning experiences which motivate and pull the learners in, emphasising major ecological understanding and weave activities together with a clear, easily remembered formula to aid comprehension and retention. **0845 4583017** office@earthed.org.uk, earthed.org.uk

Advanced Leadership

TUE 12 Oct Shortenills Centre, Buckinghamshire, HP8 4SG
More advance leadership skills with Steve Van Matre following on from the Introduction To Earth Education workshop on 11 Oct. **0845 4583017** office@earthed.org.uk, earthed.org.uk

Compost Clinic

WED 13 Oct 11-13:00 Chelsea Physic Garden, London
Discover how to make the ultimate black gold. Produce great compost and reduce what you throw away. **020 7349 6460** adultlearning@chelseaphysicgarden.co.uk, chelseaphysicgarden.co.uk

Introduction to Permaculture

WED 13 – THU 14 Oct Earthship,

Stanmer Park, Brighton BN1 9PZ
A look at permaculture ideas and ways in which you can apply them at home. brightonpermaculture.org.uk

Building Fabric or Renewables

THU 14 Oct 9.00-17.00 Roots and Shoots, Walnut Tree Walk, Kennington, SE11 6DN
A brand new one-day course addressing the reduction of energy demand and carbon emissions through building fabric and renewable technologies for both new build and refurbishments. mail@greenregister.org.uk, greenregister.org.uk

Rammed Earth & Chalk Building

SAT 16- SUN 17 Oct 9.00-17.30 Earthship, Stanmer Park, Brighton
This hands-on course is for those who want to learn how to build with earth or chalk and should be of value to designers too. brightonpermaculture.org.uk

Self-build an Earthship

FRI 22 – SUN 24 Oct Earthship, Stanmer Park, Brighton BN1 9PZ
This course is for anyone thinking about building their own home and anyone interested in learning about Earthships and includes practical workshops. brightonpermaculture.org.uk

Green Roofs

SAT 13 – SUN 14 Nov Varndean School, Brighton
Learn about green roofs and how to build them. Includes a hands-on practical and site visits. brightonpermaculture.org.uk

Introduction to Permaculture

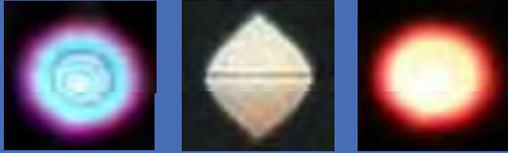
SAT 13 – SUN 14 Nov Earthship, Stanmer Park, Brighton BN1 9PZ
A look at permaculture ideas and ways in which you can apply them at home. brightonpermaculture.org.uk

Using Living Roofs and Walls

TUE 16 – FRI 19 Nov Schumacher College, Dartington Hall Estate Devon, TQ9 6EA
By the end of the course, participants will have an overview of the benefits and challenges of green roofs and walls, how they are designed and the practical skills necessary to build your own. The course is led by the UK's foremost experts in design and construction of living roofs and walls. Course Fees £750. All course fees include accommodation, food, field trips and all teaching sessions. **01803 865934** admin@schumachercollege.org.uk, schumachercollege.org.uk

Super Foods in the Garden

THU 18 Nov 10.00-16.00 Chelsea Physic Garden, London
020 7349 6460 adultlearning@chelseaphysicgarden.co.uk, chelseaphysicgarden.co.uk



Millions hear Maitreya, the World Teacher, on US television

The "star-like luminary" seen around the world has done its work and prepared the way for Maitreya, the World Teacher's first TV interview. Maitreya has now been interviewed 24 times on American television. These interviews will continue in America, Japan, Europe and around the world until Maitreya's voice reflects the needs and aspirations of billions for peace, justice and sharing, in a new world cleansed of greed and war.

Lecture by Benjamin Creme
 Friends House, 173 Euston Rd, London NW1
Thurs 14 October, Tues 9 November
Tues 7 December 7-9.30pm (doors 6.30)
admission free call: 0207 482 1113
www.share-international.org

photos: left & right: Maitreya's 'star' seen over Boston, USA, April & May 2010; centre: Costa Rica, January 2009

Playfulness • Authenticity
 Deeper Listening

Playback Theatre Core Training



May 28-31 (in Plymouth)
 Oct 1-4 (in Herefordshire)
For more info: 020 7221 2694
ukplaybackschool@gmail.com
www.playbackschooluk.org



Lucis Trust

Full Moon Meditation & Talk

Fri 22 Oct 6:30 pm - Libra
 Sun 21 Nov 2:30 pm - Scorpio
 Mon 20 Dec 6:30 pm - Sagittarius

The Grosvenor Hotel,
Victoria, London
Tel: 020 7839 4512
www.lucistrust.org

Whirling Dervish Training London



COMMENCES JANUARY 2011

Email: TURNING@STUDYSOCIETY.ORG

Phone: 020 8741 6568

Website: WWW.STUDYSOCIETY.ORG

FACEBOOK:

THE WHIRLING DERVISHES OF WEST LONDON

HIGHGATE CONSULTING ROOMS

Located in charming
 area, Swains Lane

Individual therapy rooms

Weekend and evening group
 sessions • Large ground-floor,
 self contained consulting room
 with own kitchen & WC
 Entryphone system to all rooms
 Broadband free of charge

Tel: 0207 482 4212

Email: info@westhill-house.biz

The Feast

*An exploration of the politics, possibilities
 and poetics of food as a catalyst for change*

29 - 31 October 2010

A weekend exploring wild and tame food, new
 recipes / processes and eco-mindfulness.
 Engaging with challenging questions around
 food culture, waste, scarcity and abundance
 and culminating in a Feast...

Higher Ashton, Exeter, Devon, EX5 7QT

Visit www.embercombe.co.uk/the Feast for more details
 or ring 01647 252983 or e-mail: info@embercombe.co.uk

embercombe

The Journey

"There was challenge, room and space for personal
 inquiry and expression, without judgement or criticism,
 freedom, coming back again and again to the land
 and the fire, joining and connecting. The experience
 was on so many levels one of utter transformation
 that it surpasses words." Course Participant

7th - 12th Nov

Find the inner strength, power and deep inner
 commitment to have an effect in the world,
 harnessing all aspects of your self - your unique
 gifts, to make life better, to make a difference in
 these challenging and exciting times.

Visit www.embercombe.co.uk/journey for more details
 or ring 01647 252983 or e-mail: info@embercombe.co.uk

embercombe



Body, Mind & Soul

Bates Method & Alexander Technique

Bates Method for natural vision improvement, eye-strain, visual problems & relaxation. Alexander Technique for improved body use & posture. Private lessons, workshops & courses.
David Glassman 020 8455 1317

Shamanic Counseling, Healing, Jin Shin Jyutsu, Kinesiology

Twenty years experience using an integrative holistic approach to treat most conditions gently and effectively.
Trisha Mulholland 020 7609 4956
trisha@dreamweaversenergywork.com
dreamweaversenergywork.com

Vinyasakrama Yoga

The art and flow of yoga. Group and private classes across London.
Leo 07901 906458 leothomson.com

Bodywork

Mentoring For Massage Success

A personalised support programme to take you further, faster, in your massage career. Practice building techniques and strategies, marketing and business skills, motivational and goal setting support, one-to-one practical skills tutorials.
Helen Hunter 07973 432988 helen@mentoringformassagesuccess.co.uk
mentoringformassagesuccess.co.uk

Centres

The Special Yoga Centre

Hatha, Dynamic Flow, Chanting, Meditation, Remedial Yoga and Yoga Therapy – many classes offered on a donation basis.
020 8968 1900 specialyoga.org.uk

Centre for Cranio-Sacral Therapy

Treating all ages and most conditions. Babies: colic, sleeplessness, birth trauma. Adults: persistent ill health, acute injuries, all health problems. 020 7586 0148, info@ccst.co.uk, www.ccst.co.uk

Primrose Hill Natural Health

Fully registered practitioners, effectively treating most conditions. Babies, Children, Adults. Osteopathy, Homeopathy, Cranio-Sacral Therapy, Acupuncture, Bowen etc.
020 7586 0148

Counselling/Therapy

Counseling, Psychotherapy and complementary therapies

Qualified and experienced practitioners. Also low cost counseling and psychotherapy for people on limited income with trainee and qualified volunteers. Inclusive and holistic perspective, welcoming each client with equal respect and value of difference.
Spiral Holistic Therapy Centre, Islington, London, N7 020 7607 4403 info@spiralcentre.org spiralcentre.org

Low Cost Craniosacral Therapy

Low cost clinics in Nottingham and Camden at The Cranial Space. Treating all beings from the very young to the very elderly. Treating most conditions including colic, ME, persistent pain, Migraines, Trauma and emotional issues.
Katherine Riggs 07919 074331 info@thecranialspace.com thecranialspace.com

Couple & Individual Counselling

Experienced Humanistic BACP Accredited and UKRC Independent Counsellor.
Scilla Alvarado MA, Bed (Hons) 020 7359 6783 scilla_alvarado@telinco.co.uk

Hypnotherapy & NLP Coaching

Help with stopping smoking, weight, phobias, public speaking, self-esteem. Also teach self-hypnosis. Telephone coaching available. Qualified hypnotherapist, NLP master practitioner and coach. BSc Dip EHP.NLP MACH NCH Snr Clinician (acc) Highgate, Forest Row and Brighton & Hove practices. Jonathan Conway 0203 283 8139 Mob: 07956 855027 info@jonathanconway.co.uk jonathanconway.co.uk

Courses

Yoga for Pregnancy and Birth Preparation Courses

Daytime, evening and weekend groups. Also post-natal classes and private tuition. Email for class schedule. NW1, NW3, N7 & N19. Yvonne Moore 020 7794 2056 moore.yvonne@virgin.net

College of Cranio Sacral Therapy

Comprehensive, professional training leading to Diploma accredited by the CSTA. 1 year course, 2 year course, introductory days, to suit all levels.
020 7483 0120 info@ccst.co.uk ccst.co.uk

Craniosacral Therapy

Introductory weekend in this powerful therapy with Michael Kern D.O., RCST, author of Wisdom in the Body. Craniosacral Therapy Education Trust 07000 785778 info@cranio.co.uk cranio.co.uk

The School of Playback Theatre

A comprehensive programme of training for newcomers as well as seasoned playbackers. 020 7221 2694 ukplaybackschool@gmail.com playbackschooluk.org

Low Impact Living Initiative

Residential weekend courses. Straw bale building, solar hot water, biodiesel, compost toilets, yurts and geodesic domes, wind and solar energy and more. 01296 714184

Basic Certificate Course in Biodynamic Massage

Dates: 30-31st Oct 27-28th Nov 18-19th Dec 15-16th Jan 12-13th Feb 12-13th Mar 16-17th Apr 21-22 May 18-19th June Plus 30 hours of anatomy and physiology in London, N19 Cost: £1,950. 0700 079 4725 enquiries@lsbp.org.uk, lsbp.org.uk

Personal development

Personal Development Classes and Courses, Seth Group

UK sale of CDs tapes and more – please visit website. 020 8520 9551, 07957 117255 MaryFahey43@aol.com maryfahey.com

Shamanic Counseling, Healing, Soul Retrieval and Workshops

In North London and Luxor, Egypt. Trained by the Scandinavian Center for Shamanic Studies. Scilla Alvarado MA, Bed (Hons) 020 7359 6783

Music and holistic services

From an award-winner, researcher, musician, coach and team – who assist with improving income, performance, management etc. With some concessions. Flora Finch BA AMAC 020 7820 9638 florafinch@mac.com, web.me.com/florafinch/Gyreentyp

Shopping

Books on the Dalai Lama

And all else Tibetan – all proceeds to the Tibet Foundation. Behind Piccadilly Circus, St. Albans Str./St. James Market 020 7930 6005 tibetshop.org.uk

Rooms for hire

College of Craniosacral Therapy
Spacious, quiet, carpeted group room (40ft x 25 ft), NW3, near Finchley Road Underground and BR. CH, AV equipment, massage tables. Available all evenings and daytime Mon - Fri. 020 7483 0120

Attractive, quiet rooms

Seminar/therapy rooms - 4x8m for groups or 1 to 1.5 mins from Swiss Cottage. Easy parking. Reasonable rates. 020 7435 2182

Consulting Room - Highgate

For psychotherapist, alternative-medicine practitioner, group leader. Reasonable rent, attractive rooms, good neighbourhood. 020 7267 0304

Rooms for groups

Spacious, airy, carpeted, curtained, double glazed. Cushions, chairs, kitchen, nearby wholefood store. Central, 2 mins Old Street tube. 7 days a week. Competitive rates. The Open Centre 020 7251 1504 ocrooms@opencentre.com

Treatments

Low-cost Craniosacral Therapy

Come and experience this gentle and powerful therapy with experienced practitioners and final-year students. Only £20 per treatment and further discounts available. Every Monday in Islington. 020 7704 6900

Low Cost Shiatsu

Treatments from advanced students and practitioners. Treatments available at £15 and £25 on Mondays and Thursdays. Booking essential. British School of Shiatsu-Do, Unit 3, Thane Works, Thane Villas, N7 020 7700 3355 shiatsu-do.co.uk

Holidays

Tree Planting & Tai Chi

From SAT 6 – SAT 13 Nov at Cortijo Romero, southern Spain, this holiday is your chance to make a vital contribution to the future of the Alpujarras, a marvellous region in Andalusia, southern Spain and at the same time have a great break at a low price into the bargain! Visit website for details. 01494 765775 bookings@cortijo-romero.co.uk, cortijo-romero.co.uk

SPREAD THE WORD - Advertise your events or classes in Green Events magazine – it costs just £25 for 25 words

We distribute 10,000 copies to health food shops, exhibitions, bookshops and more every issue.

Write your listing clearly (one word to each box - email/web and phone each count as one word) and send back to us with payment (£25 per 25 words).

The deadline for the next edition is 7th December. Please send cheques made payable to 'The Green Parent' to: Green Events, c/o The Green Parent, Po Box 104, East Hoathly, Lewes, BN7 9AX. You can also enter events and pay securely online at greenevents.co.uk/london For display advertising call Brian or Emma on 01892 677740

A day in the life Mark Boyle

The money-less man guides us through a day surviving and thriving on the land

The Moneyless Man, Mark Boyle, founded the worldwide freeconomy movement in 2007. His website justfortheLoveofit.org has become a hub for community sharing with over 15,000 members. He has just written a book about his experiences living without money for a year and here he shares a day in his life.

"I start the day at five with 'morning oats and oaths'. Oats are a locally grown food that strengthens me physically, and the oaths are a list of personal ethics and thoughts that strengthen me mentally and put me in the right frame of mind for the day.

Living without money means I no longer go to the gym. Instead, about 5:20am I do one hundred and twenty press-ups to warm up and get my blood circulating. Brimming with energy and armed with my wind up torch, I take off in search of some wild food. My main wild winter harvests are medlars, ground elder, cow parsley, pine needles for tea, dandelion leaves, sting nettles and whatever edible mushrooms I can find. I also pick some of the kale and purple sprouting broccoli that I grow - these aren't wild but are fresh and delicious and essential for getting through the hungry gap (the time of year when there is very little fresh produce available in the veggie garden and in the hedgerows).

About six o'clock I head back to my caravan. Living off-grid, I can't just stick the kettle on, so I fire up my rocket stove (a source of heat made from catering sized tin cans). Watching the beginnings of the sun coming up over the eastern horizon and listening to the birds tune up, I boil up the nettles and pour the brew into my flask, so I have tea at hand all day. Next comes the rather normal chore of doing the dishes. The not-so-normal part is first breaking the ice in my makeshift outdoor sink. It is really cold at this time of the morning, at this time of the year, in the valley where I live. The water is icy but the view is exhilarating.

Before it gets bright I put my compost toilet to good use. My particular model has no toilet seat or bowl, which means that I have to squat. This is common in the East, where it is considered the



"Living without money means I no longer go to the gym. Instead, about 5:20am I do one hundred and twenty press-ups to warm up and get my blood circulating."

ideal position for clearing the bowels. Next, teeth. I use a mixture of ground wild fennel seeds and cuttlefish bones (which wash up on British shores from time to time). Cuttlefish bones provide the abrasive needed to clean and get rid of plaque, while fennel seeds both leave your breath smelling incredibly fresh and kill bacteria. I have a quick shave - head and chin - using a cut throat razor and finish with a very quick wash under my solar shower. The water is absolutely freezing but the contraption at least allows me to shower. I fill the black bag from the river for the next day.

It's now seven o'clock and time to boot up my computer. While I'm waiting, I do another sixty press-ups and ninety lifts above my head with a thirty-pound breezeblock. Freeconomy has been growing so quickly that I am slightly overwhelmed with work. I dedicate an hour to administering the website and queries, then reply to my personal emails. I can't make phone calls so email is now my secondary form of communication, after face-to-face. Once on top of all these responsibilities, I prepare the day's lunch and dinner before starting work on the farm at 8:30.

Work on the farm is extremely varied. One day I grow veggies, another manage the hedgerows. I take a break at eleven o'clock, during which time I promote the weekly skill-sharing evening, 'Freeskilling', which I run with the local Freeconomy group. One week it could be on bread or beer making, the next how to build an earth oven, the next how to make a computer. After another few hours of hard labour, I retire to the caravan for lunch. This is a mix of the food I foraged in the morning, out-of-date bits I garnered from skips the night before and local produce for which I've bartered my skills. While eating, I try to write something; a column or my blog before getting back on the land.

By 4:30pm I get the rocket stove on for dinner. I usually cook two days worth together, to save wood and time. This cooker is extremely efficient, so I eat around five. I devour my meal at much greater speed than I would like and cycle to the city for a meeting. I tow my trailer; although this adds weight, I can pick up stuff (anything from food to a vegetable steamer) from bins on the way back. The eighteen-mile journey takes about an hour and ten minutes.

If I don't have a meeting in the evening, I spend thirty minutes chopping up wood, a by product of our hedge management work on the farm, then get the wood burner going using waste paper and cardboard. Once it's going, I get back to the computer for a couple of hours. I do my best to take a quiet stroll through the fields around half-past nine, appreciating the tranquillity, beauty and chilly night breeze that surround me.

Another hundred press-ups and it's time for a candlelit read. My winter reading alternates between Bill McKibben's *Deep Economy*, Henry David Thoreau's *Walden* and Kahlil Gibran's *The Prophet*, a book I have read many times but still learn from. I get up at eleven for a final pee on the compost heap, go back indoors, gaze out at the stars untouched by the city lights and fall into a deep sleep recharging my body and mind for the next day's wonderful eighteen hours." ■

Pick up The Moneyless Man to read more of Mark Boyle's compelling story. See justfortheLoveofit.org, the freeconomy community website.