TARUNA COLLEGE

Connect, Nourish, Sustain

Biodynamics Introductory Workshop

11 July (Friday afternoon) - 13 July (Sunday afternoon)
Cost: $350









Are you interested in growing good food, working with mother nature and weaving a spiritual understanding into the very practical work of farming and gardening? Are you curious about holistic farming, gardening, food, and nutrition - and how to incorporate good growing practices at your place in Aotearoa?

Then we welcome you to come and take part in this introductory Biodynamics workshop. We will explore topics that include:

- the foundations of biodynamics
- growing nutrient-dense food
- themes of spirituality, connection, and planetary rhythms
- an exploration of biodynamics within a medical frame.

We will also build understanding of:

- biodynamic preparations - including stirring and spreading 500
- how to utilise the rhythms of the biodynamic farming and gardening calendar
- how the inner life of the gardener or farmer also needs to be cultivated.

Biodynamics is a specific approach to organic farming and gardening that views the farm or garden as a living organism, emphasising the interconnectedness of all living things.It goes beyond standard organic practices to incorporate holistic, cosmic principles and unique preparations to enhance soil health and overall farm or garden vitality.

This workshop is designed for everyone:

- wanting biodynamic regenerative practice in their own farm or garden
- interested in wellness for land and people
- wishing to increase their perceptive powers of land, soil and life
- already a biodynamic practitioner wanting to experience the wider context and community of biodynamics.

Your workshop facilitator:

Monique Macfarlane - is a biodynamic practitioner and educator, who makes biodynamics relatable.

***Earlybird price** - $320 if registered by 10 June*

Gratitude to the Kete Ora Trust for generous sponsorship of this workshop.

For further information and registrations please contact
info@taruna.ac.nz or see our website www.taruna.ac.nz
or call +64 6 8777174