Session Plan - Into the Mindful Garden

Session 3 - Fri 14th July

PRINCIPLE: Obtain a yield
SKILL: Guild plants, making a mini ecology
CREATIVE ACTIVITY: feeling from the forest
TEA: Anise Hyssop (good for cold and flu, digestive, uplifting), plus try strawberry leaf
MINDFUL MOMENT: forest visualisation

Time, duration	Theme	Content/Activity	Resources
9.50-10.05 15 mins	Arrivals and payments	Settling in	Sum up, Cash box, Books, Flyers, tea making stuff
10.05-10.15 10 mins	Go around/check-in	Your name. What's feeling alive for you at the moment? Who are you 'being'?	
10.15-10.20 5 mins	Plan for the session	Forest visualisation, a definition of permaculture, ethics, principle, guilds, drawing	
10.20 - 10.30 10mins	Catchup	What's happening in your garden, learnings from last week, anything else you'd like to share?	
10.30-10.40 10 mins	**Mindful moment - Forest visualisation** Begin by finding a comfortable position sitting or lying down. Allow your body to begin to relax as you start to create a picture in your mind. Imagine yourself walking on a path through a forest. The path is soft beneath your shoes, a mixture of soil, fallen leaves, pine needles, and moss. As you walk, your body relaxes and your mind clears, more and more with each step you take. Breathe in the fresh forest air, filling your lungs completely. Now exhale. Breathe out all the air. Feeling refreshed. Take another deep breath in…revitalizing…. and breathe out completely, letting your body relax further. Continue to breathe slowly and deeply as you walk through the forest. The air is cool, but comfortable. Sun filters through the trees, making a moving dappled pattern on the ground before you. Listen to the sounds of the forest…. Birds singing. A gentle breeze blowing. The leaves on the trees shift and sway in the soft wind. Your body relaxes more and more as you walk. Breathe, slowly and deeply, as you become more and more relaxed. As you walk through the forest, feel your muscles relaxing and lengthening. As your arms swing in rhythm with your walking, they become loose, relaxed, and limp. Feel your back relaxing as your spine lengthens and the muscles relax. Feel the tension leaving your body as you admire the world around you. Your legs and lower body relax as well, feeling free and relaxed. As you continue to walk through the forest, you begin to climb up a slight incline. You easily tread along smooth rocks on the path. Feeling at one with the living world. The breeze continues to blow through the treetops, but you are sheltered on the path, and the air around you is calm. Small saplings grow at the sides of the path.		

	Around you is an immense array of greens. Some of the leaves on the trees are a delicate, light green. Some leaves are deep, dark, true forest green. The forest floor is thick, green moss. Tall trees grow on either side of the path. Picture the variety of trees around you. Some have smooth, white bark. Others are darker, with coarse, heavy bark, deeply grooved. Enjoy the colours of the bark on the trees – white, tan, brown, red, black… many combinations of coluor. You admire the rough, brown bark of the trees and enjoy the fresh scent. Smell the forest around you. The air is fresh, and filled with the scent of trees, soil, and streams. You can hear the sound of water faintly in the distance. The gentle burbling sound of a creek. As you continue to walk through the forest, you are gaining elevation and getting closer to the sound of a running stream. Continue to enjoy the forest around you. As you near the top of the mountain, you hear the stream, very close now. The path curves up ahead. You can see sunlight streaming onto the path. As you round the corner, you hear the water, and see a clearing in the trees up ahead. A beautiful look out point awaits. You are growing tired from your journey. Your body feels pleasantly tired and heavy. Imagine yourself walking toward the clearing and the stream. Stepping stones make an easy path across the stream and toward the edge of the mountain. Step on each large flat stone to easily cross the small, shallow stream. Up ahead is a large, smooth rock… like a chair waiting for you to rest. The rock is placed perfectly, high up on this beautiful vantage point. Sit or lie down on the rock if you wish. It is very comfortable. You feel very comfortable and at ease. The sun shines down on you. Looking around, you see mountains in the distance. Faint and blue. You can look down from your vantage point into a valley with trees and a brilliant blue lake. Across from you is another mountain. The clearing around you is made up of rocks, soil, moss, and grass. The grass and wildflowers around you blow gently in the breeze. Feel the sun warming your body as you relax on the rock. Enjoy the majestic landscape around you and feel your body relaxing even more. Your body becomes very warm, and very heavy. Continue to breathe the clean, fresh air. You feel so relaxed. Calm. At peace. In unity with the living world around you. Enjoy the sights….sounds….and smells of the forest around you. Feel the sun, warm on your skin. Feel the gentle breeze blow across your cheek. Listen to the birds singing. Hear the stream flowing. The leaves rustling in the breeze. See the flowers, trees, valley, and mountains around you. Lay back on the comfortable rock, and you can look up to see the blue sky. Small white clouds float gently across the sky. Watch them drift slowly by. Shapes ever changing. Enjoy this peaceful place. (pause…) When you are ready to leave this peaceful place, slowly begin to reawaken your body. Know that you can return to this forest visualization in your imagination whenever you like. As you reawaken, keep with you the feeling of calm, peace, and relaxation. Wiggle your fingers and toes to wake up your muscles. Shrug your shoulders. Stretch if you want to. When you are ready, open your eyes and return to full wakefulness, feeling alert and refreshed.

10.40 - 11.00 20 mins	What is permaculture? Ethics - PRINCIPLE:	Jasmine Dale's story of the beginning of permaculture Earth Care, People Care, Fair Share Reciprocity, holding back from taking more than our fair share **Obtain a yield** Where we see it in nature: leaves capture sunlight and turn it into food; fallen leaves and bird poo become compost and feed surrounding life. Grazing animals are continually obtaining a harvest. Applications for us: expanding our idea of yields increases the potential for us to obtain harvests. Job satisfaction, play, fun, growth, learning, money, time, resources. Obtaining yields helps us to maintain motivation and momentum - reciprocity What are the yields available? Am I currently harvesting them? Are there other yields? Examples: weeds (wild plants) that could be harvested, but we may not have information about their use, space for wildlife - bird boxes, adding value to crops by preserving Holmgren - Achieving short-term goals, getting results and meeting immediate needs entice us to work towards longer-term visions. *Sources of info: Looby Macnamara, People and Permaculture, Jasmine Dales, Permaculture Design Companion*	Blackboard, flipchart, pen
11.00-11.15 15 mins	Tea	Anise Hyssop (good for cold and flu, digestive, uplifting), plus try strawberry leaf	
11.15 - 11.25 10 mins	Skill	**Guilds, plants and making a mini ecology/ecosystem** - deep form of companion planting , plants roles in the polyculture Nitrogen fixers – plants that draw nitrogen from the atmosphere and make them available to plants through their roots and leaves, usually legumes eg clover, broom, peas, lupin Dynamic accumulators – deep rooted plants that draw up nutrients eg lemon balm, yarrow, borage, comfrey Mulchers – compost makers, chop and drop around your tree eg comfrey, Viola, Strawberry, Wild Violet, Mint, borage, rhubarb, elderberry, nasturtium	Draw the idea in circles

		Suppressors – can be planted in a ring around the guild to suppress grasses, usually bulbs eg garlic, chives, daffodils Attractors – insect/pollinator plants, draw pollinators to the area eg wild marjoram, Bee Balm, Echinacea, Yarrow, Borage, Calendula, Fennel, Elderberry, Mint Repellers – keeps away unwanted visitors eg fennel, Calendula, Garlic, Chives, Daffodil, Nasturtium, Mint	
11.25 - 11.50 25 mins	Creative Activity	**Feeling from the forest** Using the materials offered, remember the feeling you got from being in the mindful moment in the forest. Aim to capture the essence of that feeling with your materials. Enjoy the moment, the feeling of the materials in your hand.	Drawing materials, paper, something to lean on
11.45	Rounding up	Review of what we have talked about Take away (try to write it down this time) PAUSE to close - setting an intention, a yield you ill look for in the coming week Thank you!	