**FRIDAY Sept 18, 2015**

6:30 PM: ARRIVAL

Sign in, waiver

Have dinner before you arrive

6:30-7:30pm: SET UP CAMP

7:30PM-9:00pm FIRE WELCOME CEREMONY

-review logistics for the weekend

-review weekend goals/sched

-welcome

-self intros

-didactic (30 min)

-relationship between naturopathy and permaculture- inner and outer microbiome (giving context to the gardens we are building together)

-quick lesson on Fruit Tree Guilds/Hugul Kulturs

-fireside snacks (bring what you like)

-chillin’

**SATURDAY sept 19, 2015**

7am-7:45am – breakfast (Herbalist’s gruel)

8 am – 10 am – diggin’ in the dirt (Fruit Tree Guilds, Garden Maintenance)

10-10:30 break

10:30-11:30 – more work! (Sheet Mulching, Harvesting bounty, Garden Maintenance)

11:30-1pm- lunch, brown bag style (BBQ available, no fire)

1pm-2:30pm- herbal field experience

- herb walk, learn a few things

-herb sit (trust your intuition exercise)

2:30-3pm- break/snack

3:00-5:00pm – diggin in the dirt

* Tree and shrub removal

5:00-5:30 pm – get sorted

5:30-7pm- potluck dinner (BBQ, fire, gas stove)

7pm evening fire

* didactic: deep nature connection and core routine presentation
* clinical applications of the herbs That we encountered today

8pm onward- chillin’, Guitars n drums n stuff

**SUNDAY Sept 20, 2015**

7am-7:45am – breakfast (Herbalist’s Gruel)

8 am – 10 am – diggin in the dirt (Weeding and watering)

10-10:30 break

10:30-11:30 – more work! Or Nature Time- depending on needs of the land!

11:30-1pm- lunch, brown bag style (BBQ available, no fire)

-includes Deep nature connection core routine- sit spot exercise

1pm-2:30pm- herbal field experience

- herb walk, learn a few things

-group follow up/monograph template re: Saturday’s plant intuition exercise

-share stories from sit spot exercise

2:30-3pm- break/snack

3:00pm- closing and clean up

**BRING IT LIST:**

Tent

Tarps (to keep tent dry)

Ground sheet for tent

(a ground sheet is a tarp that you put underneath your tent to keep moisture at bay)

Thermarest/Sleeping Mattress

Sleeping bag

pillow

lunch for sat, sun

Cooler and ice for food and beverages

Potluck

Flashlight,

head lamp

Tick/mosquito repellant

Water bottle

Your favourite mug

Your favourite bowl

Gardening Gloves

Sunscreen

Hat

Swim suit and towel (beach is 2 km away)

Rain gear (important!!)

Extra clothes to stay dry

Dress in layers

(it could be hot and dry or cold and wet)

Pen  
notebook

camera

Hiking footwear, gardening footwear

Rubber Boots

Drum, Guitar, instrument of choice

An Open mind and open heart

Leave it at home

Pets

Ccnm notes