



Sustainable Living Workshop Series

To register, location and for more information

www.SustainableWellnessGuide.com

or call Kathryn 541-821-4446

Biodynamic **Farm and Garden Practices**

Saturday, May 16th, 2009
9am-4pm

LEARN HOW TO CREATE SUSTAINABLE SOIL AND GROW
FOOD WITH INCREASED LIFE FORCES.

From this Class, you will be able to apply the basic Biodynamic practices and get an overall understanding of Biodynamics, both practical and spiritual. You will learn and have hands on experience with:

- how to stir and apply Biodynamic preparation #500 for soil development
- how to apply Biodynamic compost applications: #502 -#508
- how to develop your perception of nature through art and meditation, and a deeper look at the Biodynamic principles and preparations and how they work

Weather permitting, we will apply the compost preparations to a garden compost pile and the soil preparation #500 to the soil. If it is raining, we will take a closer look at the compost preparations indoors.

Kathryn Casternovia Biodynamic profile

- An active member of the Oregon Biodynamic Group since 1995 and elected president, four years running
- Creator of Elemental Designs landscape designs, specializing in beautiful sustainable gardens, soil development, managing the gardens life forces, edible and medicinal gardens
- Teaching classes through So. Oregon University (SOU) extended campus, the University of Oregon, Grants Pass and privately for adults and children since 2000
- In 2000 produced a Biodynamic/Permaculture conference at SOU
- Written articles on Biodynamics for Sentient Times
- Working to insure the future and consistency of Biodynamic prep-makers Nationally
- A member of the Agriculture Section in the Anthroposophical Society of America

Cost of workshop: \$65