

PERMACULTURE COURSE with

PENNY LIVINGSTON-STARK

19-27 September 2009, Pastoral Vadi, Fethiye, Turkey

8-11 October 2009, Istanbul, Turkey

*the courses are not consecutive, one can participate in one or both courses



We are living in a unique time in the evolution of the planet and the human species. We are facing many challenges such as climate change, peak oil, species' extinction, declining quality and availability for our food and water. Permaculture is a design system that recognizes solutions to create environments that can support humans, animals and wildlife in a healthy and abundant way. While many feel hopeless about what we can do, there are solutions that are often hidden in plain view. Permaculture is an approach to designing our lives, our gardens and our communities that offers many practical solutions to issues that may seem unsolvable.

You are invited to come and explore together with Penny Livingston-Stark what we can do in our communities to start adapting in a positive way to the changing times we face in the future.

What can we do to decrease our dependency on resources imported from distant lands using increasingly expensive fossil fuels? Can we provide for our needs where we live? How can we clean water, turn waste into resources and fulfill a legacy that enriches the lives of our children, grandchildren and great grandchildren with beauty, elegance, integrity, fun and love?

We can do it if we come together to learn the skills and cultivate a powerful and abundant vision for the future!

PERMACULTURE COURSE OUTLINE
Pastoral Vadi, Fethiye, Turkey
19-27 September 2009

Come learn and explore ways you can enrich your life, family and community in a way that is harmonious to the Earth and the living systems we depend on for our health and happiness. Penny Livingston-Stark will help facilitate an exploration into the principals, practices, strategies and techniques of permaculture design.

Permaculture is a design science, rooted in observation of nature, that aids us in designing human settlements that have the stability and resiliency of a natural eco-system.



Who should take this course? Anyone who eats, breathes, raises children, doesn't raise children, wants their livelihood to reflect their values and is interested in caring for and being in love with the Earth and all of creation. At the course, we will cover:

- Permaculture principles and Ethics
- Site Analysis - how to look and listen and feel the land and understanding landforms
- Design Processes and Methodologies
- Eco-literacy for Sustainability: Patterns and Processes in Nature and Design
- Living Soil: Carbon Farming, building soil and sequestering co2 back into the soil
- Bird Language - Awakening to the conversation in the forest and garden
- Water Harvesting, Storage and Purification
- Plant Guilds, Food Forests, Agroforestry, Social Forestry
- Integrating animals in the landscape, broad acre grazing strategies
- Onsite Ecological Water Cleansing Treatments: Grey Water, Sewage and agricultural runoff
- Built environment: Passive Solar Design for heating and cooling
- Natural Building: Exploring local methods in addition to sharing methods from all over the world.
- Traditional local food production

PERMACULTURE COURSE OUTLINE
“Permaculture and Community Resiliency”
Istanbul, 8-11 October 2009



The ultimate goal of this workshop is to create a powerful dialogue among the participants about what they would like to see their community become. Given we are moving into an era for the need for decreased energy consumption, what would an energy decent plan look like in Istanbul that would result in increased connection and quality of life? How can the community provide for its basic needs as close to home as possible? How can the city of Istanbul support itself in a way that doesn't suck resources from the rest of the world?

At this course we will cover:

- Principles and Ethics of Permaculture Design
- Practical Intensive small scale productive garden design for urban communities
- Home made organic fertilizers for plants: Compost and worm tea for plants
- Solutions facilitating resilient, inclusive and harmonious urban communities
- How to develop local economic opportunities during a global economic recession.
- Community dialogue and visioning a future which the future generations will be grateful for

Penny Livingston-Stark

Penny Livingston-Stark is internationally recognized as a prominent permaculture teacher, designer and speaker. Penny has been teaching internationally and working professionally in the land management, regenerative design and permaculture development field for 25 years and has extensive experience in all phases of ecologically sound design and construction as well as the use of natural non-toxic building materials. She specializes in site planning and the design of resource-rich landscapes integrating, rainwater collection, edible and medicinal planting, spring development, pond and water systems, habitat development and watershed restoration for homes, co-housing communities, businesses and diverse yield perennial farms.

With her husband James Stark, and in collaboration with Commonweal - a cancer health research and retreat center - Penny co-manages a 17-acre certified organic and certified salmon-safe farm in Bolinas, California, called the Commonweal Garden. In addition, Penny and James are stewarding and working to restore 200 acres of land in Trinity County, California.



Penny co-created the Ecological Design Program and its curriculum at the [San Francisco Institute of Architecture](#), and she co-founded the West Marin Grower's Group, the West Marin Farmer's Market and the [Community Land Trust Association of Marin](#). Penny has also worked with the Marin County Community Development Agency and Planning Department to develop recommendations on sustainability for updating the Community Plan. Penny is a founding member of the Natural Building Colloquium, a national consortium of professional natural builders, creating innovations in straw bale, cob, timberframe, light clay, natural non-toxic interior finishes and other methods using natural and bio-regionally appropriate materials for construction.

More about Penny at <http://www.regenerativedesign.org/pennybio>

19-27 September COURSE VENUE: PASTORAL VADI (Pastoral Valley)

http://pastoralvadi.com/eng/index_eng.html

Pastoral Valley Organic Eco Farm is in Yanıklar Village near Fethiye and occupies 42,000 sq.m. of land in the middle of a valley, surrounded by pine forest, with a river as one of its boundaries. We are committed to organic growing, an ecological lifestyle and offering holidays on our farm where all buildings are ecologically designed, constructed of stone, wood or mud-brick and available to let 12 months of the year. Pastoral Valley is a place where you can escape the stress and frustration of high tech city life and return to a natural, calm, unhurried lifestyle indeed “a village life” will be yours during your holiday on the farm...Whilst staying at **Pastoral Valley** you will eat traditional, healthy Mediterranean food prepared from locally grown organic ingredients. All foods not actually grown on our farm are sourced from other local growers who are members of the ‘Organic Growers Association’. We pride ourselves on the high standards we strive to maintain in the growing of our fruit and vegetables, and the natural tastes you will encounter are one of the highlights of the eco lifestyle at Pastoral Valley...

Aims of Pastoral Valley:

- to work together with our neighbours to farm organically, from sowing to harvest,
- to protect biological diversity in the natural environment,
- to strive to return to a traditional lifestyle as an antidote to the fast pace of modern life,
- to recycle as much as possible,
- to create a model for the use of renewable energy sources,
- to revive lost or endangered traditional arts and crafts,
- to revive lost and forgotten aspects of a ‘Pastoral Life’,
- to make all of the above available to everyone by offering holidays on the farm.



19-27 September 2009, Pastoral Vadi, Fethiye, Turkey

Course fee: 350 Euro

Food and accommodation for 8 nights (tent): 140 Euro

Food and accommodation for 8 nights (room share): 260 Euro

**It's recommended that you bring your own tent*

8-11 October 2009, Istanbul, Turkey

Course fee: 175 Euro

Venue: To be announced

** We invite you to pay what you can and a little more to support a few scholarships.
*If the price is not affordable to you, let us know. We offer scholarship on the principle:
pay what you can and a little more.*

For Registration Information,
please contact Filiz Telek at kolektifbilinc@gmail.com or +90 532 546 0847