

## **3 Day Permaculture Design Workshop At Ahimsa Village, Julian, PA April 5-7, 2007 with Mark Cohen**

**Principles of Permaculture Design** - The principles of permaculture provide a set of universally applicable guidelines which can be used in designing sustainable habitats. Distilled from multiple disciplines—ecology, energy conservation, landscape design, and environmental science—these principles are inherent in any permaculture design, in any climate, and at any scale.

- Relative location
- Each element performs multiple functions
- Each function is supported by many elements
- Energy efficient planning
- Using biological resources
- Energy cycling
- Social structures
- Small-scale intensive systems
- Natural plant succession and stacking
- Polyculture and diversity of species
- Increasing "edge" within a system
- Observe and replicate natural patterns
- Pay attention to scale
- Attitude

In terms of other education/reading material, any of the following books on permaculture would give you a background which would be useful in the design process:

Permaculture - Bill Mollison

Introduction to Permaculture -

Bill Mollison w/ Reny Mia Slay

Permaculture One

Permaculture Two

Earth User's Guide to Permaculture -  
Rosemary Morrow

### **Workshop Site:**

Ahimsa Village is a newly forming service-oriented intentional community on 65-acres of land near Julian, PA in the mountains of central Pennsylvania. The acreage consists of approximately 10 acres of bottomland and 55 acres of mature second growth Pennsylvania hardwoods and white pine, a 2-story frame farmhouse and several outbuildings. The vision for the property is to include several households, an education center, and several small eco-business enterprises including an organic produce farm and bulk food store.

Plans for the site include:

Outreach to Young People –developing a program for kids to participate in a holistic environment. Planned projects will include starting a CSA farm run by kids, a summer “green living skills eco-camp”, hiking and camping activities, and spiritual practice.

Sustainable Living Education Center – a dual purpose sustainable living educational center and barn for farm operations will be built and powered using all green materials and technologies. This center will be used to conduct workshops and teach classes on sustainable living issues such as living on less, home gardening and food preservation, energy conservation, renewable energy options, etc. The lower level will serve as space for farm operations.

In addition to the Center, sustainable systems will be incorporated throughout the farm including conservation practices, renewable energy, permaculture design, and green

building technologies. The goal is to serve as a working example of sustainability to the local and regional community. Specific plans include:

Utilizing solar and wind energy to power the farm.

Creating a small biodiesel production facility.

Engaging in alternative “green” building projects at the farm with the dual purpose of creating functional buildings and educating the public about green building.

Small business enterprises – such as a bulk foods store, medicinal herbs, bakery.

### **Permaculture Instructor:**

**Mark Cohen** - Permaculture designer, organic farmer, apiculturalist, mycologist, philosopher, business consultant, and co-founder of Far Valley Farm, a twenty year old intentional community. Also Mark is the Executive Director of the Belize Agroforestry Research Center, a permaculture research and teaching facility based in Southern Belize. He has been practicing permaculture and sustainable agriculture since 1977. He has taught ethnobotany, cultural ecology, systems analysis, and agricultural design both in the US and internationally.

For questions regarding course content please email:

**Mark Cohen**

[markdcohen@hotmail.com](mailto:markdcohen@hotmail.com)

**Workshop Details:** Three days of instruction in permaculture, insights, connection, fun and evening programs. Class materials and handouts will also be provided. Participants will be actually be involved in designing a comprehensive permaculture master plan for this site. Delicious vegetarian/vegan breakfasts, lunches, dinners and snacks. Morning and evening meals will be served at Barbara’s, lunch will be at the Ahimsa farmhouse. Lodging will be kindly provided by Barbara Anderson at her home and OAn Zendo (described below) next door to the Ahimsa Village site.

*O-An Zendo is a place for the teaching and practice of Zen meditation, rooted in the American experience. The meditation hall sits in the midst of 180 acres of central Pennsylvania woodland with miles of hiking trails and abundant plant and animal life. The 2400 sq. ft. meditation hall and art studio is part of Julian Woods Community, a member of the School of Living Land Trust.*

To see photos of the Zendo go to: [http://nittanydharma.org/o\\_an/information.html](http://nittanydharma.org/o_an/information.html)

**Fee:** Break down of costs: **\$150/person for 3 days** = \$50 a day  
\$30 a day for instruction/facility costs/supplies/admin/coordination/ logistics  
\$20 a day for food and cooks

An average of 10 hrs of instruction/day for 3 days makes the approximate cost for the instruction come to less than \$5 per hour!

**Registration Window: December 2006 - March 31, 2007**

*Space is limited, and this workshop will definitely fill up,  
so register early to reserve your place. This Workshop is an incredible offering!*

**\$50 deposit required**

## A Suggested Ahimsa Pc Workshop Menu:

(open to changes)

**Snacks:** cookies/bars, fruit, popcorn, celery  
boats, muffins, bread or crackers & cheese

### **W night**

#### **Th**

Break/fast - 7:00 to 8:00 a.m.

juices, teas, milk (soy & cow)

oatmeal, fruit, ww toast/bagels, spreads:

pbutter, jelly, etc.

Lunch - 12-1:30 p.m.

soup

ww pita sandwiches w/ humus, lettuce

Dinner - 6:30-8 p.m.

rice, wokked (or steamed) veggies w/ tofu

baked bananas w/ cardamom

#### **F**

Break/fast - 7:00 to 8:00 a.m.

juices, teas, milk (soy & cow)

muesli, fruit, yogurt, toast, spreads: pbutter,

jelly, etc.

Lunch - 12-1:30 p.m.

Chili

tacos

Dinner - 6:30-8 p.m.

tahini udon noodles w/ broccoli & cashews

rice pudding

#### **Sat**

Break/fast - 7:00 to 8:00 a.m.

juices, teas, milk\_ (soy & cow)

pancakes, fruit, yogurt, syrup, butter

Lunch - 12-1:30 p.m.

nut patties on ww rolls w/ lettuce

potato salad

Dinner - 6:30-8 p.m.

veggie/vegan lasagne

greens salad w/ poppy seed dressing

apple-honey-walnut baklava

#### **Sun am**

# Ahimsa Village Permaculture Workshop

April 5-7, 2007 with Mark Cohen

## REGISTRATION FORM

**PLEASE PRINT CLEARLY** - A separate form should be completed for each registrant.

**Name** \_\_\_\_\_

**Affiliation/Organization** \_\_\_\_\_

**Address** \_\_\_\_\_

**City** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip Code** \_\_\_\_\_

**Phone** \_\_\_\_\_ **Email** \_\_\_\_\_

**Website** \_\_\_\_\_

**Lodging** -You will need to bring your own pad and sleeping bag, towel, toiletries and clothing for 3 days. Spring which can be hot or cool and rainy (woods/water walking-clothes are a good idea).

**Food** - Fresh vegetarian/vegan seasonal Breakfast, Lunch, Dinner and Snacks will be available. Do you have any special dietary needs?

**You and Your Interests** - To help us better craft the course around the unique participants, please take a moment and answer the following questions. Think of this as the beginning of the assessment phase in the course design.

How did you hear about Ahimsa Village and the Permaculture design workshop?

Why do you want to take this course? What do you hope to get out of it?

What prior permaculture/green design experience and education do you have? Where was it learned?

Please describe any/all skills you possess which would be useful in the development plan of Ahimsa Village.

How do you see yourself applying what you learn?

**Logistics:** Where will you be traveling from?

**Directions From Downtown State College**

1. Start going North on Atherton Street (Rte. 322 Business) out past Lowe's for approximately 3.5 miles.
  2. Take ramp to the right (do not head for Grey's Woods).
  3. Take right onto ramp onto US-220-ALT North toward MILESBERG - go 6.3 mi
  4. Slow down and look for Ahimsa sign on the left. If you see the green sign that says "Julian Woods Lane" you have passed Ahimsa.
- To go to Barbara's Zendo to settle in:
5. Turn Left onto JULIAN WOODS LN (there is also a brown sign saying "Julian Woods Community")
  6. Proceed up gravel road until you see a sign that says Endless Circle/OAn Zendo
  7. Continue up the driveway to Zendo
  8. Park on the side of the road on the right. Enter the Zendo and remove shoes. Head up the stairs to the right.

Contact Jackie if you need a ride from State College -  
814 - 237-5569 or [jabonomo@verizon.net](mailto:jabonomo@verizon.net)

**FAQ -**

**Can I email my registration instead of mailing it?** Yes, but make sure you *also send your check to hold your spot in the course*. We prefer that you send in your registration form by mail with your check to keep the two together.

**Register:** To reserve your workshop space please **complete this form and return by email or snail mail but also send your check for \$50 made out to Jackie Bonomo by March 20, 2007 to the following address:**

**Ahimsa Village Permaculture Workshop  
Jackie Bonomo  
P.O. Box 338  
Lemont, PA 16851**

**Check should be made to: Jackie Bonomo**

(You may also pay \$150 now for the entire workshop, if you prefer.)

For logistics/registration questions, details, etc:

Call or email Jackie

1-814-237-5569

[jabonomo@verizon.net](mailto:jabonomo@verizon.net)