



THE PLANETARY HEALING CENTRE

**Nature Programmes 2016**

**Adults, children and young people.**



**BALERNO:** 6 Fridays – Total 56 participants . Most people returned

**FALKLAND:** 4 full weekends – Total 91 participants  
(around 23 participants plus 8 acorn volunteers every weekend)

## **Nature Connection for Families - BALERNO**



Learning about nature and sustainability



Planting flowers for the bees and looking after them.



Playing nature games and listening to stories around the fire.



Our yurt



## Deepening our Nature Connection - FALKLAND



The village we are creating. Songs around the campfire.



Family games after team work to create a strong rope from grass.



The co-facilitators Adele, Dhyana and Claudia. Nature, fun, wellbeing



After a full day in nature: dinner, stories and song around the camping fire.

### What participants said:

- 1.gives you space and time for reflection.
2. The walk in nature relieves the pressure.
3. Use what is around us and engage with the landscape.
4. Weaving our place / part of developing a self chosen life.
5. Nature balances us and gives us a sense of perspective.
6. Within the community we have a sense of purpose and we create commonly in achieving that.
7. Getting back to the basics...reconnecting with my sacred self, the sun and the elements of nature, water, fire, etc.
8. Community....one where everyone loves, cares, respects, nurtures and looks out for one another .
9. Kids are getting the opportunity to regain their confidence.
10. Opportunity to interact with groups that I wouldn't have done in my daily life
11. Taking home everything I learned here and being able to apply that to my everyday life with my family.
12. Safe, growth, fun, serenity, collective, community, harmony, play, stability, excitement, becoming, experience, ambition, together, flourishing.
13. Experience nature and togetherness, being part of a tribe.
14. Create the opportunity and space. Enable the adventure.
15. Get together with other families.
16. Bring more skills like carving in our lives
17. Letting go of "daily life worries" while in the woods
18. Time to explore what bubbles up.
19. Safe space to play.

20. Enjoy being an adult child.
21. Gifts...taking them back into our lives.
22. Nurturing and inspiring.
23. Free range kids...freedom to roam, freedom to join in.
24. Skill building.
25. Being able to track the year.
26. Being held.
27. Being timeless.
  
28. People blossoming
  
29. Fire building skills
30. Plan for more time with my family in the woods
31. Schedule regular outings with my family
32. Do it all again next year
33. Going for walks with my family, applying what I have learned here.
34. Nature is a place where it all happens easily, there is plenty of space here, real space.
35. Remembering who I am, belonging, becoming, and connecting.
36. Making time to get away from day to day life to connect as a family and to all other people.
37. Sharing a great time with people in nature outside school and work life.