

# Upcoming Events & Classes contd.



your life, let go of old limiting patterns in the self, experience realities, open your perception and gain simple, profound methods for raising your resonance.

### Women's Leadership Circles - 2 day Residential

FRI 20 - SUN 22 Feb, 4pm Fri - 4pm Sun  
For further information or to register contact Siobhan Riordan on 01884 841491  
siobhan.riordan@virgin.net  
Braziers College, Oxfordshire

### Seed Swap Sunday - Haringey

SUN 22 Feb, 2pm to 4pm  
Seven Sisters Permaculture  
jehanna@gn.apc.org, sevensisterspermaculture@wikispaces.org.uk  
Bruce Castle  
Haringey's first seed swap event, organised by Haringey Allotments Forum and Sustainable Haringey's Food Group. Bring along seeds to swap if you have them: veg and flowers. Refreshments will be available.

### CHARCOAL BURNING OPPORTUNITIES

SAT 14 Mar, 10.00am  
01730 823 311  
tony@permaculture.co.uk, www.ben-law.co.uk  
Ben Law's Woodland, West Sussex

This day covers everything you need to know about charcoal burning. For this course, as it is so practical, Ben keeps the group very small. £95.00

### I'VE BOUGHT A WOODLAND, WHAT DO I DO NOW?

SAT 28 Mar, 10.00am  
01730 823 311  
tony@permaculture.co.uk, www.ben-law.co.uk  
Ben Law's Woodland, West Sussex  
A course to answer a question Ben is often asked. For those who have bought. For those thinking of buying. For those about to work a wood. This course will include answers to planning in woodlands and will be tailored to participants needs. £95.00

### Yoga Retreat

THU 2 - SUN 5 Apr  
Abhijeeta 07940 470 072  
info@shivahealth.co.uk, www.shivahealth.co.uk/yogare-treat.htm  
West Susse  
Beautiful rural location, Asana, Pranayama, Yoga Nidra, Meditation, emphasis on meditative & spiritual aspects.

### Introduction to Living Tantra, workshop with Jan Day

10-12 & 10 - 17 April 2009

### Somerset

An exploration into authenticity, love & relationships.  
Jan: 020-8123 9831, info@janday.com, www.janday.com

### UK AWARE 09 - green and ethical lifestyle show

FRI 17 - SAT 18 Apr  
020 8842 7500  
info@ukaware.com, www.ukaware.com  
Olympia Two  
UK AWARE is a social enterprise that is working to help market environmental alternatives to a wider audience. The products and services on offer are designed for the everyday person, supplying them sustainable alternatives to conventional options.

### BEN LAW WOODLAND HOUSE OPEN DAY

SAT 18 Apr, 10.00am  
01730 823 311  
tony@permaculture.co.uk, www.ben-law.co.uk  
Ben Law's Woodland, West Sussex  
You get to go on a woodland walk with Ben where he explains about his work and shows you the source of his woodland house and of course you get to go inside his stunning home. There are other benefits offered too all designed to make it an unforgettable experience. £50.00

### WOODLANDS & PERMACULTURE

SAT 25 Apr, 10.00am  
01730 823 311  
tony@permaculture.co.uk, www.ben-law.co.uk  
Ben Law's Woodland, West Sussex  
he course offers you the opportunity to learn the skills you need to add value to woodland produce and non-timber produce. You will learn about permaculture in relation to woodland and cover planning and design. This course involves: Woodland assessment; Adding value to woodland produce; Non-timber produce; Permaculture in relation to woodland; Planning and woodland; and whatever other enquires you may have as regards a woodland Ben will be more than happy to offer advice on. £95.00

**Don't forget to say you saw it in Green Events!**

# A Green Place in the Sun

Is it possible to have a holiday in the sun and still be green? **Luke McCormick** hops on Eurostar to find out.

For many eco-minded souls, hopping on a plane to jet off on holidays simply isn't on the agenda, so it's a relief that Eurostar has recently introduced through fares to the continent from a range of UK destinations from £65 pounds making European train travel and little easier and cheaper.

A great eco hotspot to visit then is Provence, Southern France, an area easily accessible through Eurostar's service to Avignon. The nearby Luberon valley is full of forward-thinking communities forging ahead with organic lifestyles, cultivating organic crops and wines, creating local food co-ops and restaurants and seriously getting to grips with alternative energy supply. Indeed, the tiny mountain settlement of Garde D'Apt will be the first village in France to live 'off the grid'; instead relying on a series of community-fitted solar panels for its power supply. The mayor of this community even gets in on the eco act by raising goats and supplying local solar-powered terroir restaurants with her renowned cheese, while nearby farmers are continuing traditions of organic lavender production which stretch back hundreds of years.

Hot-air ballooning through the area is a great way to appreciate the natural beauty of

the valley and a great place to stay while in the area is Artemis en Provence. Located on the outskirts of Rousillon, a perched hilltop village near the town of Apt, the eco-minded gite is another example of the many eco-houses in the area. Its construction forms part of a groundswell, the start of a popular movement in the area, and a wish from some of the local residents to become energy self-sufficient while limiting their environmental impact and exploring an organic lifestyle. The newly-built eco-lodge, which stands in the shade of hundred-year-old oaks, was designed and built in respect of Mother Earth with local materials, which include ochre from the local mines.

The countryside around Provence's Luberon Valley teems with myth and legend. It is a rich, diverse land, unique in Europe with ochre hills; ancient geological features; mountains, cliffs and gorges; wetlands and forests; along with its many chateaux, forts and famous perched vil-



Rousillon Village Churchtower © Luke McCormick

lages. Tales of crusades and occupations abound; ancient Templar monasteries uncover the timeworn worship of these warrior monks; the residences around L'Enclave des Papes, near Avignon, provide relics of the once prosperous Vatican administration; while the region's veneration of the divine is witnessed in the many shrines to middle-age Christendom and the legacy of Mary Magdalene.

Suzanne Sutton built the Artemis-en-Provence eco-lodge in 2007. Self-catering accommodation can be booked through eco-friendly travel agents Ecobookers at [www.ecobookers.com](http://www.ecobookers.com) with Hot-air balloon trips at [www.montgolfiere-luberon.com](http://www.montgolfiere-luberon.com)