



Sustainability Frontiers presents its 2016 Winter/Spring series of talks and workshops to improve your wellbeing and connectivity with nature.



A Broad View from a Small Farm: "What's for Dinner?"

Ruth Hancock discusses practicalities of growing food on her small farm, and how we can feed ourselves sustainably within the real world. How can sustainable agriculture make a significant contribution to addressing global environmental issues such as climate change, soil degradation, poverty and malnutrition, and pollution of the ecosystem? Including a Q&A session.

Ruth Hancock has been living and working in the Otter Valley for 30 years and runs Fresh and Green Vegetables, a veg box scheme based on 12 acres near Newton Poppleford. Ruth has a keen interest in the production of local food for local people, the careful and sustainable use of land and resources and the promotion of small scale agricultural production as a source of employment and nourishment. For more information, please visit <http://www.freshandgreenvegetables.co.uk/> or Ruth's blog, <http://broadviewfromasmallfarm.blogspot.co.uk/>



This interactive talk will take place at the Woodlands Hotel (Station Road, Sidmouth, Devon EX10 8HG) on **Saturday 6th February 2016** from 2 pm until approximately 4 pm.
The cost of this session is **£6**, including refreshments.



Partner Reflexology: Learning the Art of Foot Massage

This introduction to reflexology aims to convey basic skills and understanding of partner foot massage that is caring, relaxing and enhances wellbeing.

Bärbel Selby lives and works as a complementary health practitioner near Sidmouth. Her approach to nurturing wellbeing is broad-based, involving talk and touch through counselling, massage, reflexology, acupuncture, reiki and mindful breathing. **Please bring:** clean feet, a partner and a towel!

This workshop will take place at the Woodlands Hotel (Station Road, Sidmouth, Devon EX10 8HG) on **Saturday 5th March 2016** from 2 pm until approximately 4 pm.
The cost of this workshop is **£6**, including refreshments.



Sustainability Frontiers is an international alliance of sustainability and global educators seeking transformation of the human condition through repaired and restored earth connection. For more information please visit our website at <http://www.sustainabilityfrontiers.org/>

If you have enquiries or to book your place in advance please email info@sustainabilityfrontiers.org. Tickets can also be purchased from Paragon Books, Sidmouth.

The Alexander Technique: From Thinking in Activity to A Way of Being

This workshop will explore the Alexander Technique through a gentle, thoughtful method suitable to all ages and abilities. The Alexander Technique is a method of self-empowerment which enables you to be the best possible version of yourself, by getting rid of tension in the body. Running this workshop are Helen Gibson-West and Jane Julier.

Helen Gibson-West is a qualified, registered teacher of the Alexander Technique. With over 30 years of Alexander teaching experience, Helen was taught by F. M. Alexander himself. Prior to that, she was trained as a physiotherapist. Helen lives and works in Sidmouth.

Jane Julier first became interested in the Alexander Technique as a way of helping her overcome tension and pain. After many years as a musical instrument maker, Jane began experiencing chronic back pain due to extensive hours spent bending over a bench. She now teaches the Alexander Technique at the Healthy Living Centre in Hemyock, Devon. Please see www.janejulieralexandertechnique.co.uk for more information on Jane's work and the Alexander Technique.

This workshop will take place at the Woodlands Hotel (Station Road, Sidmouth, Devon EX10 8HG) on **Saturday 19th March 2016** from 2 pm until approximately 4 pm.

The cost of this workshop is **£7**, including refreshments.



Everyday Mindfulness: How to Stay in the Here and Now within a Distracting World

Kevin Hickson introduces the practice of mindfulness: a workshop of creative, fun and practical ways through which we can integrate the theory and nature of mindfulness into our daily lives. No previous experience of mindfulness required - just bring an enthusiasm and motivation for positive change!

Kevin M Hickson is an independent mental health practitioner and instructor in Tai Chi Chu'an and Qigong, based in East Devon, where he provides regular classes, 1:1 consultations and group sessions in mindfulness and meditation. Kevin has a particular interest in the therapeutic benefits of bodywork and the connection with nature in mental health crisis. For more information on Kevin's work, please visit <http://www.kevinmhickson.co.uk/>.

This workshop will take place at the Woodlands Hotel (Station Road, Sidmouth, Devon EX10 8HG) on **Saturday 9th April 2016** from 2 pm until 5 pm.

The cost of this workshop is **£6**, including refreshments.

