

# Natural Happiness – the Gardener’s Way

Saturday October 1<sup>st</sup>, Bridport, West Dorset

With Alan Heeks

Would you like better ways to stay positive amid the pressures of daily life and work? Imagine cultivating your human nature as a gardener tends a garden: that’s the idea we’ll explore in this one-day workshop, using a 1-acre garden as our live teaching model.

Alan has many years’ experience exploring how people can grow their own wellbeing and resilience by learning from cultivated organic ecosystems, like gardens and farms. Here are some examples:

- **Using sustainable energy sources**, that don’t deplete your reserves
- **‘Composting’ stress and problems** into fertility for future growth
- **Co-creativity skills to balance** your aims and the realities of the situation



The Community Market Garden at Lynchetts

These approaches are relevant for individuals, communities, and work organisations. They are the focus for Alan’s planned third book: see more at [www.naturalhappiness.net](http://www.naturalhappiness.net).

**Alan Heeks:** has many years’ experience of exploring natural systems as a model for people’s happiness and resilience, including setting up Hazel Hill Wood near Salisbury and Magdalen Farm near Bridport.

**Wisdom Tree:** Alan is part of this small team offering resilience skills for individuals, work teams and communities. See [www.wisdomtree.uk.net](http://www.wisdomtree.uk.net)

**Venue:** Our venue is Lynchetts, a spacious old house with delightful one-acre garden, which Alan and Linda have renovated since 2011.

**Timing:** From 10am – 5pm, with bring and share lunch

**Cost:** £45, concessions £35

**Booking:** For enquiries and bookings, contact Alan: E: [data@workingvision.com](mailto:data@workingvision.com) or,

**T: 07976 602 787**