

EDE colors:	Social (S)	Ecological (L)	Economic (N)	Worldview (W)	Personal	Fill color is primary dimension, text color is secondary dimension	
Week #	Times	Monday	Tuesday	Wednesday	Thursday	Friday	
1	Aug 28-Sept 1	1	1	1 - Brian	1	1	
	9:00-9:15			S1: Intro to daily morning warm-ups		S1: Group warm-up/connection activities	
	9:15-10:45	Orientation to program - incl. why we are running HSS at LV, why it's unique - group connection/bonding activities - Colin - outside Lodge	8:45-10:00 Kitchen Orientation - Alia	L5: State of the World: The ecological crisis as the backdrop for permaculture, making its widespread implementation urgent. Outline the problem and transition into pc as a set of solutions.	L2: tour of plant systems & gardens, incl. new Forest Garden (Larry), then garden work party *PDC welcome - Kevin/Malinda	Intro to worldview dimension of EDE and personal sustainability in LV mission - Colin	
	11-12:30	Tour: Site tour w/focus on life logistics, ecological systems (not including kitchen, trash/recycling, or plant systems) - Colin - outside Lodge		L5: Intro to PDC course: preview of course, the basics of permaculture, the three core ethics and 12 guiding principals - incl. ecology dimension of EDE	L2: garden work party *PDC welcome - Kevin/Malinda	Personal identity, Part 1 - Jess	
		LUNCH		LUNCH		LUNCH	
	1:30-3:00	Site orientation - explaining residency process - Fern - outside Lodge	Orientation to dorm care & cleaning, plus trash/recycling area. Set standards and schedule -- Liz + Colin			W2: Nature connection/awareness #1 - sit spot - Colin	
	3:15-4:45	S2, Communication Skills <i>The art of discussion</i> and skills for effective dialogue. Understanding this communication format and preparing for using lots of it during this program. - Brian		L5: ethics & principles continued		W3: Paths to wellness, part 1 - meditation & mindfulness - Justin	
	5-6pm	7pm - Community meet-n-greet after welcome dinner - Colin				7:00-8:30 -- Friday Check-in Check Out (week-ending connection & expression) - as LEAF with Jess	First Sat. dance
2	Sept. 4-8	2	2	2 - Brian	2	2	
	9:00-9:15	S1: Group warm-up/connection activities, set roles for week - always Colin	starting this week, running for the remainder -- optional but encouraged:	Grounding + centering activity - always Colin		S1: Group warm-up/connection activities	
	9:15-10:45	Intro to social dimension of the EDE - Colin	W3: every Mon. 7-8am, meditation - Justin (Tomas as fill-in) - in dorm	L5: Patterns: observation of patterns in nature (awareness #2), scale of permanence, zones & sectors, climate/biogeography		W3: Paths to wellness, part 2 - Introduction to tai ji + qi basics - Larry	
	11-12:30	Intro to economic dimension of the EDE - importance of the economic realm in the global meta-crisis - Ravi	W3: every Wed. 7-8am, qi gong - Paul (Tomas as fill-in) - in dorm			W4: Body connection and improv dance - Paul	
		LUNCH		LUNCH		LUNCH	
	1:30-3:00	S2: Personal goals, group goals + norms w/Colin - then 2pm deep listening - Larry		L5: continued - hands-on examples		Journaling on personal path/changes - Colin	
	3:15-4:45	S2: Deep Listening and Non-Violent Communication - Larry			4:00 - observe Community Petal (sociocracy at LV)	W3: Paths to wellness, part 3 - yoga - Mariah	
	5-6pm	Mini feedback session on the day, any logistics - Colin				Friday Check-in Check Out (week-ending connection & expression) -- as lineup spectrums with Colin	
3	Sept. 11-15	3	3	3 - Andrew	3	3 - event using classroom 11am-on	
	9:00-9:15	S1: Group warm-up/connection activities, set roles for week		Grounding + centering activity		S1: Group warm-up/connection activities	
	9:15-10:45	S2: Community social structure and decision-making mechanisms - governance generally and various types of it - sociocracy as Lost Valley's base model (incl. LV organizational structure) - Larry		L5: Design day: permaculture whole systems design, mapping/surveying - plus tools for observation, research, recording		S4: Art as energetic + inspiration outlet, nonverbal creative medium - individual Earth after creation? - Anna	weekend event at LV (Heart of Now)
	11-12:30			L5: Steps in the design process - how to present our designs in various media, project management			
		LUNCH		LUNCH		LUNCH	
	1:30-3:00	N1: Snapshot of global economics today - incl. capital flight, race to the bottom - ups & downs of current system - cultural vs. economic globalization - Ravi	S1: Community check-ins - to reflect on constructive community living - hear from the student, a round from others w/questions/concerns or input/advice - with 1/2 the students - Fern	L5: Design: hands-on mapping/surveying	S1: Community check-ins - to reflect on constructive community living - hear from the student, a round from others w/questions/concerns or input/advice - with 1/2 the students - Fern	W3 - Overview of consciousness, from 5 different perspectives -- Catherine	W4: Sat. -- sports day @ Elijah Bristow State Park -

	3:15-4:45	N4,N2: Alternatives: community banks, credit unions, micro-credit - alternative exchange, incl. local currencies, alternative taxation, wellbeing indicators beyond GDP - Ravi		L5: Sample designs - dry run			Colin
	5-6pm	Mini feedback session on the day, any logistics - Colin				4:30 - Friday Check-in Check Out (week-ending connection & expression) -- as Council with Catherine	
<b>4</b>	<b>Sept. 18-22</b>	<b>4</b>	<b>4</b>	<b>4 - Eva</b>	<b>4</b>	<b>4</b>	
	9:00-9:15	S1: Group warm-up/connection activities, set roles for week		Grounding + centering activity		S1: Group warm-up/connection activities	
	9:15-10:45	N3: Local economy/social entrepreneurship using social + economic design principles - community planning - right livelihood, student ideas for onsite businesses (current and potential) - Transition Town connection - Ravi		L1: <b>Building</b> : natural building vs. green building - inspiration, materials, examples		N1: Competitive economy, sharing economy - Amanda	
	11-12:30			L1: Hands-on natural building project		N4: the nature of money and its hidden attributes - Amanda	
		LUNCH		LUNCH		LUNCH	
	1:30-3:00	S4: The nature and importance of ceremony - how to do ritual - Catherine		L1: Hands-on project continued		W2: Nature awareness/connection #3 - drawing at sit spot, then share afterward - Colin	
	3:15-4:45	S4: Planning the Fall Equinox ceremony Friday evening - assistance from Catherine		L5: Select permaculture design groups - Colin		Friday Check-in Check Out (week-ending connection & expression) -- as wake-up moments with Catherine	
	5-6pm	Mini feedback session on the day, any logistics - Colin		S4: eve - women's new moon ceremony?		S4: students run Fall Equinox ceremony - evening	
<b>5</b>	<b>Sept. 25-29</b>	<b>5</b>	<b>5</b>	<b>5 - Tom Ward</b>	<b>5</b>	<b>5 - Marc?</b>	
	9:00-9:15	S1: Group warm-up/connection activities, set roles for week		Grounding + centering activity		S1: Group warm-up/connection activities	
	9:15-10:45	W3: Jungian psychology - Brian date?		L5: Design work period #1 -- present mission statement, design goals, decision-making process, each member's strengths - then receive help from designer		S1: intentional communities around the world - types, characteristics, pluses & minuses - w/Chris?	
	11-12:30	N5: Lost Valley history, current legal case, the Meadowsong project - Justin date? + Sara		L2: <b>Tree day</b> : sustainable forestry - harvesting timber and other forest products while leaving the forest as well off or better		W1: Ecovillages as holographic microcosm of the world - incl. what we bring with us when we come here, intentionally or not - are we transcending the shortcomings of the broader society while retaining the best parts? - w/Chris?	
		LUNCH		LUNCH		LUNCH	
	1:30-3:00	S2: NVC and deep listening revisited - more advanced - win-win solutions to conflict - Larry		L2: Food forestry - growing fruit & nut trees as perennial crops		W1: spiral dynamics as way of understanding culture/individuals (incl. dance party?)	
	3:15-4:45	N3: get social/economic design projects - Colin		L2: Walk-and-talk about sustainable forestry and food forestry - also learn about "social forestry"		W4: Parallel between personal health, planetary health, and treatment of each other	
	5-6pm	Mini feedback session on the day, any logistics - Colin				Friday Check-in Check Out (week-ending connection & expression) -- Marc?	
<b>6</b>	<b>Oct. 2-4</b>	<b>6</b>	<b>6</b>	<b>6 - Heiko at Dharmalaya</b>	<b>6</b>	<b>6</b>	
	9:00-9:15	S1: Group warm-up/connection activities, set roles for week	S1: Group warm-up/connection activities	Grounding + centering activity			
	9:15-10:45	S5: Service thread #1: spiritual activism (background and theory) - Justin	L2: History of Food preservation - many hands-on techniques - Jackie	L2: <b>Plant day</b> : soil as basis of fertility, types of plants and how they can feed us, guilds of cooperative plant teams			
	11-12:30	S4: Group art creation - taking advantage of all skills and abilities - Anna					
		LUNCH	LUNCH	LUNCH			
	1:30-3:00	S1: Synergy from diversity - gaining the most from our differences - how to breed more diversity in culture (S), perspectives (W), economics (N), and ecosystems (L) - incl. good unity vs. bad unity - panel lead by Oblio	L2: Homestead skills -- wild edible walkabout - Brian/Justin				
	3:15-4:45		N2: Preserving plants for food + medicine: herbalism as healing path + livelihood - Michelle	L2: Continued			
	5-6pm	Mini feedback session on the day, any logistics - Colin					First Sat. dance
<b>7</b>	<b>Oct. 11-13</b>	<b>7</b>	<b>7</b>	<b>7 - Brian</b>	<b>7</b>	<b>7</b>	

	9:00-9:15			Grounding + centering activity		S1: Group warm-up/connection activities
	9:15-10:45		-- Mid-course break period - 6 days total --	L2: Animals in a permaculture system	N5: community legal structures generally - Case study: comparisons of Meadowsong and a few other communities - Justin	W3: Indigenous perspective toward Earth + life - how to be respectful toward the mother Earth and other beings - Mala
	11-12:30			L2: Integrated pest management	N5: One Planet development - legalizing the movement to live within the footprint of one Earth - example from Wales - how to get there - Finn + Joanna	
				LUNCH	LUNCH	LUNCH
	1:30-3:00			L2: Hands-on animal activity	Individual check-ins - otherwise work on 2 projects - Colin	W4: Clearing energetic blockages - Mariah (maybe with Anna)
	3:15-4:45			L2: Aquaculture	S5: Service thread #2: more on sources of spiritual activism - think toward personal sustainability plans - Justin	S1: Forgiveness and targeted prayer - Justin
	5-6pm					Friday Check-in Check Out (week-ending connection & expression) - as LEAF with Jess
<b>8</b>	<b>Oct. 16-20</b>	<b>8</b>	<b>8</b>	<b>8 - Simon</b>	<b>8</b>	<b>8</b>
	9:00-9:15			Grounding + centering activity		S1: Group warm-up/connection activities
	9:15-10:45	N1: Flows of money/resources in and out - sources of money, types of capital and their movement - Ravi		L5: Design work period #2 - present results of client interview, flows, social layers involved, personal/worldview considerations, economic considerations - then receive help from designer		check-ins and assistance with social/economic design projects - Colin
	11-12:30	N3: Bioregionalism - a regional mentality for foodshed, governance, and resource draw - Cascadia as the local example - and global networking at the same time? - Ravi		L3: <b>Appropriate technology</b> - using existing abilities and materials to support resilient human systems with minimal impact on the world around us		W2: Nature awareness/connection #4 - identify what's changed at sit spot - Colin
		LUNCH		LUNCH		LUNCH
	1:30-3:00	S5: Service thread #3: spiritual activism in practice for local restoration/neighbors and/or elders - Justin/Colin		L3: Hands-on appropriate technology project		S3: Power -- repressive vs. creative; over vs. within; design vs. emergence - Oblio
	3:15-4:45			L2: Human nutrient recycling		S3: Leadership - by others, of others, of yourself - responsible use of power - leading oneself by charting a personal path - Oblio
	5-6pm				S4: eve - women's new moon ceremony?	Friday Check-in Check Out (week-ending connection & expression) - group decides format
<b>9</b>	<b>Oct. 23-27</b>	<b>9 - Ma'ikwe</b>	<b>9</b>	<b>9 - Brian</b>	<b>9</b>	<b>9</b>
	9:00-9:15	S1: Group warm-up/connection activities, set roles for week		Grounding + centering activity		S1: Group warm-up/connection activities
	9:15-10:45	W1: systems thinking - how to see discrete phenomena in bigger patterns of interacting systems		L3: <b>Water:</b> cycle, needs, types		W5: Service thread - Activism: making social change - Oblio
	11-12:30	W1: Integral theory		L3: Water: retention techniques		
		LUNCH		LUNCH		LUNCH
	1:30-3:00	Encountering Climate Change - the emotional and spiritual work of disruption realities	info on potential residency after HSS - Fern - Lodge	L3: Water: techniques for drylands		Personal visioning - generating a personal sustainability take-home plan - Justin
	3:15-4:45			L3: Greywater treatment and reuse		
	5-6pm	Mini feedback session on the day, any logistics - Colin				W3: Paths to wellness, part 4 - sound healing + EFT as Friday Check-in Check Out - Mariah time?
<b>10</b>	<b>Oct 30-Nov 3</b>	<b>10</b>	<b>10</b>	<b>10 - Fred</b>	<b>10</b>	<b>10</b>
	9:00-9:15	S1: Group warm-up/connection activities, set roles for week		Grounding + centering activity		S1: Group warm-up/connection activities
	9:15-10:45	N2: Samples of green business in action in Eugene (field trip) - possibly BRING, Hummingbird - also shows where we source many of our resources -		L5: Design work period #3 - present base map, zone/sector analysis, who does what for remainder of project - then receive help from designer - Brian		open for schedule adjustment



