

Connecting with Nature for a Zero West

Workshop information

On what values and frameworks are our decisions based? How much are our habitual ways of thinking about ourselves and nature helpful or at the root of the problem of humanity's unsustainable impact on the earth? Could developing different ways of thinking about our concepts of self and nature open up new, helpful, enriching and even enjoyable possibilities for ourselves and our communities, and be a valuable guide to the action we need to take to reach towards a Zero West?

Inspired by the chapters on 'Worldviews and Values' in Zero Carbon Britain's report 'Making it happen' (chapters 6.1 and 7.1) in this workshop we will experientially explore practices that cultivate different ways of relating to ourselves and 'nature', informed by perspectives from modern psychology, Eastern spirituality and indigenous perspectives. We will walk outdoors to a nearby park, so we suggest bringing warm clothes, rainwear in case of showers, and a mat to sit upon.

The session will be facilitated by Julia Wallond and Sarah Waterfield

Julia is an experienced mindfulness teacher and local GP with a keen interest in connecting with the natural world. She has found mindfulness-based practice helps her connect more deeply with other people and the non-human world in rewarding ways. She is also influenced by Joanna Macy's 'Work that Reconnects'.

Sarah started as a scientist and then pursued a variety of careers from carpentry to care work, before finding yoga. She has been studying, teaching and living yoga philosophy for 20 years, and finds it a potent tool for increasing harmony in all aspects of life. She has a deep love for all nature - human, animal, plant and landscape.