

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 29-Sep 4	1	1	1 - Brian all day	1	1	
	9:00-9:15			S1: Intro to daily morning warm-ups		S1: Group 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	Kitchen Orientation - Laura	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.		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	Orientation to dorm care & cleaning, plus trash/recycling area. Set standards and schedule. - Liz (w/Chet for part)	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	Site orientation - usual residency spiel - Fern	Personal image/identity, Part 1 - Oblio	
		LUNCH		LUNCH		LUNCH	
	1:30-3	Community meet-n-greet - Colin		L5: ethics & principles continued	L2: tour of plant systems & gardens, incl. new FG (Larry), then garden work party (sts. + residents) - Brian *PDC	W2: Nature connection/awareness round 1 - sit spot - Colin	
	3:15-4:45	S2, Communication Skills The art of discussion and skills for effective dialogue. Understanding this communication format and preparing for using lots of it during this program. - Brian			L2: garden work party - Brian *PDC	W3: Paths to wellness, part 1 - yoga - Julia	
	5-6pm					Friday Ground-Down (week-ending connection & expression) -- as Council - Catherine	Sat. dance
2	Sept 5-11	2	2	2 - Brian all day	2	2	
	9:00-9:15	S1: Group connection activities, set vibes watcher		Grounding + centering activity		S1: Group connection activities	
	9:15-10:45	Intro to social & economic dimensions of the EDE - Colin + Ravi	7-8am activities start this week, run for remainder:	L5: Patterns: observation (incl. connection to nature), patterns at all levels (social, ecological, meaning/use), scale of permanence, zones & sectors, climate/biogeography	W3: every Wed. 7-8am - Paul, qi gong	W3: Paths to wellness, part 2 - meditation, ongoing mindfulness - Justin	
	11-12:30	N1: Snapshot of global economics today - incl. capital flight, race to the bottom - ups & downs of current system - cultural vs. economic globalization - Ravi	W3: every Mon. 7-8am - Larry, tai ji		W3: every Fri. 7-8am - Justin, meditation	Journaling on personal path/changes - Colin	
		LUNCH		LUNCH		LUNCH	
	1:30-3	S2: Personal goals, group goals + norms w/Colin - then 2pm deep listening w/Larry		L5: continued - hands-on examples		S1: Community check-ins - part of RAP process - 10 mins. each to reflect on constructive community living (hear from student, round from others with input/experience/advice) - any follow up needed goes to RAP later - Colin + Fern	
	3:15-4:45	S2: Non-Violent Communication continued - Larry				Feedback on first 2 weeks of class sessions/teachers, HW assignments, logistics of all types - Colin	
	5-6pm					Friday Ground-Down (week-ending connection & expression) -- as Council - Catherine	
3	Sept 12-18	3	3	3 - Andrew all day	3	3 - event in Sm CR	
	9:00-9:15	S1: Group connection activities		Grounding + centering activity		S1: Group connection activities	
	9:15-10:45	S2: Community social structure and decision-making mechanisms - autocracy, holocracy, consensus vs. consent, various other -ocracies - sociocracy as Lost Valley's model and emerging structure of choice - John		L5: Design day: permaculture whole systems design, mapping/surveying - plus tools for observation, research, recording		S4: Art as energetic + inspiration outlet, nonverbal creative medium - willow creations leading into Earth altar creation workshop - Anna	
	11-12:30			L5: Continued - How will we represent our design ideas in communicable media? - Infrastructure components - Social, Economic, Ecological, worldview/personal aspects of the design - project management			
		LUNCH		LUNCH		LUNCH	
	1:30-3	N1: Competitive economy, sharing economy - Jason	Follow-up on common area care - meet with Liz in dorm	L5: Design: hands-on mapping/surveying		S4: The nature and importance of ceremony - thinking forward to Fall Equinox ceremony next Thursday - Catherine	W4: Sat. -- sports day at Elijah Bristow State Park - Colin
	3:15-4:45	N2: Alternative wellbeing indicators - nonmaterial wealth - Jason		L5: Sample designs - dry run	4:00 - observe Community Petal (sociocracy at LV)	ZEGG-inspired Forum intro and full Forum as Friday Ground-Down - Kyle+Jess	
	5-6pm						
4	Sept 19-25	4	4 - Ma'ikwe	4 - Brian all day	4	4	

	9:00-9:15	S1: Group connection activities	S1: Group connection activities	Grounding + centering activity		
	9:15-10:45	S4: Group art creation - mural on the water tank with Anna - taking advantage of all skills and abilities	W1: systems thinking - how to see discrete phenomena in bigger patterns of interacting systems	L2: Animals in a permaculture system		
	11-12:30		W1: spiral dynamics as way of understanding culture/individuals	L2: Integrated pest management		
		LUNCH	LUNCH	LUNCH		
	1:30-3	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 - multiple insts., lead by Oblio	S1: intentional communities around the world - types, characteristics, pluses & minuses - w/Chris if he's here	L5: Steps in the design process		
	3:15-4:45		W1: Ecovillages as 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?	L5: Select design groups - projects have major elements beyond just ecological/standard PDC designs - Colin	S4: Plan Fall Equinox ceremony - with Catherine + Julia (and Anna if on site)	
	5-6pm				S4: Fall Equinox ceremony	
<b>5</b>	<b>Sept 26-Oct 2</b>	<b>5</b>	<b>5</b>	<b>5</b>	<b>5</b>	<b>5</b>
	9:00-9:15	S1: Group connection activities		Grounding + centering activity		S1: Group 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		L3: Greywater treatment and reuse - Brian		W3: Paths to wellness, part 3 - Introduction to tai ji + qi basics - Larry
	11-12:30			L1: <b>Building:</b> natural building vs. green building: inspiration, materials, examples - Eva		W3: Paths to wellness, part 4 - Helpful techniques for self-massage - Jed
		LUNCH		LUNCH		
	1:30-3	S2: NVC and deep listening revisited - more advanced - win-win solutions to conflict - Larry		L1: Hands-on activity - add a finish plaster to the cob pizza oven - Eva		W4: Body awareness - tuning into our physical being, through breathing and sensation - paying attention to the inner ecosystem - Paul
	3:15-4:45	W2: Nature connection round 2 - drawing at sit spot, then share afterward - Colin				Connecting with the 5 elements of the natural world - relationship to qi gong - Paul
	5-6pm					Friday Ground-Down (week-ending connection & expression) - as ZEGG-inspired Forum - Kyle+Jess
<b>6</b>	<b>Oct. 3-9</b>	<b>6</b>	<b>6</b>	<b>6 - Melanie all day</b>	<b>6</b>	<b>6 - Melanie all day</b>
	9:00-9:15	S1: Group connection activities		Grounding + centering activity		S1: Group connection activities
	9:15-10:45	Feedback on last 3 weeks of class sessions/teachers, logistics of all types - Colin		L3: Appropriate technology - using existing abilities and materials to support resilient human systems with minimal impact on the world around us		S1: The ethical economic structure of Teal Organizations and the workplace characteristics they find successful
	11-12:30	S5: Service thread: spiritual activism (background and theory) - Justin		L3: Hands-on appropriate technology project (biochar stoves w/Finn Po)		
		LUNCH		LUNCH		
	1:30-3	N4: Community banks, credit unions, micro-credit - Jason		L2: Aquaculture		W1: Integral theory: using spiral dynamics for action in the world, on the personal and collective levels
	3:15-4:45	N4: Alternative exchange - incl. local currencies, alternative taxation - Jason		L2: Human nutrient recycling		World Work/Deep Democracy as group tool, then use for Friday Ground-Down
	5-6pm			S1: evening Untalent Show - Colin *PDC		
<b>7</b>	<b>Oct. 10-16</b>	<b>7</b>	<b>7</b>	<b>7</b>	<b>7</b>	<b>7 - Tom Ward all day</b>
	9:00-9:15					Grounding + centering activity
	9:15-10:45	N5: One Planet development - legalizing the movement to live within the footprint of one Earth - example from Wales - how to get there - Finn Po (with Kara H-M)		W3: Indigenous perspective toward Earth + life - how to be respectful toward the mother Earth		L2: <b>Tree day:</b> sustainable forestry - harvesting timber and other forest products while leaving the forest as well off or better

	11-12:30	N5: Meadowsong community development project - incl. community legal structures - Case study: comparisons of Meadowsong and a few other communities - Justin		how to be respectful toward the Mother Earth and other beings - Mala Spotted Eagle		L2: Food forestry - growing fruit & nut trees as perennial crops	
		LUNCH		LUNCH		LUNCH	
	1:30-3	Individual check-ins - otherwise work on PDC project - Colin		W4: Clearing energetic blockages - Mariah + Anna		L2: Walk-and-talk about sustainable forestry and food forestry - also learn about "social forestry"	
	3:15-4:45	S5: Service thread: more on sources of spiritual activism - Justin		S1: Forgiveness - Justin		L5: Design group check-in #1 -- have completed mission statement, design goals, d-m process, each member's strengths, client interview - Tom + Melanie Mindlin	
	5-6pm						
<b>8</b>	<b>Oct. 17-23</b>	<b>8 - Colin lead</b>	<b>8</b>	<b>8 - Heiko at Dharmalaya all day</b>	<b>8</b>	<b>8</b>	
	9:00-9:15						
	9:15-10:45	N2: Samples of green business in action in Eugene (offsite visit) - BRING, OGC - also shows where we source many of our resources		L2: <b>Plant day:</b> soil as basis of fertility, types of plants and how they can feed us, guilds of cooperative plant teams		W3 - Aligning student values with indigenous values -- Catherine	
	11-12:30						
		LUNCH at a permie site		LUNCH		LUNCH	
	1:30-3	Samples of permaculture sites in Eugene (offsite visit) - Jan Spencer's, Du-ma, Maitreya *PDC	dorm cleaning meetup for Oct. - Liz			S3: Power -- repressive vs. creative; over vs. within; design vs. emergence - Oblio	
	3:15-4:45		L2: Continued		S3: Leadership - by others, of others, of yourself - responsible use of power - leading oneself by charting a personal path - Oblio		
	5-6pm					Friday Ground-Down (week-ending connection & expression) - check-ins - Colin	
<b>9</b>	<b>Oct. 24-30</b>	<b>9</b>	<b>9</b>	<b>9 - Brian all day</b>	<b>9</b>	<b>9</b>	
	9:00-9:15			Optional warmup			
	9:15-10:45	S5: Service thread: spiritual activism in use for local service in Lowell - Justin classroom + Colin project		L3: <b>Water:</b> cycle, needs, types		W5: Service thread - Activism: making social change - Oblio	
	11-12:30			L3: Water: retention techniques			
		LUNCH		LUNCH		LUNCH	
	1:30-3	N1: Flows of money/resources in and out - sources of money, types of capital and their movement - Ravi		L3: Water: techniques for drylands		~~ Open - free time to work on projects or otherwise ~~	
	3:15-4:45	N3: Bioregionalism - a regional mentality for foodshed, governance, and resource draw - Cascadia as the local example - Ravi		L5: Design group check-in #2 - to be completed: flows, social layers involved, personal/worldview considerations, economic considerations		W3: Paths to wellness, part 5 - sound healing + EFT - Mariah - incl. Friday Ground-Down	
	5-6pm						
<b>10</b>	<b>Oct 31-Nov 6</b>	<b>10</b>	<b>10</b>	<b>10</b>	<b>10</b>	<b>10</b>	
	9:00-9:15			Optional warmup			
	9:15-10:45	N2: Preserving plants for food + medicine: herbalism as healing path + livelihood - Michelle		L3: <b>Energy</b> systems - what we need, where we get it, examples in the world and at LV - Keala		W4: Parallel between personal health, planetary health, and treatment of each other - Keala	
	11-12:30	L2: Preserving plants for food + medicine: fermenting - Jackie				W4: Holistic personal health -- including various types of diet, sleep theories, managing stress - Keala	
		LUNCH		LUNCH			
	1:30-3	N3: Homestead skills -- hand sewing & quilting - Malinda		L3: Hands-on activity - Keala		S5: Service thread: students help set up for ecstatic dance the next day, incl. seasonal ceremony - Justin - til 3:45	
	3:15-4:45	L2: Homestead skills -- wild edibles - Larry		L5: Design group check-in #3 - Brian - have completed: base map, zone/sector analysis, who does what for remainder of project			
	5-6pm					4:30 Friday Ground-Down (week-ending connection & expression) -- as LEAF	Sat. dance
<b>11</b>	<b>Nov. 7-13</b>	<b>11</b>	<b>11</b>	<b>11 - Brian all day</b>	<b>11</b>	<b>11</b>	
	9:00-9:15			Optional warmup			
	9:15-10:45	Personal visioning - Justin		L4: Permaculture strategies in the tropics and arid zones: how to apply pc principles to ecosystems very different from this one - also designing for catastrophe: preparing for extreme events with smart design		W1: Ways of Knowing - Science, Spirituality and More -- Justin	
	11-12:30	N2: Permaculture livelihood - how to succeed in regenerative agriculture - resources, examples and strategies - Brian *PDC		L4: Hands-on application of the above - perennial hedgerow planting		Feedback on last 5 weeks of class sessions/teachers, HW assignments, logistics of all types - plus video testimonials - Colin	

		LUNCH		LUNCH		
	1:30-3	N2: Values change: away from gov. programs, tech, money - decentralized socio-economic design - Ravi + Jason		L5: How to present designs to a client/crowd, and what to cover - Client-designer relationship - then questions about anything in the course - Brian		W2: Nature connection round 3 - honor nature, honor ourselves - gifting back to your sit spot, and final journaling -- Colin
	3:15-4:45			L5: Design group check-ins #4 -- have completed: phase plan, budget, maintenance plan		Friday Ground-Down (week-ending connection & expression) -- as Council with Catherine
	5-6pm					
<b>12</b>	<b>Nov. 14-18</b>	<b>12</b>	<b>12</b>	<b>12 - Colin+Brian</b>	<b>12</b>	<b>12</b>
	9:00-9:15			Optional warmup		
	9:15-10:45	Evaluation of the community's sustainability - how well we're fulfilling the mission, finances, social functionality, sustainability - a transparent assessment on all levels by the students - Colin		L5: Design project presentations to the community and instructors - culmination of the permaculture whole systems design process - proposals for certain locations/systems on the property - facilitated by Colin, Brian as lead teacher		Personal image/identity, Part 2 - Oblio
	11-12:30	11:45 - Presentation of evaluation to some staff, Board President, and any interested residents		L5: continued		W4: Seeing oneself as an integrated whole, not a disparate collection of elements - self-integration and its resulting empowerment - Oblio
		LUNCH		LUNCH		LUNCH
	1:30-3	Reintegration into life after this program -- Oblio		Course evaluations by students (of PDC class only) - Colin		S4: Closing ceremony - Catherine + Colin
	3:15-4:45	Video testimonials - also time for PDC projects, filling out online EDE eval		N2: 2:15 - What's next in the permaculture field for the graduates - ideas for where to go from here in the pc scene - incl. land access - Brian		
	5-6pm					