



Resurgence

Summer Camp 2023

*Celebration of connection,
community and change*

7 July at 2.30pm – 9 July at 3.00pm

PROGRAMME

SPEAKERS

Natalie Fée: Do Good, Get Paid

Natalie will be talking with Susan Clark about her new book *Do Good, Get Paid*.

Natalie Fée is an author, presenter and environmental campaigner. She is the founder of City to Sea, a non-profit organisation running campaigns to address plastic pollution, among which is 'Refill', a free tap water initiative promoting reuse across the UK. 'Switch the Stick', their successful 2016 campaign, called on all UK retailers to switch from plastic to paper stem cotton buds, stopping over 300 tonnes a year of single-use plastic at source.

tinyurl.com/tedx-natalie-fee

Satish Kumar: Radical Love

As gravity holds the physical world together, love holds the metaphysical world together. Love provides solutions to all our problems. Through love we can find the meaning of life.

Satish Kumar is editor emeritus of *Resurgence & Ecologist*. A former monk and a long-term peace and environment activist, he has been quietly setting the global agenda for change for over 50 years. Inspired in his early twenties by the example of the British peace activist Bertrand Russell, he embarked on an 8,000-mile peace pilgrimage. Carrying no money, he walked from India to America via Moscow, London and Paris to deliver a humble packet of 'peace tea' to each of the leaders of the world's then four nuclear powers. In 1973 Satish settled in the UK, becoming the editor of *Resurgence* magazine. He has been the guiding spirit behind a number of internationally respected ecological and educational ventures. He co-founded Schumacher College in South Devon, where he is a Visiting Fellow. His autobiography, *No Destination*, first published by Green Books in 1978, has sold over 50,000 copies.

Looby Macnamara: Cultural Emergence Empowerment Design

Looby will be sharing how we can use the Cultural Emergence toolkit in our own lives to create a regenerative personal culture, and in our groups to co-create healthy, dynamic cultures, and ultimately how this ripples out into the world to lay the foundations for the future we want to live in. She will introduce her nearly completed Cultural Emergence empowerment deck – a playful way of engaging with the tools – and ways of using the cards as a route to encouraging conversations.

Looby Macnamara is co-founder of the Cultural Emergence movement. She is the author of four books: *Cultural Emergence*, *People and Permaculture*, *7 Ways to Think Differently* and *Strands of Infinity*. She lives and runs courses at Applewood Permaculture Centre in North Herefordshire. She is one of the partners of the international Mother Nature project – empowering mothers as natural leaders.

loobymacnamara.com

Jojo Mehta: Ecocide Law and the Entrainment Principle – Catalysing Global Change

Learn how the global conversation on criminalising mass harm to Nature has reached the highest levels of diplomatic and legal discussion around the world in a few short years, the transformative power of this legal framework, and how you can be part of its realisation.

Jojo Mehta co-founded Stop Ecocide in 2017, alongside legal pioneer the late Polly Higgins, to support recognition of ecocide – mass damage and destruction of Nature – as a crime at the International Criminal Court. As executive director, she has overseen the remarkable growth of the movement while coordinating between legal developments, diplomatic traction and public narrative. Stop Ecocide generates fertile collaborations around the globe at every level of society. As a result, legal recognition of ecocide is emerging as a powerful driver of change and a key solution to addressing the climate and ecological crisis.

stopecocide.earth

Kate Rawles: The Life Cycle

Kate will be talking about her new book *The Life Cycle*, her intrepid cycling adventure and her mission to shine a light on our planet's biodiversity crisis.

She cycled the length of South America on Woody, a bamboo bike she built herself with bamboo from the Eden Project. The aim of her ride was to explore and champion biodiversity – what it is, what's happening to it, and what can be done to protect it. Her route took her through an astonishing range of landscapes and ecosystems. Throughout the journey she met with those at the frontlines of Nature conservation. She returned convinced that biodiversity loss is as important as climate breakdown and that deep systemic change is needed to tackle these interconnected challenges to people and planet.

Kate Rawles is a writer, cyclist and former university lecturer in environmental philosophy who uses adventurous journeys to raise awareness about environmental challenges. She writes for a range of publications and is a mountain and sea kayaking leader and a fellow of the Royal Geographical Society.

outdoorphilosophy.co.uk

MUSIC, STORYTELLING AND POETRY

3 Daft Monkeys

3 Daft Monkeys' dynamic style of world folk music reflects the global village in which we now live. Their infectious dancing rhythms will lead you through a musical journey of the senses and emotions and leave you enthralled and exhilarated. Their quirky and original approach to music and their passion, intensity and sheer joy of life have gained them a large following. Their music is hard to pigeon-hole, mixing and crossing many musical genres including Celtic, Klezmer, Gypsy, Balkan, Latin, Ska, Dub Reggae, Indie, Rock and even a hint of Shostakovich.

The band weave enchanting melodies with virtuoso vibrant fiddle, rhythmic 12-string guitar, 6-string bass, bespoke hand-percussion and vocal harmonies. Fascinating lyrics of personal and whimsical observations on life, and folk tales both ancient and modern are told within the swirling layers of their music, all with the essential catchy sing-along chorus.

3daftmonkeys.co.uk

Natalie Fée & Angus Barr

Join Natalie Fée (founder of City to Sea and author of *How to Save the World for Free*) and Angus Barr (theatre-maker, comic songwriter and environmental activist) for an hour of musical merriment on the environment (can that really be funny?) and their relationship (surely that can't be funny either?). Together they will attempt to save the planet using only cheap stringed instruments and their voices.

Expect adult songs made child-friendly, tips on how to be greener, and some familiar tunes set to the twinkly-twangly sounds of Angus's banjolele.

tinyurl.com/barrandfee

Helen Moore: Eco-poetry – Imagining Otherwise

Co-creating with more-than-human Nature, this internationally acclaimed eco-poet shares work that's at times fiercely satirical of capitalist insanity, and that returns to deep communion and compassion. Inspired by history, science, landscapes, dreams, activism, Helen shapeshifts to share wild, ancestral voices, and visions of regenerative cultures.

Helen Moore is a British eco-poet, socially engaged artist, writer and Nature educator who lives in an intentional community in North Dorset. She has published three eco-poetry collections – *Hedge Fund: And Other Living Margins*, *ECOZOA*), acclaimed by the Australian poet John Kinsella as “a milestone in the journey of eco-poetics”, and *The Mother Country*, exploring aspects of British colonial history. She offers an online mentoring programme, Wild Ways to Writing, and works with students internationally. In 2021 she gave a keynote lecture on eco-poetry and landscape at Poesiæuropa in Italy, and collaborated with Cape Farewell in Dorset on RiverRun, a cross-arts-science project examining pollution in Poole Bay. She is currently working with University of Gloucestershire to create a global network of eco-poets and is writing a prose memoir about her more-than-human teachers.

helenmoorepoet.com

MEDITATION AND MOVEMENT

Kundalini Yoga Morning Sadhana with Susan Clark

“If you can breathe, you can do Kundalini yoga.”

Kundalini yoga is like no other because the focus is on transformation. We use movement (*kriyas*) and breathing (*pranayama*) along with meditation/chanting and *mudras* (hand gestures) to change our energy and to connect to the best version of ourselves. You will reap multiple benefits because Kundalini is also known as the yoga of rapid transformation and meaningful change.

Join Susan Clark, editor of *Resurgence & Ecologist* and Kundalini yoga teacher, for an early-morning 90-minute practice that will give plenty of time to explore our relationship with our bodies, with our minds and with our current sense of wellness. Susan will use music to inspire us through the practice, which will also include a deep relaxation to allow our bodies to integrate the energy changes we have made and get us grounded for the day ahead.

Resurgence Earth Festival with Georgie Gilmore and Chiara Gilmore

Embark on a journey of Nature connection, guided meditation, reflective writing and Earth-inspired music that will deepen your relationship with Nature, with yourself and with yourself as a part of Nature. Open to a profound sense of interconnectedness with all that is, and come home to your belonging to the Earth.

This Earth Festival will be facilitated by Georgie Gilmore, with songs woven in throughout by Chiara Gilmore, known for her soulful folk music. Chiara's poetic songs impart her deep love for music and Nature, calling us to reclaim a life lived in harmony with the Earth and stirring our remembering of ourselves as Nature.

Gentle Yoga Practice to Connect with the Natural World with Colette Stein

This is suitable for up to 10 people. You are invited to arrive at the practice with a small found object from the woods or fields around the campsite, something that speaks to you for some reason. This object will be the focus of the practice, encouraging a connection between you (the observer) and the object (the observed). The practice will include gentle postures and meditation and is suitable for any ability.

Colette Stein is a Senior Yoga Teacher with Yoga Alliance Professionals. She teaches yoga and meditation online and runs regular workshops. Colette also runs retreats in the Lake District and North Wales exploring harmony and balance, personally and in the natural world, using silence, yoga, Ayurveda, meditation, words and images.

<https://yogawithcolette.wordpress.com>

Tai Chi Shibashi Qigong with Mandy Sutton

Tai Chi Shibashi Qigong is an ancient Chinese system of physical exercises and breathing techniques consisting of 18 movements for health. Mandy Sutton has been teaching Tai Chi Shibashi Qigong for 10 years and will guide us through the movements. This form is accessible to people of all ages and abilities.

WORKSHOPS

Printing Workshop with Rachel Marsh

This T-shirt and banner printing workshop is suitable for beginners. Inks and materials for banner printing will be provided, but if you would like to print on a T-shirt you will need to bring one. Spend as long as you like or just drop in to join us – but we promise you'll be hooked in no time.

Rachel Marsh is a letterpress printer working from a print shed at the bottom of her garden in North Devon. She makes artist's books and print ephemera, which often explores using type as image.

semplepress.co.uk/about

Voice Workshop with William Tooby and Awantika Dubey

William Tooby is a founding director of The Fold CIC. He is an eco-facilitator and a voice coach passionate about singing raga. Originally drawn to India to better understand music in the seventies before becoming an organic farmer, he went on to sing a cappella with various groups before focusing on raga. He loves to facilitate others in finding their own unique and embodied voice.

Awantika sings Classical Indian Ragas, and Semi-Classical and Bundeli folk songs of which she has collected some two thousand from around her home town of Khajuraho. She is an exceptional Kathak dancer. She sensitively combines song and dance and is inspired by Nature. She founded the Awantika Arts Centre for Music and Dance in Khajuraho, where she trains local and international students. Awantika composes, performs and directs internationally.

Please wear loose comfortable clothes.

thefold.org.uk

Storytelling and Sound Bath for Deep Relaxation with Alexandra Simson

Release both stress and tension with healing sound. Relax while you listen to a traditional story told by practitioner and storyteller Alexandra Simson. This will be followed by the soothing sound and vibrations of the gongs as you lie or sit back to enjoy a deeply relaxing and cleansing gong bath. Bring a blanket to enhance your comfort and relaxation.

Alexandra has been working in the service of wellbeing and healing for over twenty years. She qualified as a Sound, Movement and Story therapist in 1997 and a Healing Sound Practitioner in 2017, and in 2011 she founded Sound-Well, which is dedicated to the belief that sound, and specifically the sacred sound of ancient stories and the gongs, is both healing and life enhancing. Traditional stories from all over the world, along with a collection of over twenty gongs and other sacred instruments, make up the Sound-Well family, through which healing and self-development are nurtured on all levels with community groups, businesses, schools, services, charities and more.

Please be aware that gong baths are not suitable for anyone who suffers from seizures (e.g. epilepsy), or is extremely sensitive to sound. They are also not recommended for women in the first trimester of pregnancy, due to the unstable nature of pregnancy during that time. If you wear a hearing aid, your device should be turned off during the session.

sound-well.co.uk

OPEN SPACE SESSIONS

Open space is an opportunity to work together with whatever comes up from our weekend. You can choose to offer sessions or to attend sessions, which can be on something you are passionate about (for instance Extinction Rebellion or the roll-out of 5G), or perhaps a continuation of a talk or workshop that you would like to explore further. If you have something you would like to share, do come along and participate in an interactive session. If there's something you'd really like to know about, you can suggest a topic and see what emerges.

Death Café

A death café is about reclaiming the conversation about life, dying and death. The concept of creating a safe space for the conversation came from Jon Underwood, who developed the idea in the UK in 2011. Since then more than 15,000 death cafés have been held across 83 countries.

A death cafe is a space in which to share questions, ideas or even anxieties around death and dying. It is an opportunity to think and talk more freely about one of society's greatest taboos. However, it is NOT a bereavement support group, and this is an important distinction. You can find more information about the concept here, plus listings for death café dates across the globe, at deathcafe.com

Open Mic Around the Fire

Open mic around the fire returns again this year. This is your chance to share music, words or dance, or to perform solo or with friends. Bring an instrument, a poem or a song and join in the entertainment.

Illustration on front page by Linda Scott www.lindascott.me.uk

This event is a fundraiser for The Resurgence Trust, a company limited by guarantee registered in England and Wales (5821436) and a charity registered in England and Wales (1120414).

Venue: Green & Away, Bransford WR6 5JB