

**Resurgence In Action**  
**Annual summer camp Programme**  
**30<sup>th</sup> July – 2<sup>nd</sup> August 2015**

Resurgence & Ecologist readers, writers, supporters and visionaries gather every year for a weekend at Green & Away inspirational eco-conference centre, near Worcester. This annual summer camp is an opportunity to hear talks, to discuss ideas, participate in workshops and enjoy poetry, performance and music.

This year's Resurgence in Action looks at the connection between personal and social change, at campaigns to protect the planet and at wellbeing. During this relaxed and informal camp we will explore how to take ideas from the page to reality to create a truly sustainable future.

The following people will be participating in the programme this year...

**SPEAKERS**

***Joe Hoare, Julian Rose, Paul Mobbs, Nicola Peel, Satish Kumar***

**Joe Hoare: Wake Up Laughing**

Widely dubbed “The Laughing Yogi”, Joe Hoare’s mission is to inspire, motivate and empower people: *“I want to help people come alive, be the best they can be, and enjoy the ride. Because this enjoyment is contagious, it gives others permission to enjoy the ride too. It stimulates qualities like connection and kindness, and its ultimate effect is to enhance people’s experience of being alive, for the benefit of all. How great is that?”*

Joe Hoare is one of the UK’s leading Laughter Yoga therapists with over 30 years experience facilitating health and wellbeing groups, including those bequeathed to him by internationally renowned “Grandfather of Laughter Yoga”, Dr Madan Kataria of India, founder of laughter clubs international. He is the author of the acclaimed laughter therapy book *Awakening the Laughing Buddha Within*, co-authored with Barefoot Doctor. Joe also teaches the psychology and physiology of laughter and its effects on the mind, body and emotions. His regular appearances in the media have included BBC 2’s *Don’t Die Young* with Dr. Alice Roberts, BBC 1’s *Inside Out*, BBC Radio 2’s *Jonny Walker Show* and the Sunday Times.

**Julian Rose: Changing Course for Life**

At a time of considerable confusion and attack on even the most fundamental of human values, it is very important to be grounded in that which is simple and real. Only then can we, like a tree, spread our branches wide and bring profound gifts of healing to all areas of life.

Julian Rose is an early pioneer of UK organic farming, commencing the conversion of his Oxfordshire Estate in 1975. His life experiences also include working as an actor, teacher, cook, social entrepreneur, broadcaster and writer. He has travelled widely, living and working in Australia, USA, Belgium and now in Poland - where he is President of the International Coalition to Protect the Polish Countryside.

He is author of two books on holistic thinking and action: *'Changing Course for Life'* and most recently *'In Defence of Life'*.

For more information on Julian's work, see: [www.julianrose.info](http://www.julianrose.info)

### **Nicola Peel: Positive Solutions Around the World**

Nicola Peel has been working internationally since 2000 predominately in the Ecuadorean Amazon. Her work has been to find practical positive solutions to environmental and social problems. Due to the massive contamination from the oil industry Nicola has developed a system of rainwater catchment systems for the indigenous families most in need.

In 2007 Nicola founded the Amazon Mycorenewal Project and has been working with scientists on mycoremediation (the use of fungi to remediate contaminated land). They are now working with the local university studying bacteria, fungi and plants in the use of remediation. Nicola also teaches and builds with eco-bricks (empty plastic bottles filled with rubbish). She has so far built walls, benches, a health centre and restaurant. Nicola is also the Winner of Campaigner of the Year Peoples Environment Award (PEA Awards) and finalist in the Guardian Observer Ethical Awards.

For more information on Nicola's work, see: [www.eyesofgaia.com](http://www.eyesofgaia.com)

### **Paul Mobbs: Ecological Futures**

Pauls recent work has focused on writing, research and speaking around the theme of Ecological Futures – examining present economic, energy and development trends, and considering what these mean in the ongoing debate about the human species and their relationship to the environment which supports them.

Paul Mobbs is a freelance campaigner, activist, environmental consultant, author, lecturer and engineer. He has worked on a wide range of technical subjects and campaign issues including fracking, drones, surveillance, peak oil and the ecological footprint of IT.

For more information on Paul Mobbs' work see: [www.fraw.org.uk](http://www.fraw.org.uk)

### **Satish Kumar: Soil, Soul, Society**

Drawing on personal experience and philosophy, Satish Kumar will share his wisdom on living in harmony with the Earth for the wellbeing of all. Satish's experience as a Jain monk, as a peace pilgrim and as editor of *Resurgence & Ecologist*, gives him a unique perspective and worldview. His talks are an inspiration – both challenging and positive.

Satish Kumar is Editor-in-Chief at *Resurgence & Ecologist* magazine. He lectures and gives workshops worldwide on Spiritual Ecology and Holistic Education. His books *The Buddha and the Terrorist; You Are, Therefore, I Am; Spiritual Compass; No Destination;* and *Earth Pilgrim* are all published by Green Books. His latest book *Soil, Soul & Society* presents a new trinity for our age. Satish also features in the BBC Natural World production *Earth Pilgrim* and has produced a series of CD's, including *Fireside Chats*, recorded at Schumacher College.

## **WORKSHOPS**

### **Alex Nunn: Connecting personal change with social change**

Alex Nunn leads campaigns at Action for Happiness, including activities around the UN International Day of Happiness. The charity focuses on practical action that will improve mental wellbeing and create a happier and more caring society. Alex will explore ideas around social consciousness and personal happiness: Is it possible to be both socially conscious and happy?

### **Will Tooby: Indian Raga**

Will Tooby leads a series of workshops for those who want to explore Indian Raga, body and voice work. Morning sessions: pre-breakfast body and voice work using breath, movement and sound. A wonderful way to start the day! Approximately 45 minutes. Please wear loose comfortable clothes. Friday & Saturday afternoon sessions: a follow on for those who have attended the morning sessions to deepen their experience of Indian Raga singing.

Will Tooby is the founder, along with Janne Tooby, of The Fold, Centre for Inspiration, Creativity and Health.

### **Janne Tooby and Toni Gilligan: Harmony Singing**

*Singing for all around the fire*: an hour of uplifting harmony for all delegates whatever their singing ability, no previous experience necessary, songs will be taught orally.

Janne Tooby has been working with Gilles Petit for 12 years developing voice and bodywork through the Indian Raga. She trained with Frankie Armstrong as a Natural Voice Practitioner. She loves singing and harmony and runs small groups for people who think they can't sing!

### **Sika: Sound Medicine Journey – songs of spirit & life**

This is a new form of deeply transformative, self-healing work. It takes entertainment to a new level, with the intention of actually 'doing something positive and lasting, to help change yourself and therefore the world' whilst having fun at the same time.

*"Close your eyes and experience the power of primordial sounds from a wide array of ancient instruments."* Sika will play a dynamic fusion of instruments, close to and around your body. As the world changes so fast, the need to connect deeply with our inner gifts, is ever more important. This Sound Journey is powerful and deep! It enables you to move through obstacles within yourself, potentially invoking shifts and profound realisations that can be carried forward into day-to-day life, affecting our practical actions.

## **POETRY & PERFORMANCE**

### **Matt Harvey: Qwerty Something**

Matt Harvey is a writer, poet and enemy of all that's difficult and upsetting. His way with words has taken him from Totnes to the Wimbledon Tennis Championships via Saturday Live, the Edinburgh Festival and the Work section of the Guardian. He is host of Radio 4's *Wondermentalist Cabaret*, creator of *Empath Man*, and author of *The Hole in the Sum of my Parts*, *Where Earwigs Dare* and *Mindless Body Spineless Mind*. Matt writes a regular column *Qwerty Something* in *Resurgence & Ecologist* magazine. He has recently co-authored *Transition Town – The Musical*.

### **The One Eyed Man Project: Philip Ralph**

A shaman, a sin eater, a reflecting mirror, a holy fool, a wounded healer, a stand-up comedian, an anarchist, a therapist, a priest, a clown, a preacher, a medicine man, an innocent, a trickster – all wrapped up in a middle aged Yorkshire man adrift in a world he doesn't understand... After first appearing in 2014, the One Eyed Man is delighted to be returning to Resurgence summer camp.

A unique experiment in human-specific, improvised, shamanic, participatory performance, *The One Eyed Man* is the award winning writer and performer, Philip Ralph. The starting point for each offering is simple: a performer, an audience, a space. No script, no rehearsal, no preconceived outcomes, the *One Eyed Man* seeks to explore pure and direct communication of experience between performer and audience. By relating to audiences as individuals and not an amorphous mass, the offerings focus on ways to enable people to reconnect with other human beings in an increasingly disjointed and alienated world.

### **Miti Desai: Classical Indian dance**

Miti Desai is the founder and creative head of Miti Design Lab. A designer and classical dancer, Miti teaches as a visiting faculty at the Srishti School of Art, Design & Technology (Bengaluru, India) and at Sophia Polytechnic (Mumbai), and has personally created and executed courses initiating children into Holistic Design, aesthetics and Culture through the performing arts.

Miti has performed extensively at dance festivals as an exponent of *Mohiniattam* (a classical Indian dance form) and her performances are uniquely marked by an absence of the need to overstate or overwhelm. As in her design work, what comes through is a serenity and a surrender to the medium in its purest and most subtle form.

To read an interview with Miti, see: [library.acropolis.org/design-of-thought-movement/](http://library.acropolis.org/design-of-thought-movement/)

## **YOGA AND MEDITATION**

### **Carl Hargreaves: Yoga**

Carl has studied yoga since 1990, and began teaching in 1998. He teaches regular classes in north London, provides one-to-one yoga sessions and runs yoga and meditation workshops. Carl was taught to meditate from the age of five and went on to do martial arts, gymnastics and a variety of sports as he grew up. He read Philosophy (PPE) at Oriel College Oxford, and went on to train and work professionally as a contemporary dancer. The Philosophy training he received at Oxford has been invaluable to his understanding of yoga as a philosophy, and as psychology.

“Yoga is better than anything else I am aware of to support me through life’s journey. Yoga affords a more accurate perspective on things. When I practice yoga I see reality more clearly. My mind appears to be far more stable with yoga practice, energies are maintained steadier, at higher levels of functioning. My efforts are conserved for what I consider to be more important. I am less distracted. I am much more likely to be healthy, happy and much more efficient in what I do. In my yoga teaching I would like to help others to share the benefits of regular yoga practice.”

For more information: <http://www.mapayoga.com/index.html>

### **June Mitchell: Qi Kong-Dong Sticks (Bamboo Sticks)**

June will introduce participants to a Vietnamese form of movement using bamboo sticks, which is based on traditional Chi Gong. This is a gentle exercise involving stepping, kicking, twisting and bending. It is suitable for any age and any level of fitness as the focus is on working at your own level and enjoying the movement.

June Mitchell has been practicing meditation for over twenty years. Since 1996 she has been a regular visitor to Plum Village, the meditation centre of Thich Nhat Hanh, in France. She is a practicing Buddhist and member of the Interbeing Sangha. June co-edited *Resurgence* with Satish for over 20 years.

## MUSIC

### **Nigel Shaw & Carolyn Hillyer**

Nigel Shaw and Carolyn Hillyer are internationally renowned musicians & artists who live and work on Dartmoor. Their creative output ranges from nearly thirty music albums to paintings, woodcarvings, traditional flute and drum making, writings, workshops, art installations and the creation of sacred spaces. The inspiration for their work comes from the raw power and beauty, hidden spirit and ancient memory of the deep ancestral land.

Their live performances are a magical tapestry of ancient instruments and extraordinary songs. Using handmade wooden, clay and bone flutes; traditional whistles, and Slovakian fujara; stag, horse, reindeer and salmon drums, they move from delicate soul-filled flute melodies, through deep raw chants and strong earth songs, to powerful tribal dance rhythms. Their music has been described as ancient folk music from a time our earliest ancestor walk this land.

### **Sika: Sacred World Music**

Sika is an international musician with over 20 years experience in creating Spirit music & ceremony. His performances are a dynamic fusion of instruments from many indigenous cultures, including didgeridoos, drums, native flutes, rattles, ocarina, kalimba and natural objects like shells, wooden sticks, rocks, leaves and chimes. A regular performer at festivals across Europe, Sika has also developed a unique and deeply transformative Sound Journey (see workshop listing for details).

### **Open Mic**

Your chance to perform, dance, sing, play, share your talent. Join in the entertainment. Hosted by *Resurgence & Ecologist* Editor, Greg Neale.

**Resurgence in Action is a fundraising event for The Resurgence Trust (no. 1120414). Registered office: Ford House, Hartland, Bideford, Devon EX39 6EE**