

# Participation in Nature Resonance training program

## I Questions and answers

### I.A. What will the course consist of?

I.A.1 4 seasonal weekend workshops with a fifth phase to prepare facilitators of Nature Healing Events

### I.B. Is there some certification for this course?

I.B.1 Yes, the Plant Medicine School will award a certificate of proficiency to Nature Healing Allies upon successful completion.

### I.C. What will each weekend workshop consist of?

I.C.1 A blend of experiential and participatory learning, introducing the techniques for nature connection and resonance with reflective discussion in circle.

I.C.2 Considering the seasons, the four directions and the elements and what they hold for us.

I.C.3 Exploring ways of communicating to develop perception of what our relations in Nature are trying to share with us

I.C.4 Finding our own way to join the community of Nature and becoming indigenous in our own place.

### I.D. What are the main awareness techniques used?

I.D.1 We begin with self awareness on all levels; mental, emotion and physical, and move outwards into Nature.

I.D.1.1 We use breathing to balance and become focused in ourselves.

I.D.1.2 We use body scan techniques to move awareness into the body and to locate and release tensions and to ground.

I.D.1.3 Exploring sensory acuity to discover how our senses actually work is utilised to become connective.

I.D.1.4 Being still and meditating with a natural being, brings us into connection with Nature.

I.D.1.5 We teach heart resonance with ourselves, each other and the trees.

I.D.1.6 We each explore in our own ways to discover what works for us.

I.D.2 All of the techniques we use have hidden depths that are revealed with constant practice and reiteration. Thus the multilevel approach works well, as each level has something to show the others.

1.E. Will I have home study and practices in between workshops?

1.E.1 Yes, you are provided with practice notes so you can deepen your proficiency and confidence.

1.E.2 You prepare your own plan during the workshop for your exploration of your own bio region and the various ecosystems and habitats therein.

1.E.3 If required you are provided with assistance and mentoring with your exploration.

1.F Where we be doing the work?

1.F.1 Our activities take us from circle work inside to the work outside and back again.

1.G. What will be provided?

1.G.1 Course notes on workshop

1.H. What do I need to bring?

1.H.1 Weatherproof coat and shoes.

1.I. Will I be fed, and given refreshments?

1.I.1 Refreshments and lunch will be provided