



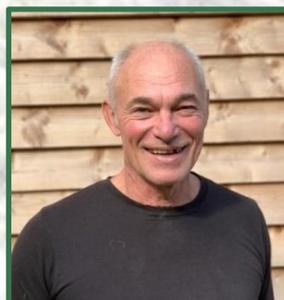
# GROW YOUR OWN HEALTH

1 year online biodynamic gardening course

Hosted by

Wholistic Living University

*Hans-Gunther Kern*



endorsed by  
**Biodynamic  
Association**  
Board of Studies

We are delighted to announce the third year of our 1 year bio-dynamic introductory course - the biodynamic approach to gardening and health. We are now opening up to an international audience, spreading the biodynamic grass roots network across the globe.



### WHO IS IT FOR?

If you are passionate about growing vegetables, herbs, flowers and fruit for yourself or others, creating the building blocks for optimal health, and exploring new lifestyle choices for increasing energy and vitality with a warm and lively community of both like-minded professionals and amateurs, then **this is the course for you!** Typically this course attracts doctors, therapists, healers, teachers and innovative thinkers, who are willing to live at the frontier of regenerating culture in all its forms and expressions. The course is focused on temperate climate zones, but all climatic zones are included and the core principles of biodynamic gardening are transferable wherever you are in the world.

### WHAT WILL YOU LEARN?

- ✦ You will experience and learn through theory and practical examples, which you can apply and test in your own garden.
- ✦ You will learn step by step, how to create a productive vegetable garden, how to maintain it throughout the 4 seasons with bio-dynamic, homeopathic and other natural methods.
- ✦ We will also address how to optimize your own nutrition and wellbeing.

### STRUCTURE

As lockdown has put practical, hands-on courses on hold in many countries for the time being, we have transcribed the course into an online format consisting of 8 modules, broken down into 38 one to two hour long sessions, which are held on the online platform, supported by a power point presentation once per week. On Tuesday evening Hans-Gunther Kern presents each week's subject with some interaction from course participants, and on Thursday evening we follow up with a Q & A session, where you may bring your family and friends free of charge.

Both Tuesday and Thursday sessions are recorded, so participants receive a total of 72 recorded sessions plus learning materials over the course of the year.

### OTHER BENEFITS

In this setting, you will find yourself becoming innovative and creative, breaking out of the mold, you were in, exploring with others how to grow vegetables with the most vitality, taste, texture, colour and nourishment, and creating health-giving and beautiful environments.

Individual modules are designed so you can also take them on a one off basis and join at any time.

# FULL COURSE SCHEDULE

## Module 1: Introduction to Bio-dynamic Gardening

SESSION 1 13.10.20 The bio-dynamic principles and approach to gardening

SESSION 2 20.10.20 Preparing your garden infrastructure and improving soil conditions

**Half-term** - Monday 26 October - Friday 30 October 2020

SESSION 3 3.11.20 Introduction to creating your planting plan and sizing your garden.

SESSION 4 10.11.20 Bio-dynamic gardening resources: tools, equipment and biodynamic preparations

SESSION 5 17.11.20 Rhythms in nature and planting with the stars.

## Module 2: Designing your garden for health and nourishment

SESSION 6 24.11.20 Basics of Garden Planning

SESSION 7 1.12.20 Sizing your Garden and the Sowing Calendar

SESSION 8 8.12.20 Seed selection, order and preparation for sowing

SESSION 9 15.12.20 Investing in your garden and longevity:

**Christmas Break:** Monday 21 December - Friday 1 January 2021



## Module 3: Soil fertility management with a bio-dynamic approach.

SESSION 10 19.1.21 Origin of different soils and significance of the microbiome

SESSION 11 26.1.21 Simple ways to getting to know your soil

SESSION 12 2.2.21 Plants as indicators for soil types, fertility and the pH

SESSION 13 9.2.21 How to cultivate and improve different types of soils

**Half-term** - Monday 15 February - Friday 19 February 2021

SESSION 14 23.2.21 Celebration of the natural and cultivated flora and fauna

SESSION 15 2.3.21 The Vocation of plants and soils.

SESSION 16 9.3.21 Soil Fertility Management

## MODULE 4: Nursery work in a bio-dynamic setting

SESSION 17 16.3.21 The Nursery and managing controlled environments

SESSION 18 23.3.21 How to make your own best potting mixes

SESSION 19 30.3.21 Nursery management: Sowing, pricking out and transplanting

**Easter break** - Thursday 1 April - Friday 16 April 2021

## MODULE 5: The Bio-Dynamic Compost, Fertilisation and the Dynamic Rotation, Successions, Intercropping and Companion Planting

SESSION 20 20.4.21 The benefits of bio-dynamic composting and regenerating soils

SESSION 21 27.4.21 The bio-dynamic compost and feeding the microbiome of the soil

SESSION 22 4.5.21 From Crop Rotation to Companion Planting

SESSION 23 11.5.21 Bio-dynamic remedial methods and resources

SESSION 24 18.5.21 Alleviating deficiencies and bio-dynamic subtle fertilisation



## MODULE 6: The Bio-dynamic Approach to Creating Bio-diversity

SESSION 25 25.5.21 The Bio-dynamic approach to balancing the Fauna and Flora Part 1

**Half-term** - Monday 31 May - Friday 4 June 2021

SESSION 26 8.6.21 The Bio-dynamic approach to balancing the Fauna and Flora Part 2

SESSION 27 15.6.21 The significance of the Summer Solstice Part 1: Planning your autumn garden

SESSION 28 22.6.21 The significance of the Summer Solstice Part 2: Universal life cycles



## **MODULE 7: The Future of Gardening: Bio- dynamic Preparations and Seed Reproduction**

SESSION 29 29.6.21 Deepening the understanding of bio-dynamic preparations.

SESSION 30 6.7.21 How to use the Maria Thun Bio-dynamic planting calendar

SESSION 31 13.7.21 The bio-dynamic approach to dealing with climate change

SESSION 32 20.7.21 The bio-dynamic approach to reproducing seeds: Part 1

SESSION 33 27.7.21 The bio-dynamic approach to reproducing seeds: Part 2

SESSION 34 3.8.21 Preparing for the Autumn and Winter garden.

**Summer break** - Monday 25 July 2021- Wednesday 01 September

## **MODULE 8: The Bio-dynamic Garden in Autumn and Reaping Harvest**

SESSION 35 7.9.21 The Earth as a Living, Inter-connected Organism

SESSION 36 14.9.21 Session 20 Benefits and the Making of the Biodynamic preparations

SESSION 37 21.9.21 Reaping the Harvest and Giving Back

SESSION 38 28.9.21 Prepare the Winter Garden and the Best Storage for the Harvest

*Dates and themes may be subject to change, with prior notice.*

*The 2021-2022 Online Biodynamic Gardening Course starts on the 5th October 2021.*



***Reclaim your custodianship of the Earth***

## WHOLISTIC LIVING UNIVERSITY PRIVATE WHATSAPP GROUP

In this private group we share insights, links and observations about the biodynamic approach to gardening and farming, natural health care solutions, conscious movement, relaxation and empowering lifestyle choices.

By signing up to this interactive platforms you will receive weekly updates about practical solutions for your productive garden and your personal self-care and empowerment.

In the WLU private group Hans-Gunther Kern will post weekly information about:

- ✦ The influences of the heavenly bodies upon own lives and how we can use these forces to benefit our daily activities in our gardens.
- ✦ Weather predictions based on latest weather forecast and cosmic influences (South-East UK).
- ✦ Weekly work suggestions, tip and tricks to implement in the garden and your own lives.
- ✦ Which vegetables, herbs, wild plants and fruits are currently available to enhance our nutrition.
- ✦ Interviews with major players in the fields of Environmental Science, Agriculture, Complementary Medicine and Therapies, Healing and Self-Care, and Empowerment.

Hopefully these signposts will enable you to discover your own path to happiness, wellness and abundance, by tuning in to the rhythms of Nature, finding harmony with the natural environment and joining a community of like-minded spirits where you can share your own experiences and inspirations. As we grow, we also will include news about other climatic zones in this growing community.

Please the fees section for payment options.

***Spread the love and be the change***



## FEES AND PAYMENT OPTIONS

**1 YEAR COURSE:** Oct 2020 - Sep 2021

Late joining still available: book your place before the 31st December 2020 for a 10% discount and **pay only £300** (£7.90 per session + free weekly Q&A sessions). Includes full access to all the course material from previous sessions; audio and video recordings, power point presentations and handouts from the past autumn season.

**CHRISTMAS SPECIAL:** Buy a gift voucher for a loved one before the 31<sup>st</sup> December 2020 for a 25% discount off the full course and **pay only £250** (£6.60 per session + free Q&As).

**SINGLE SESSIONS:** for the online course are **£9.20 per session** + free Q&As. Paying for individual sessions by standing order brings the cost of the year long course to **£350**.

**TRIAL MODULE:** made up of 4-5 sessions for **£30** (£7.50 per session + free Q&As).

**SEASONS:** Autumn, Winter, Summer or Spring for £90 each. Made up of 3 modules.

*With all above discounts the full amount is payable in advance. Concessions may be available, please ask. Refunds are available up to 1 week before the course commences.*

### PRIVATE WHATSAPP GROUP

- ✦ **Standalone membership: £10 per month.** This is payable by monthly standing order from the day you sign up, or a receive £15% discount of only **£100 per year** if you pay the full amount up front.
- ✦ **2 months free membership** when you enrol in **4 sessions** for the online bio-dynamic gardening course.
- ✦ **12 months free membership** when you enrol in the **1 year online** bio-dynamic gardening course.

*Secure your place on our 2021 courses now!*

### PAYMENT OPTIONS

#### Bank transfer

Wholistic Living  
Sort Code: 09-01-29  
Account no: 05699782

#### Paypal

Paypal.me/HGWiz  
Reference: GYOH

### ENROLLMENT

To confirm your place and receive your enrollment information please send us an email to advise us when you have made your payment.

### OTHER WAYS TO SHARE AND EARN:

- ✦ Organize and host a bio-dynamic gardening course in your own garden with a minimum of 6 participants and get the course for **free** and your own garden developed at the same time.
- ✦ Bring a guest to an existing course and save 20% on your course fee.

For bookings and further information please contact: [admin@wholisticliving.co.uk](mailto:admin@wholisticliving.co.uk)

## ABOUT THE COURSE MODERATOR



**Hans-Gunther Kern, Dipl. Horticulture and Integrated Rural Development,** has been working as a bio-dynamic horticultural consultant, teacher, lecturer and farm manager for the last 36 years in 6 countries and 2 continents in different climatic zones, managing and promoting food security and quality nutrition through Bio-dynamic agriculture, Community Supported Agriculture and Humanitarian Aid Overseas, in Inner City Projects and Greenbelt Protection Projects.

**Mobile:** 07852 917 497

**Email:** [hans-gunther@wholisticliving.co.uk](mailto:hans-gunther@wholisticliving.co.uk)

***Join the Wholistic Living movement***