



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 5.10.21 The bio-dynamic principles and approach to gardening

SESSION 2 12.10.21 Preparing your garden infrastructure and improving soil conditions

SESSION 3 19.10.21 Introduction to creating your planting plan and sizing your garden

Half-term - Monday 25 October - Friday 29 October 2020

SESSION 4 2.11.21 Bio-dynamic gardening resources: tools, equipment and biodynamic preparations

SESSION 5 9.11.21 Rhythms in nature and planting with the stars.

Module 2: Designing your garden for health and nourishment

SESSION 6 16.11.21 Basics of Garden Planning

SESSION 7 23.11.21 Sizing your Garden and the Sowing Calendar

SESSION 8 30.11.21 Seed selection, order and preparation for sowing

SESSION 9 7.12.21 Investing in your garden and longevity:

Christmas Break: Monday 13th December – Monday 17th January 2022



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

SESSION 10 18.1.22 Origin of different soils and significance of the microbiome

SESSION 11 25.1.22 Simple ways to getting to know your soil

SESSION 12 1.2.22 Plants as indicators for soil types, fertility and the pH

SESSION 13 8.2.22 How to cultivate and improve different types of soils

Half-term - Monday 14 February - Friday 18 February 2022

SESSION 14 22.2.22 Celebration of the natural and cultivated flora and fauna

SESSION 15 1.3.22 The Vocation of plants and soils.

SESSION 16 8.3.22 Soil Fertility Management

MODULE 4: Nursery work in a bio-dynamic setting

SESSION 17 15.3.22 The Nursery and managing controlled environments

SESSION 18 22.3.22 How to make your own best potting mixes

SESSION 19 29.3.22 Nursery management: Sowing, pricking out and transplanting

Easter break – Monday 4th April – Monday 18th April 2022

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

SESSION 20 19.4.22 The benefits of bio-dynamic composting and regenerating soils

SESSION 21 26.4.22 The bio-dynamic compost and feeding the microbiome of the soil

SESSION 22 3.5.22 From Crop Rotation to Companion Planting

SESSION 23 10.5.22 Bio-dynamic remedial methods and resources

SESSION 24 17.5.22 Alleviating deficiencies and bio-dynamic subtle fertilisation



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

SESSION 25 24.5.22 The Bio-dynamic approach to balancing the Fauna and Flora Part 1

Half-term - Monday 30th May - Friday 3rd June 2022

SESSION 26 7.6.22 The Bio-dynamic approach to balancing the Fauna and Flora Part 2

SESSION 27 14.6.22 The significance of the Summer Solstice Part 1: Planning your autumn garden

SESSION 28 21.6.22 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 28.6.22 Deepening the understanding of bio-dynamic preparations.

SESSION 30 5.7.22 How to use the Maria Thun Bio-dynamic planting calendar

SESSION 31 12.7.22 The bio-dynamic approach to dealing with climate change

SESSION 32 19.7.22 The bio-dynamic approach to reproducing seeds: Part 1

SESSION 33 26.7.22 The bio-dynamic approach to reproducing seeds: Part 2

SESSION 34 2.8.22 Preparing for the Autumn and Winter garden.

Summer break - Monday 8th August - Monday 5th September 2022

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

SESSION 35 6.9.22 The Earth as a Living, Inter-connected Organism

SESSION 36 13.9.22 Session 20 Benefits and the Making of the Biodynamic preparations

SESSION 37 20.9.21 Reaping the Harvest and Giving Back

SESSION 38 27.9.22 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 LIVE ONLINE BIODYNAMIC GARDENING COURSE: Oct 2021 - Sep 2022 **£480**
Includes 1 live session and 1 Q&A session per week; full access to all the course material from previous sessions; audio and video recordings, power point presentations and handouts.

EARLYBIRD PLACES AVAILABLE – LIMITED TIME OFFER

Full course only **£288** until the end of July, **£336** until the end of August, **£384** until the end of September.

SINGLE SEASONS: Autumn, Winter, Summer or Spring for **£120** each. Each season is made up of 2 modules, of 8-10 sessions each, plus Q&A sessions.

SINGLE MODULES: **£90** for 4-5 sessions.

PRE-RECORDED COURSE: 38 weeks of pre-recorded online sessions, online learning materials to study at your own pace, plus free access to Q&As **only £175** (£4.50 per session + free Q&As).

With all above discounts the full amount is payable in advance. Concessions may be available, please ask. No refunds are given after enrolment is confirmed.

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 **one module** of the online bio-dynamic gardening course.
- ✦ **12 months free membership** when you enrol in the **1 year online** bio-dynamic gardening course.

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

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.

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PARTICIPANT FEEDBACK

James, 1 year online course 2020-2021

I am so pleased that I found your course as I was starting my journey to learn more about living, growing, and eating as part of the natural world. It has been an incredibly enlightening experience. Before I started the course I 'thought' I was aware of what's around me but have realised there is so much more of a connection with everything in our planet and the universe, I have loved the discovery and I find it incredible that so much of this used to be common knowledge but has been lost and desperately needs to be relearned to save our beautiful planet and improve our quality of life as a part of nature.

I am fascinated with your knowledge, whatever question you get asked you are able to answer in fantastic detail, I just wish I had also spent a lifetime studying/working in this area. After just a few lessons I have learnt so much about gardening but also many things that are improving my family's life, like understanding/bringing bacteria into our lives and being connected with the world, the Eat Dirt book is always out at home.

You have inspired me to stop putting up with a career that has made me unhappy and unfulfilled for many years. My mission now is to find a job in something I am passionate about, that is a force for good, where I can immerse myself in Biodynamics, farming, and self-sufficiency every day and to show others the benefits of this sort of life

Join the Wholistic Living movement