

Programme for Green Retreat for BK teachers, Nairobi, Kenya, September 2011

Mon		Coordinator:
10.00am	Meditation – Guided on serving elements	
10.30 am - 12.30	Session 1– Pilot Earth Care Consciousness workshop- train the trainer	
12.30pm	Lunch	
4.00pm	Tea	
4.30pm	Meditation – Guided meditation on serving elements	
5.00pm -6.30pm	Session 2 – Start inspirational film 10 min. Green Dialogue about Environment and Spirituality (consciousness and values) (Hand out Policy for people to read that evening)	
6.30pm	Stretch Break	
7.00pm	Meditation	
7.30am	Dinner	
8.00am	Karma Yoga	
Tue		Coordinator:
7.00 – 7.30am	Exercise	
7.30am	Breakfast	
8.00am	Karma Yoga	
10.00am	Meditation – Guided meditation serving nature	
10.30 am - 12.30	Session 3 – Start film -Blessed Unrest & WiserEarth (6 min) Environment and Action – presentation of BK Environment Activities	
12.30pm	Lunch	
4.00pm	Tea	
4.30pm	Meditation – guided meditation consciousness	
5.00pm - 6.30pm	Session 4 – Start film: A call for our time – 12 min. Dialogue based on policy in groups country/region – practical implementation in the centre	
6.30pm	Stretch Break	
7.00pm	Meditation	
7.30am	Dinner	
8.00am	Karma Yoga	

Session 1: Earth Care Consciousness Workshop - developed by Mike George and others

Session 2:

Divide into groups of 4-5 cross country and spiritual age - min. 1 hour to discuss.

Feedback session optional, if yes then light and easy -no reporting.

What is the link between environment and spirituality?

What is the benefit of being environmentally aware (for the self, for the centre, for activity)?

What is the spiritual reference?

Which values are mostly connected to our relationship with the environment?

Session 3:

PowerPoint presentation of Activities

Online presentation of blog

Allow time for questions

Session 4:

Start: A Call For Our Time: The Story of The Pachamama Alliance (12 MINUTES)

Dialogue in new groups country wise or region wise:

How can we implement the policy in our centre?

How to participate in the local community in environmental conferences/partnership etc.?

Feedback session light and easy - only good ideas that emerged, no reporting.