



Art & Culture
Eco-tourism
Conservation

EAST PORTLEMOUTH
SOUTH DEVON, UK.

The High Nature Centre

Summer Workshop Programme 2017

The High Nature Centre is a low impact rural enterprise located within the living working landscape of the South Devon Area of Outstanding Natural Beauty.

The Centre welcomes visitors to the area and promotes the protection and preservation of the natural landscape and all those who live and work within it.

www.high-nature.co.uk



About the Centre

The High Nature Centre is a 5 acre small holding located on a coastal plateau 130m above sea level on the South Devon Coast. The site is level and surrounded by mature hedges, and is a short walk away from a dramatic picturesque stretch of the South West Coast Path and some of the most spectacular sandy beaches in England.

High Nature aims to bring together visitors attracted to the area for it's natural beauty, with local people who rely on the sea and landscape to provide them with the resources they need to prosper and sustain their livelihoods.

Facilities

Current facilities on the site consist of a reception cabin with a kitchen for refreshments, 6 polytunnel structures including a lounge for yoga and relaxation, a games tunnel for ping pong, chickens & ducks, passive solar showers, and another tunnel an open soft fruit cage. The site also has a borehole linked to a collector tank, mains water and electricity through out the site, composting toilets and a static caravan which is used as a site office.

Accommodation

A small amount of low impact temporary accommodation is available in the form of yurts. The yurts are hand built using natural materials and provide the visitors with a unique 'High Nature Experience' whilst they explore the centre and the surrounding landscape.



How to get here - www.high-nature.co.uk/getting_here.html

The High Nature Centre is located between the villages of East Portlemouth and East Prawle (opposite High House Farm - Post code TQ8 8PN, OS ref SX 75911 37628). We can be reached by ferry from Salcombe, followed by a choice of three footpaths and a 1.6K road walk, or from the South West Coastal Path via a 1K road walk. We are a 20 minute drive from Kings bridge. We encourage our visitors to use other transport options to the private car when possible, for more information please check the URL provided above.

Directions if driving

Take the M5 South, then the A38. From the A38, head for Kingsbridge (either via Wrangaton Cross then Loddiswell or via Dartington and Totnes). From Kingsbridge take the A379 towards Dartmouth, through the villages of West Charleton and East Charleton. At Frogmore turn right over the little bridge and follow the signs to East Portlemouth, take the left to Ford (NOT straight on to South Pool), the road bends right through Ford, then up a steep hill. Go straight on at cross roads at the top and carry on straight for a few minutes. The road bends then widens and straightens. Carry on past the recycling bins on your left, then take the right turn signed East Portlemouth and Gara Rock (next to huge water tower), follow this past East and West Prawle turnings, through S bend, then road narrows at High House Farm. The High Nature Centre is the track on your left opposite High House (if you get to the Gara Rock turning you've gone too far). Follow the signs to the reception cabin. Turn and park in the green carparking area.



Summer Workshop Programme Timetable

August 2017:	2017 High Nature Centre Summer Workshops Programme - www.high-nature.co.uk/2017/workshops.html				
Thursday 3rd	Energy Medicine 1pm - 4.30pm 4.30pm - 6pm	Willow Making - Mobile, Platter, Dolly 1pm - 6pm			
Sunday 6th	Kundalini Dance 3pm - 6pm	Plant Identification for Foraging 3pm - 6pm	Energy Medicine 3pm - 4.30pm 4.30pm - 6pm	Willow Making - Mobile, Platter, Dolly 3pm - 6pm	Creative Journey 3-6pm
Tuesday 8th	Kids Yoga Games 3pm - 4.30pm	Creative Journey 3-5pm			
Thursday 10th	Drama Games & Performance for Self Discovery 1pm - 5.30pm	Earth Song Circle 3pm - 5pm	Shakti Bodies 2pm - 3.30pm	Play, Parenting & Time 5.10pm - 5pm	
Sunday 13th	Energy Medicine 3pm - 4.30pm 4.30pm - 6pm	Willow Making - Mobile, Platter, Dolly 3pm - 6pm	Shakti Bodies 3pm - 6pm		
Tuesday 15th	Forest School 1pm - 5.30pm	Environmental Storytelling Walks 3-6pm	Holistic Massage Workshop 4pm - 6pm	Yoga with Ina 6.10pm - 8pm	
Thursday 17th	Drama Games & Performance for Self Discovery 1pm - 5.30pm	Willow Making - Mobile, Platter, Dolly 3pm - 6pm	Yoga with Ina 5.10pm - 7pm	Creative Journey 3-6pm	

August 2017:	2017 High Nature Centre Summer Workshops Programme - www.high-nature.co.uk/2017/workshops.html					
Sunday 20th	Yoga with Ina 9am - 10.30am	Deep Nature Connection 3pm - 6pm	Shakti Bodies Kundalini Dance 3pm - 6pm	Plant Identification for Foraging 3pm - 6pm	Energy Medicine 3pm - 4.30pm 4.30pm - 6pm	Yoga with Ina 5.30pm - 7pm
Tuesday 22nd	Personal Social Permaculture Design 1pm - 6pm	Willow Making - Mobile, Platter, Dolly 1pm - 6pm	Earth Song Circle 1pm - 5pm	Environmental Storytelling Walks 3-6pm	Yoga with Ina 6.10pm - 8pm	
Thursday 24th	Scything Tester 2pm - 6pm	Deep Nature Connection 3pm - 6pm	Energy Medicine 3pm - 4.30pm 4.30pm - 6pm	Hatha & Vinyasa Yoga 3pm - 4.30pm	Kids Yoga with Liz 5pm - 6pm	Yoga with Ina 5.30pm - 7pm
Sunday 27th	Yoga with Ina 9am - 10.10am	Trees & Wild Food 3pm - 6pm	Forest School 3pm - 5.30pm	Shakti Bodies 3pm - 6pm	Energy Medicine 3pm - 4.30pm 4.30pm - 6pm	Yoga with Ina 5.30pm - 7pm
Tuesday 29th	Forest School 1pm - 5.30pm	Kids Yoga Games 3pm - 4.30pm	Environmental Storytelling Walks 3-6pm	Yoga with Ina 6.10pm - 8pm		
Thursday 31st	Kids Yoga Games 1pm - 4.30pm	Yoga with Ina 5.10pm - 7pm				

Energy Medicine - with Sue Mutlow

Dates: Thursday 3rd, Sunday 6th, Sunday 13th, Sunday 20th, Sunday 27th

Time: 3pm- 4.30pm or 4.30pm-6pm
(1.5 hour workshop)

Price: £ 10 per person (needs 6 bookings minimum to run)

Description: Learn a Daily Feel Good Energy Routine - Learn techniques that will help manage your energies more effectively to meet stress, reduce anxiety, ease pain and much more! Please bring yoga mat or towel and blanket if you wish to feel cosy whilst relaxing.

Bookings: sue.mutlow@googlemail.com



Make a Willow Platter, Hanging Mobile or Dolly - with James Dyson

Dates: Thursday 3rd, Sunday 6th, Sunday 13th, Thursday 17th, Tuesday 22nd

Time: 3pm-6pm (3 hour workshop)

Price: £ 20 per person
(needs 6 bookings minimum to run)

Description: Using willow weave a simple willow platter that can be useful when camping for serving bread or fruit, but equally can be suspended to make an attractive decoration.

Bookings: jamesdyson009@gmail.com



Shakti Bodies / Kundalini Dance - with Steph Bailey

Dates: Sunday 6th (3-6pm), Thursday 10th (2-4pm), Sunday 13th (3-6pm), Sunday 20th (3-6pm), Sunday 20th (3-6pm), Sunday 27th (3-6pm)

(2 & 3 hour workshops)

Price: £15 (2hrs) / £20 (3hrs) per person (needs 3 bookings minimum to run)

Description: Shake your body into its divine radiance, release all that is in the way of your perception of your true divine nature, your 'SAT NAM,' to a playlist of funky mantric music. A yoga dance session based on the powerful practice of Kundalini Yoga.

The workshop is a beautiful physical journey

through yoga, meditation and movement medicine / dance. It is often themed, either in conjunction with other activities going on or according to current / astrological / trends.

There will be 2 breaks during this 3 hour workshop, and lots of space given for moving and still meditation.

Bookings: steph@radianceyogatotnes.co.uk
mobile: 0777 8811 555



The Art of Plant Identification for Foraging - with Tess Wilmot

Date: Sunday 6th, Sunday 20th

Time: 3pm-6pm

Price: 3 hour = £20 (needs 3 bookings minimum to run)

Description: Safe Identification is SO important; by using art we can open our eyes and really begin to identify plants better! Using art and plants we can forage for and lots of creativity! Materials included.

Bookings: tess@tesswilmot.eclipse.co.uk
mobile: 07531 506 481



Creative Journey - with Emma Capper

Dates: Sunday 6th, Thursday 17th,

Time: 3pm- 4.30pm or 3pm-6pm
(1.5 hour or 3 hour workshop)

Price: £12/24 per person
(needs 6/3 bookings minimum to run)

Description: Slow down and connect through your senses to the natural and elemental world around you. Let nature stir your imagination through some simple invitations to create ephemeral art and poetry. No art experience necessary. suitable for all ages from 7yrs up. family groups or adult groups. For a deeper experience adults only sessions. Great for Creative inspiration, mental health and well being.

Bookings: steph@radianceyogatotnes.co.uk
mobile: 0777 8811 555



Kids Yoga Games - with Steph Bailey

Date: Tuesday August 8th

Time: 3pm- 4.15pm or 4.45pm-6pm
(1.25 hour workshop)

Price: £10 per child
(needs 6 bookings minimum to run)

6+ without parents, but younger kids can come with parents so if they lose focus they can go off.

Bookings: steph@radianceyogatotnes.co.uk
mobile: 0777 8811 555



Drama Games & Performance for Self Discovery - with Agata Krajewska

Date: Thursday 10th, Thursday 17th

Time: 3pm - 5.30pm (2.5 hour workshop)

Price: £15 per person
(needs 6 bookings minimum to run)

Description: Step into the power of play and being witnessed. Be surprised and bring your gifts forward. Expect fun, depth and supportive connection. Work with presence, embodiment, improvisation, performance craft, writing, witnessing and being witnessed, creative expression and braking inner restrictions.

Bookings: agatamala@hotmail.com



Play, Parenting & Time - with Lizzie Francolini (Play Therapist)

Date: Thursday August 10th

Time: 3.30pm - 5pm
(1.5 hour workshop)

Price: £ 12.50 per person
(needs 6 bookings minimum to run)

Description: In this fun filled workshop, including lots of laughter and play.

Lizzie will walk us through:

1. The joys and difficulties of child rearing 2.
- The nature of play
3. The importance of play in our child's development (and even our own),
4. Challenging behaviour and what that behaviour may be telling us - and much more.

The session will be a mixture of theory/information, games, and discussion, catered directly to the needs of the group. Hopefully it will be a very practical experience that can be applied immediately.

Lizzie is a Play Therapist in Devon and Bristol working with children who have experienced a range of traumas, and social/emotional/behavioural concerns. Lizzie also trains, across Bristol, Nursery and Children's centre staff in the Importance of play, and well-being for practitioners, and is currently part of the core team setting up a therapy centre on Dartington Estate.

Questions & Bookings email:
info@earthuncovered.co.uk
mobile: 07969863967
website: www.earthuncovered.co.uk

Forest School - with Pip Griffin

Date: Tuesday 15th, Sunday 27th

Time: 3pm- 5.30pm
(2.5 hour workshop)

Price: £8 per child
(needs 6 bookings minimum to run)

Description: making things with natural materials stone painting, mud kitchen, forest people, pixie house, treasure hunt, willow stars, bugsters & habitats

Bookings: pippagriffin@hotmail.co.uk
mobile: 07807969642



Play Therapy - with Lizzie Francolini (Play Therapist)

Date: Thursday 10th

Time: 3.30pm - 5pm
(1.5 hour workshop)

Price: £ 12.50 per person
(needs 6 bookings minimum to run)

Description: In this fun filled workshop, including lots of laughter and play.

Lizzie will walk us through:

1. The joys and difficulties of child rearing
2. The nature of play
3. The importance of play in our child's development (and even our own),
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website: www.earthuncovered.co.uk

Environmental Storytelling - with Sara Hurley

Date: Tuesday 15th, Tuesday 22nd, Tuesday 29th

Time: 3pm- 6pm
(3 hour workshop)

Price: £27 per person
(needs 7 bookings minimum to run)

Description: Stories are great connectors with the natural world, wherever you are! Join me to use the wonder of storytelling and story making to focus on habitats, other themes and the enjoyment of being outside.

Bookings: saramohurley@gmail.com
mobile: 07878 758084



Holistic Massage - with Eva Benvenuto

Date: Tuesday August 15th

Time: 4pm-6pm
(2 hour workshop)

Price: £ 8 per person
(needs 5 bookings minimum to run)

Description: Learn & practice holistic massage.

Bookings: aeva59@hotmail.com



Yoga - with Ina

Date: Tuesday 15th (6.30-8pm), Thursday 17th (5.30-7pm), Sunday 20th (9-10.30am & 5.30-7pm), Tuesday 22nd (6.30-8pm), Thursday 24th (5.30-7pm), Sunday 27th (9-10.30am & 5.30-7pm), Tuesday 29th (6.30-8pm), Thursday 31st (5.30-7pm)

(1.5 hour session)

Price: £ 10 per person
(needs 4 bookings minimum to run)

Description: Hatha and Vinyasa Flow Yoga. It is suitable for beginners and the more experienced. Yoga is not for the flexible but for the willing. Our body is made for movement. The style of yoga combines a series of flowing postures with rhythmic breathing.

Bookings: inaandjohn@btinternet.com



Deep Nature Connection - with Klaudia Van Gool

Date: Sunday 20th, Thursday 24th

Time: 3pm- 6pm
(3 hour workshop)

Price: £12.50 per person
(needs 4 bookings minimum to run)

Description: A range of activities designed to get in touch with the natural world, supporting also self-awareness & growth. Finding out how this is key to bringing about a regenerative & health culture.

Bookings: klaudiavangool@hotmail.com



Personal Social Permaculture Design - with Klaudia Van Gool

Date: Tuesday 22nd

Time: 3pm- 6pm
(3 hour workshop)

Price: £12.50 per person
(needs 4 bookings minimum to run)

Description: An introduction to the Permaculture Design Process, using guidance from nature and permaculture principles. Useful for reflecting on and helping design your life or living space/land.

Bookings: klaudiavangool@hotmail.com



Earth Song Circle - with Local Singing Coach Selena Mara

Date: Tuesday August 22nd

Time: 3pm - 5pm
(2 hour workshop)

Price: £12.50 per person
(needs 8 bookings minimum to run)

Description: Gather round with like-minded folk to sing beautiful, simple chants, rounds and songs of nature and the earth. A joyful and nourishing experience and a great way to connect with your family and friends. All welcome, including children. Previous participants have said that the uplifting, heart-warming songs have enhanced their daily lives as they have sung them with their children for weeks afterwards.

Bookings: selena@comealivesinging.com
mobile: 07904- 218461



Scything Taster – with Alastair Ingis

Date: Thursday August 24th

Time: 2pm- 6pm (4 hour workshop)

Price: £ 27 per person
(needs 6 bookings minimum to run)

Description: The scythe is versatile tool that has been around for centuries, has many land management functions, which many workers in the world still rely on for their livelihoods. Enjoy a little taster of scything with Alastair and be part of a revival in scything knowledge in the UK.

Bookings: al.inglis@yahoo.co.uk



Hatha and Vinyasa Yoga – with Liz Turner

Date: Thursday August 24th

Time: 3pm- 4.30pm
(1.5 hour workshop)

Price: £ 8 per adult
(needs 5 bookings minimum to run)

Description: A steady approach to yoga with plenty of breathing & relaxation alongside strengthening sequences & postures, leading to a peaceful short meditation to finish.

Bookings: liz@intoyogaandnature.co.uk
mobile: 07765 631877



Kids Yoga – with Liz Turner

Date: Thursday August 24th

Time: 5pm- 6pm
(1 hour workshop)

Price: £ 5 per child
(needs 6 bookings minimum to run)

Description: A fun approach with games & mindfulness exercises. Yoga helps children in early life to help cope with a fast paced, challenging world!

Bookings: liz@intoyogaandnature.co.uk
mobile: 07765 631877



Trees & Wild Food – with Liz Turner

Date: Sunday August 27th

Time: 3pm- 6pm (3 hour workshop)

Price: £ 15 per adult, children £3
(needs 5 bookings minimum to run)

Description: A chance to learn native tree identification including some of their food, medicinal, wood and craft uses, plus other edible hedgerow plants. Have a go at cooking out harvest over the fire!

Bookings: liz@intoyogaandnature.co.uk
mobile: 07765 631877



Reflexology Taster Sessions - with Moira Laidlaw

Moira is offering half hour reflexology sessions for relaxation and well-being.

If you have any pre-existing medical conditions, please check with your doctor first for suitability.

Available Sundays after 4pm, and Tuesdays and Thursdays by arrangement. Possibilities of other days. Donation appreciated.

Bookings: dazco05@hotmail.com
mobile: 07856611529



High Nature Centre Development

High Nature Care Limited is a Community Interest Company (CIC) which has been set up to manage the social and educational development here at the Centre.

Liz Turner and Cat Middleditch are in the process of developing educational and well-being activities to be offered to both the local community and disadvantaged groups in the wider area.

If you are interested in getting involved or are able to support the initiative in any way then we would love to hear from you.

We have a number of projects in development, please contact Liz for more information - peoplecare@high-nature.co.uk

The High Nature Roundhouse

A planning application was granted in October 2012 to further develop the site to allow for additional recreational and business activities. The aim is to contribute to rural diversification by enabling additional revenue generating activities to be carried out on the site. This will be achieved by providing a low impact roundhouse to be used as a central hub and activities centre.

We are currently looking for skilled and experienced people to join our Roundhouse Design and Construction Team - stone walling, timber framing, straw-baling.

If you would like to get involved in this exciting project, please contact Cat asap for more details - contact@high-nature.co.uk