



ECOSOFIA

MAY 4 - 9, 2023
CALABRIA, ITALY



RESIDENTIAL WORKSHOP ON ECO-SPIRITUALITY AND ECO-SUSTAINABILITY

Objectives:

- To come in contact with the plant, animal, earth, water, and cosmic ecosystems.
- Develop an understanding of the food cycle, from planting to our plates.
- Connect to our existing or hidden eco-spirituality through agricultural practices such as permaculture, meditation, and prayer, thereby deepening our knowledge/search for internal balance and well-being.
- Find time to exchange experiences on eco-sustainable living between participants and local women in Calabria.
- Enjoy nature: the countryside, sea, sunsets... to activate our vital energy!

Themes of the day:

- Day 1: Arrival and welcome
Meeting with Sofia, the giant oak tree
Introduction of workshop
- Day 2: The Earth's breath – Taking care of her
Morning: Visit the farm with Franco, the story of Pirapora
Afternoon: Taking care of a small plot of land
- Day 3: Feel the mystery of the forest and the sea – INTERCONNECTIONS
Morning: Immersion in the forest
Afternoon: Experience/Contact with the Sea
- Day 4: From the earth to food – BIODIVERSITY
Morning: From grain to bread: kneading and baking bread
Afternoon: Our relationship with food
Evening: Ritual - Breaking of the bread and wine
- Day 5: Finding our natural rhythm – SUSTAINABILITY
Morning: Visit the phytodepurification system at Pirapora
Afternoon: Strategies for sustainability
Thanksgiving: Ritual of planting
Evening: Party
- Day 6: Departures



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