**Seven Days of Biodynamic Training**

**Lauriston Farm, Goldhanger, Essex (Spring/Summer 2019)**

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| **Day** | **Date** | **Title** | **Summary** | |
| **Time** | **Content** |
| One | Saturday  23rd February  2019 | Welcome!  Orientation day and the farm individuality | 10-11.30:  11.30-12:  12-1:  1-2:  2-4:  4-4.30:  4.30-5: | Course outline and introduction to biodynamics, basic biodynamic language  Morning tea  The individuality of the farm  Bring and share lunch  Farm walk, soil testing and Goethean observation exercise  Afternoon tea  Review of day |
| Two | Saturday  30th March  2019 | Horn Manure and Horn Silica Preparations | 10-10.30:  10.30-11.30:  11.30-12:  12-1:  1-2:  2-4:  4-4.30:  4.30-5: | Check in & reading  Seasonal & daily rhythms, the cow and the honey bee  Morning tea  Introduction to horn manure and horn silica  Bring and share lunch  Stirring and spraying horn manure  Afternoon tea  Review of day |
| Three | Saturday  13th April  2019 | The Compost Preparations | 10-10.30:  10.30-11.30:  11.30-12:  12-1:  1-2:  2-4:  4-4.30:  4.30-5: | Check in & reading  Basic principles of composting, esoteric chemistry  Morning tea  The biodynamic compost preparations  Bring and share lunch  Making a biodynamic compost pile  Afternoon tea  Review of day |
| Four | Saturday  4th May  2019 | Seeds (Seed Co-Operative) | 10-10.30:  10.30-11.30:  11.30-12:  12-1:  1-2:  2-3.30:  3.30-4:  4-4.30  4.30-5: | Check in & reading  Seed development and open pollination  Morning tea  Esoteric plant growth  Bring and share lunch  Make potting mix, sow seeds  Afternoon tea  The work of the Seed Co-Operative  Review of day |

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| **Day** | **Date** | **Title** | **Summary** | |
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| Five | Saturday  25th May  2019 | The Planting Calendar | 10-10.30:  10.30-11.30:  11.30-12:  12-1:  1-2:  2-3.30:  3.30-4:  4-4.30:  4.30-5: | Check in & reading  Lunar and planetary rhythms, four elements  Morning tea  Reading the planting calendar (pt.1), seed swap game & celestial garden  Bring and share lunch  Reading the planting calendar (pt.2), celestial garden  Afternoon tea  Planning the gardening year – crop rotations  Review of day |
| Six | Saturday  22nd June  2019 | Farm Animals | 7-9:  10-10.30:  10.30-11.30:  11.30-12:  12-1:  1-2:  2-4:  4-4.30:  4.30-5: | Horn Silica Spray (optional)  Check in & reading  Biodynamic principles of animal care  Morning tea  Animal health and medicines  Bring and share lunch  Sheep handling  Afternoon tea  Review of day |
| Seven | Saturday  6th July  2019 | Honey Bees (Patrick Dixon) | 10-10.30:  10.30-11.30:  11.30-12:  12-1:  1-2:  2-3:  3-4:  4-4.30:  4.30-5.30: | Check in & reading  The insect world  Morning tea  The honey bee  Bring and share lunch  The crisis of the honey bee  The Sun Hive and the opportunity for humanity  Afternoon tea  Course review and celebration |