**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 February2019 | 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 languageMorning tea The individuality of the farmBring and share lunch Farm walk, soil testing and Goethean observation exerciseAfternoon teaReview of day |
| Two | Saturday 30th March2019 | 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 & readingSeasonal & daily rhythms, the cow and the honey beeMorning teaIntroduction to horn manure and horn silicaBring and share lunchStirring and spraying horn manureAfternoon teaReview of day |
| Three | Saturday 13th April2019 | 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 & readingBasic principles of composting, esoteric chemistryMorning teaThe biodynamic compost preparationsBring and share lunchMaking a biodynamic compost pileAfternoon teaReview of day |
| Four | Saturday 4th May2019 | Seeds (Seed Co-Operative) | 10-10.30: 10.30-11.30: 11.30-12: 12-1: 1-2: 2-3.30:3.30-4:4-4.304.30-5: | Check in & readingSeed development and open pollinationMorning teaEsoteric plant growthBring and share lunchMake potting mix, sow seedsAfternoon teaThe work of the Seed Co-OperativeReview of day |

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| Five | Saturday 25th May2019 | 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 & readingLunar and planetary rhythms, four elementsMorning teaReading the planting calendar (pt.1), seed swap game & celestial gardenBring and share lunch Reading the planting calendar (pt.2), celestial gardenAfternoon teaPlanning the gardening year – crop rotationsReview of day |
| Six | Saturday 22nd June2019 | 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 & readingBiodynamic principles of animal careMorning teaAnimal health and medicinesBring and share lunchSheep handlingAfternoon teaReview of day |
| Seven  | Saturday 6th July2019 | 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 & readingThe insect worldMorning teaThe honey beeBring and share lunch The crisis of the honey bee The Sun Hive and the opportunity for humanityAfternoon teaCourse review and celebration |