



# The Art of Being

Permalab 17.09.2020 - 10.10.2020

*We will define the life and new culture we wish to live, creating our sense of what it means to BE. Following one lunar cycle, we will explore the stages of being together, being in the body and finally what it means to be in and with ourselves.*

## We invite you to join us on a journey through \* The Art of Being \*

Together, we will delve into an exploration of the life we wish to live and the new culture we want to build, coming together through discovery, exchange, work and play to define and create our sense of what it means to be.

As the moon phases, so will we travel through three stages:

### **First we will investigate “the art of being together”.**

- \* How do we wish to shape ourselves as a community and how may we contribute to creating a world where we feel both supported and supportive?
- \* What will our common values be?
- \* Through connection and collaboration with each other and with the land, we will set our hearts' intentions.

### **The second stage will focus on “the art of being in the body”.**

- \* Examining our experience of the world through the senses, we will continue our journey inward through the physical.
- \* We will connect to our own material reality and how we relate to being part of this planet.
- \* During this phase, you will also have the opportunity to participate in our in-house CLAY Building Workshop - for more information check the Earthship series #1 invitation.

### **Our Third, final and longest phase will be dedicated to finding out what it means to “be in and with ourselves”.**

- \* What does it mean to each of us to be in the heart, in authenticity and integrity?
- \* We will create a space for reflection and cultivation of our innermost knowing and feeling, opening our hearts and sharing in our vulnerability.
- \* Our aim is to strike an organic balance between structure and spontaneity, group body and individual needs, commitment and freedom.

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Participants are also invited to contribute an activity of their own to one of the phases, so do let us know if you want to fill a slot.

If you cannot commit to the full cycle, but would like to offer a workshop/session/circle, get in touch and we'll see how we can best integrate your proposal.

We can't wait to see what beautiful gifts will emerge!

To learn more about our mystical adventure and to join us, please [click here](#).

We are excited for this time and invite you to reach out with any questions or ideas :)

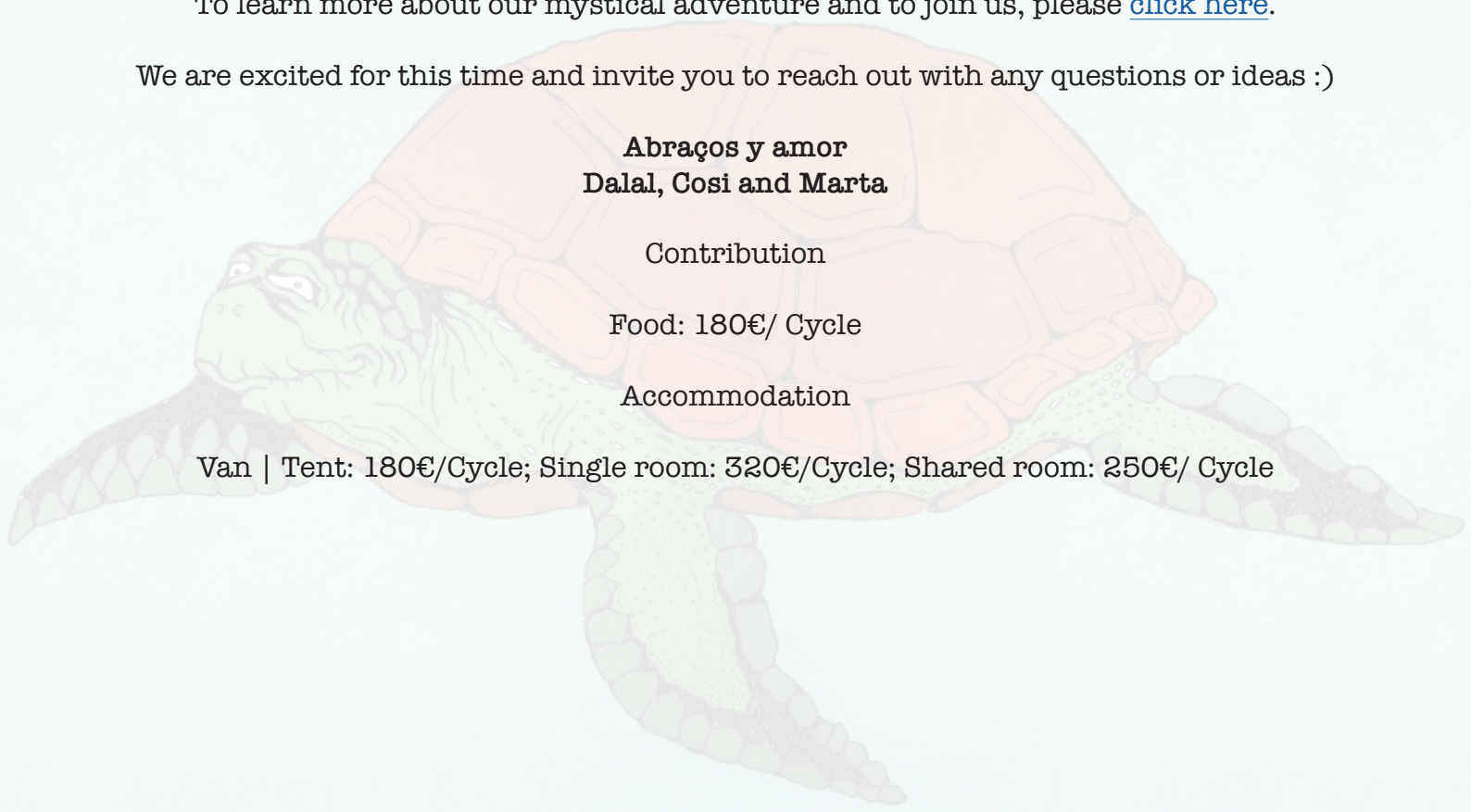
**Abraços y amor**  
**Dalal, Cosi and Marta**

Contribution

Food: 180€/ Cycle

Accommodation

Van | Tent: 180€/Cycle; Single room: 320€/Cycle; Shared room: 250€/ Cycle







# Earthship Series #1

## Retrofit & Building with Natural Materials # Clay

Permalab 25.09.2020 – 27.09.2020

Come and join us at **Permalab**, for a 3 day workshop where we are building a multi functional space using different types of earth techniques and gain a detailed overview into the Earthship systems.

In this workshop we will use the existing structure as a case study to conceptualise and practice self sustainability in buildings.

This is the first of a series of workshops that are being developed to give a deep practical and theoretical understanding about Earthship & Natural Buildings.

### **Hands-On Work Topics: (approx. 6 Hours a day)**

- \* How to make clay bricks
- \* Selecting and testing soils for clay bricks
- \* Building with clay bricks
- \* Earth plaster : how to build and apply plaster
- \* How to implement Earthship Systems in an existing house
- \* Building Bottle Bricks (earthship technique)

### **Classroom & Discussion Topics: (approx. 2 Hours a day)**

Introduction to the Earthship Principles:

- \* Passive solar heating & Natural cooling
- \* Solar and Wind energy
- \* Rainwater catchment
- \* Grey & black water treatment
- \* Food Production
- \* Building with natural and recycled Materials – Retrofitting

### **Building with Earth**

- \* Brief history of clay
- \* Selecting and testing soils for the mix- pros & cons
- \* Drainage principles & impermeability
- \* Overview of the different techniques with earth: Rammed Earth / Wattle & Daub / Clay Bricks / Super- adobe / Cob / Cordwood

# Earthship Series #1

Permalab 25.09.2020 – 27.09.2020

**Price: 120€**

(if you cannot afford this workshop but truly would like to participate you can send us an email explaining your situation and we will find a solution according to availability )

## **Price Includes:**

3 Healthy sustainable delicious meals a day + healthy snacks

Free Camping (private rooms available with extra cost)

1 Party

1 Free consultation for your project

## **The Teacher:**

Dipl. Ing. Sara Serodio is an Architect and Earthship expert. After completing her training at the Earthship Academy she worked for Earthship Bioteecture under Michael Reynolds during 4 years on several projects.

In 2016 she moved to Brasil to deepen her knowledge in natural building techniques at TIBA Institute, led by the architect Johan van Lengen “The barefoot Architect”. Since then she has been working on Earthship inspired projects around Europe.

For information and registration please send us an email to:

**[eu.earthship@gmail.com](mailto:eu.earthship@gmail.com)**

<<< Important: We will NOT be building an Earth- ship but we are retrofitting an existing structure, building with natural materials, while learning about the other Earthship principles. >>>