

The Family of Nature and the Nature of Family

February 24th-27th 2017
Gurukula Botanical Sanctuary



Nature expresses itself through bodies, the human body included. We are wild to the core, in every cell of our beings. The disconnect with the natural world begins most often with our own bodies.

Nature expresses itself through relationships, human-nonhuman relationships included. We are all connected. The breakdown of planetary ecology contains within it the breakdown of relationships at every level; between ourselves, and also with plants, animals, and the land.

“Behaviour exposes the content of consciousness”, said J. Krishnamurti. It is in families that we learn behaviour, of what’s appropriate and what’s not.

It’s long past time we asked, how does nature shape our behaviour, how does it shape our consciousness# when we open to it?



At Gurukula, the teacher (guru) is nature. We are the family (kula) of nature.

Welcome to this lively huddle of interconnected beings!

We've so enjoyed having youngsters here, we thought it might be fun to do something with parents too. While the upcoming activities are focussed on the child, the idea is to explore a different way of growing a family, one that is inclusive of other species too!

This weekend with families is really about relationships; parents and children, humans and non humans, where conventions can be kept aside for a short while so that the wild can meet us on its terms and show us how a richer, and more convivial world is possible.

In part this weekend is to re-awaken our bodies, and our natural sensitivities. In part it is to re-awaken human bonds and raise meaningful questions.

In this forest, we are witness to many ways of living, communicating, and relating. We see that creatures raise their young in all kinds of ways. It seems community prospers, as do individuals.



The activities and modalities used in this workshop are simply teasers from a life long journey, arising out of the many years of work with youngsters, and with plants and animals in this place. We are not experts, nor fitness and exercise teachers. Rather, we believe the natural world has more to offer than any specific science or training, and that the real experts are the wild ones.



Weekend Highlights:

- The riot of creatures: 3000 species of plants, 240 species of birds, frogs, snakes, butterflies galore, and many more.
- The wonder of human senses: opening to the wild.
- The elemental body, our natural strengths.
- Stillness, Alertness and Instinct: where does one end and the other begin?
- Relaxation, rest and release.
- Supporting the Land and each other: gardening and cooking
- Sleeping under the stars, or in a shelter in a valley.



Specific activities include: riverwalking, discovering plants, birdwatching, treeclimbing, games, swimming, art, gardening, cooking, and more.

Contact: Suprabha: jungler@gmail.com. You can also call me on 09448059414. If you can't get through send me an SMS. As a last resort, call the Sanctuary's (temperamental) landline on 04935-260426 and leave a message and number, and I'll call you back.

Fee: Let's talk about it!

Things to bring: Sleeping bags, torches, personal toiletries, swim gear, warm clothes, rubber chappals.

Arrival by February 24th evening
Departure Monday night or Tuesday morning.

Please know that you will be staying in a community. There are no special facilities or services for programme participants. Accommodation is basic, bathrooms are shared. Wifi is available.

