Press Release
23 September 2015

Exciting new course “Getting to the Heart of Permaculture Design”

Transition Cambridge is hosting an exciting opportunity to learn how to redesign our homes, food gardens and communities to be more sustainable in ways that work well, are easy to manage and cost effective.

As the Course facilitator and an ecologist, Dr Wendy Seabrook says "nature has had millions of years to fine tune the design of productive, self-maintaining, resilient and sustainable systems. Healthy, natural ecosystems do not produce waste or pollution, or need anyone to spread mulch, fertilisers, control pests, weed or mow, they take care of these things themselves!"

This doesn’t mean ‘going back to nature’. Instead we use the toolbox of Ecological Practices and Permaculture design tools in ‘Getting to the Heart of Permaculture Design’ to help us mimic the functioning of natural ecosystems and gain the benefits we are after.

Dr Wendy Seabrook, the creator of the Ecological Practices, is an innovative thinker, a hands-on ecologist, permaculturist and community facilitator, with the wisdom and knowledge that comes from many years’ experience applying her expertise in a variety of different contexts and environments.

Course participants will receive support in using and understanding the ecological rationale behind these Ecological Practices, together with lots of constructive and inspirational ideas from other projects around the world.

The course will run for four days from Monday 28th September at the Cambridge Sustainability Centre, near Cottenham. For more information and to book, see the Transition Cambridge website: [http://www.transitioncambridge.org/heartofpermaculturedesign](http://www.transitioncambridge.org/heartofpermaculturedesign)

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For more information:

For more information on this press release please contact Dr Wendy Seabrook on 01223 890159 or wendyseabrook@westnet.com.au.

For more information on Transition Cambridge and on bookings for this course, please contact Anna McIvor on 07811 069561 or anna.mcivor@gmail.com.

Full information about the course can be found here: [http://www.transitioncambridge.org/heartofpermaculturedesign](http://www.transitioncambridge.org/heartofpermaculturedesign)