

# Introduction to Permaculture

**A two day course on consecutive Saturdays**

A thought-provoking insight into the ethics and principles of permaculture, and how to apply them to your everyday life.

Permaculture is a practical design system for sustainable living. It offers an ethical, creative and inspiring response to the global challenges of climate change and peak oil.

With Nicole Freris, Permaculture teacher, GP and Holistic Health Practitioner.

**Saturdays**

**10 & 17 March**

**9.30am-5.30pm**

**Cost: £75 earlybird rate**

**if booked by 25 Feb. Full price £90**

**Limited concessionary places £45 – please enquire**

Venue: Ransom's Pavilion, end of Alexandra Road, Hitchin, SG5 1RB. Please bring a packed lunch.

To book please ring **01462 459144** or **621586** or visit:

**[www.trianglegarden.org](http://www.trianglegarden.org)**

