

A Weekend to Reconnect with Nature and Yourself



Nature Connection

WHY JOIN US?



Nature Site (Saturday Activity)

GOOD FOR EARTH, GOOD FOR US

Overwhelming technology, social media distractions and urban consumption has taken us to a point of disconnect and anxiety. We often tend to prioritize short-term convenience and satisfaction over long-term health and happiness. It would not be wrong to say that we have messed up our priorities, while messing up the very environment that supports and nurtures our present and our future.

So how can we retrieve our inner Self and find peace amongst the chaos? What are the ecological values that we carry with us along our lives that help guide our decisions and actions? How can we make these values a part of our everyday lives?

Join Green Initiatives for a weekend program inspired by the values of Deep Ecology and the transformative experiences of 'The Work That Reconnects' at the charming Camphor Tree Valley boutique hotel, nestled in the remote village of Lijikeng by the Siming Mountains in Zhejiang province.

We are offering a range of activities to develop your Ecological Self because we believe that by experiencing the beauty of nature and feeling its powerful connection we are inspired to take action that are **good for earth**, and thereby, **good for us**. You will re-discover what it means to belong to the land and be in communion with nature.

FOCUS

- Reflection on the values of Deep Ecology and the development of ecological wisdom.
- Sharing activities and spaces where one can experience nature connection and a sense of belonging.
- A better understanding of what it means to be indigenous to the Earth

WHAT IS 'DEEP ECOLOGY' & 'ECOLOGICAL SELF'

Preparing The Ground

Deep Ecology is an ecological and environmental philosophy promoting interconnection and diversity by endorsing the inherent worth of all beings regardless of their utility to the human community. It involves moving beyond the individualism of modern cultures towards seeing human beings as part of a global ecosystem.

Preparing The Ground & Introductory Session

This introductory session will be organized in Shanghai, several days prior to the weekend activity. While this event will be open to the public, participants in the weekend are



Village Temple in Honor Of The Ancestors

required to join one of the introductory sessions (16 or 23 May at 7pm, WeWork, Hunan Road 328) to make the most out of the weekend activity. The goal of this session will be to introduce the subject of Deep

Ecology and prepare the group to our activities during the weekend.

All the sessions will be delivered in holistic format in English. Overall group size will not exceed 20 participants.

SCHEDULE

ALL SESSIONS ARE OPTIONAL



Saturday hike

Friday

18:30 - Meeting at gathering point (location tbc)

19:00 - Bus to the Camphor Tree Valley Hotel, Lijikeng (around 5 hours)

22:00 - Arrival at the hotel. Check in.

Saturday

6:30 - 7:00 - Light fruits/snacks available

7:00 - 8:00 - Activity: Meditation, Yoga and Stretching (*optional*)

8:00 - 9:00 - Breakfast

9:15 - 10:15 - Activity: Hike to the Riverside

We will walk for approximately 1 hour to a beautiful riverside.

10:15 - 13:00 - Activity: Nature Connection and Deep Ecology

The activities are focused on connecting one with the natural world and to oneself. We will gather in circles, have group activities, reflection and alone time in nature.

13:00 - 13:45 - Packed vegetarian lunch

13:45 - 15:00 - Reflection

15:00 - 16:00 - Walk back to the hotel

16:00 - 18:30 - Free time; hotel pool and hot tub is open

18:30 - 19:30 - Dinner

19:30 - 21:30 - Activity: Fire Circle and Night Time Gathering

This activity is focused on our group, reflecting about earlier activities, gathering under the night sky to share stories, inquire the values of deep ecology.

21:30 - End of day's activities; hotel pool and hot tub is open.

SCHEDULE

ALL SESSIONS ARE OPTIONAL



Saturday hike

Sunday

5:30 - 6:30 - Activity: Dream Circle inspired by indigenous Amazonian's tribe. *(optional)*

During approximately 50 minutes, before the sunrise, we will sit in circle around a fire and share our dreams. It is believed that our dreams may inform our day and to "wake up" with the sun is a form of being connected with the cycles of the natural world. Reflection time.

6:30 - 7:00 - Light Fruit Snack Available

7:00 - 8:00 - Meditation, yoga and stretching *(optional)*

8:00 - 9:00 - Breakfast

9:15 - 1:00 - Activity: Village Outing and Ecological Wisdom

We will walk together and gather at the shrine of the village for short our ecosophy experience (ecological wisdom). Village exploration. Gather back at the shrine for reflection.

12:30 - 13:30 - Lunch

13:30 - 14:30 - Free time and check out

14:30 - 15:45 - Activity: Final Reflection Circle

Gathering in private room of the hotel to reflect and conclude our weekend.

18:00 - Boarding the bus to Shanghai

22:00 - Expected arrival in Shanghai; dinner en-route

ACCOMMODATION & FOOD

CAMPHOR TREE VALLEY HOTEL

The group will stay in a beautiful and comfortable hotel tucked in the ancient Lijikeng Village. You can choose to stay in private or shared rooms (2 people per room). During your stay you are welcome to use the hotel pool and explore the charming village it is situated in.

All meals are included from Saturday to Sunday. Indulge in delicious vegetarian Chinese food. Please let us know of your dietary requirements, if any.



PROGRAM FEES INCLUDES

2-night accommodation

Transport from Shanghai to Hotel - return

Meals (2 breakfast, 2 lunches, 1 dinner and 4 snacks)

All activities and facilitation support

Certificate of participation by Green Initiatives

On a shared-room basis: **2,940rmb**
(max. 2 occupants per room)

For private room: **3,620rmb**

*Fapiao*s may be provided. 6% VAT fees will be applicable in addition to the above.



JOIN US

REGISTER NOW

FACILITATOR



The program is facilitated by Green Initiatives' Program Manager and Social Ecologist, Maria Souza. Maria's mission is to engage people with the natural world and foster a reflection about our presence on Earth. Maria holds a Masters Degree in Ecology and Spirituality from Schumacher College in partnership with Trinity Saint David University in the UK. Previously worked with storytelling and project management in wild areas in Brazil, Botswana, Myanmar and Thailand. Maria will be the facilitator guiding the trip and supporting the learning journey.

Read more about her [journey here](#).

ARE YOU COMING?

To register for this session, scan the QR code below or visit this link <https://yopay.cn/event/natureconnectionweekend>

