

Grow with the land

Basics of Natural Farming & Permaculture

May 13 – 17 and June 12 – 16 2026 | 7:30 – 11:30 AM | Shunya Farm, Upper Bir



A 5 DAY HANDS-ON WORKSHOP designed to introduce you to the principles, mindset, and practices of soil care, and the art of cultivating a food ecosystem.

Day 1 – *Roots & Soil*

Natural farming, permaculture, and soil building

Day 2 – *Tools & Techniques*

Pot mixes, bed prep, tool use, de-weeding and mulching.

Day 3 – *Cycles of Life*

Sowing, transplanting, plant friends and water needs.

Day 4 – *Resilience & Rhythm*

Climate shifts, farm realities, maintenance and management

Day 5 – *Harvest & Reflect*

Seed saving, community harvest and closing Farm Fresh Feast.





YOUR CLASSROOM

Shunya Farm by Seeds and Deeds, Bir's oldest permaculture site, is a living example of regenerative living—honoring Earth, nurturing well-being, and building systems that support life and livelihood.

YOUR FACILITATOR

Jeewika Bhat - A practitioner of regenerative living, natural farming and permaculture for over a decade, she combines hands-on land work with theoretical know-how to create practical and transformative learning spaces. Her courses invite participants into a process of self-discovery, where shifting worldviews and reconnecting with land, food, and community are as important as learning skills.



REGISTER AT

<https://forms.gle/JbEai5xrvDT3VxxR8>

Workshop fee: 5000 INR

For queries +91-9990922350



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