



A LIVING CLASSROOM IN THE HIMALAYAS

Workshops, Courses and Residencies
in Permaculture, Natural Farming &
Regenerative Living.

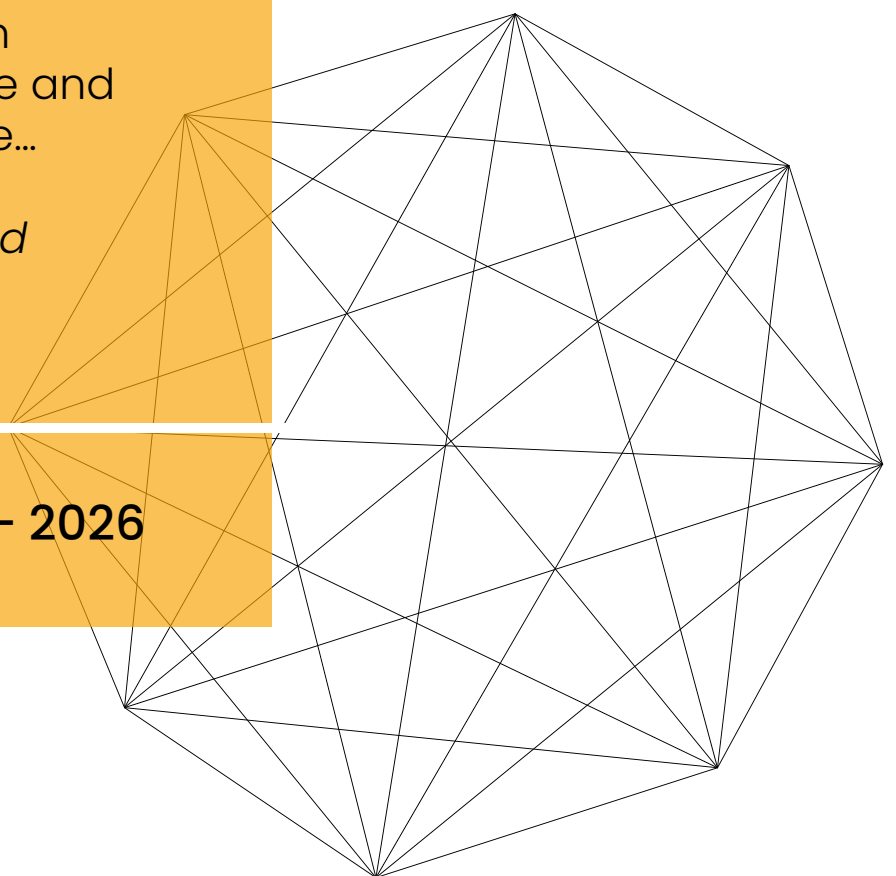
Hosted by Seeds and Deeds,
at Shunya Farm, Bir, Himachal Pradesh
— the region's oldest Permaculture site and
our home — a lush, working landscape...

*where seasons shape the syllabus and
Earth is the ultimate teacher.*

EARTHWISE RETREAT PROSPECTUS- 2026



seeds and deeds



RESIDENTIAL RETREAT

4 days | Food and accommodation included

Earthwise: A regenerative journey

4-day residential course on food, land, health & self-reliance



EARTHWISE IS NOT JUST A COURSE—IT'S A PAUSE. A quiet, immersive invitation into how we live, how we care, and how we create systems that sustain us.

Live in our 75-year-old farmhouse, eat from the land, and intimately experience the rhythms of regenerative life.

Through this course you will not only learn skills and mindset required to build a regenerative life, you will also learn how to 'think like an ecosystem' and where to create ripples by taking small and big actions/deeds.

Day 1 – *Why Regenerative Living?*
Introduction to Permaculture and purpose

Days 2 & 3 – *Threads of a Regenerative Life*
Food systems, farming, homecare, health, and livelihood.

Day 4 – *Blueprinting Your Life*
Design tools, collective reflection, and closure

REGISTER AT <https://forms.gle/4nbzjc7r2HYVKBkn8>
Class size: 6 learners only, apply soon!
Retreat fee: 15000 INR



Retreat Dates: DECEMBER 2026
Exact schedule TBC

WHO WE ARE

Founded in 2021, Seeds and Deeds is an ecological enterprise based in Bir, Himachal Pradesh. Our work spans natural farming, Permaculture, soil restoration, biodiversity conservation, regenerative design, and land-based education. From seed-saving to system-thinking, we support individuals and communities in growing with the land, not just on it.



YOUR CLASSROOM

Shunya Farm by Seeds and Deeds, is a 13-year-old Permaculture site and a living example of regenerative living—honoring Earth, nurturing well-being, and building systems that support life and livelihood.

Here, we offer slow, land-based learning in small groups that allow for personal attention and honest inquiry. Our programs are shaped around your context—honouring the questions you bring, the pace you need, and the shifts you're ready for.

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.



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LET'S CULTIVATE ECOLOGICAL INTELLIGENCE.

LEARN MORE AT
www.seedsanddeeds.com

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