



# Permaculture for Health Practitioners

## One-Day CPD Course

with Lusi Alderslowe and Lexington Love

**Healing Through Design.**

**Permaculture Approaches for Health Practitioners.**

A one-day CPD exploring how permaculture principles can support health, wellbeing and community resilience in professional settings.

**This course introduces health practitioners to permaculture as a regenerative framework for wellbeing.** Through experiential activities, discussion, outdoor exploration and reflection, you'll discover tools and perspectives that enhance resilience, balance and whole-systems thinking in your work.

**Delivered by Circle of Life Rediscovery in partnership with Brighton Permaculture Trust** – a registered UK charity dedicated to permaculture education and regenerative land-based learning.



**Monday 14 September 2026**

9.30am-4.00pm



**Outdoor location near Brighton or Lewes, East Sussex (tbc)**

**£85 Limited places**

**BOOK YOUR PLACE**

**[circleofliferediscovery.com](http://circleofliferediscovery.com)**



# Permaculture for Health Practitioners – Supporting your practice to flourish

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## Why this day matters

Health systems face increasing pressure, and many practitioners are seeking ways to **support wellbeing that bring resilience, balance and connection** into their work.

• **Permaculture offers a whole-system framework rooted in ethics** and observation of living systems. This CPD day blends theory with hands-on ideas and outdoor exploration, helping you integrate permaculture thinking into your professional context.

## What you'll experience

- leaf An introduction to permaculture ethics and principles from a health perspective
- leaf Activities that invite reflection on wellbeing, environment and client care
- leaf Discussion and practical ideas for designing supportive spaces
- leaf Outdoor time to notice, explore and connect with natural systems

## You'll leave with

- leaf A clear understanding of how permaculture can enhance your work
- leaf Practical tools for resilience, balance and community connection
- leaf Fresh perspectives on sustainability and system change
- leaf Ideas you can bring straight into your professional role

*This course is ideal for therapists, counsellors, health coaches, social prescribers, nurses, GPs, community workers and anyone interested in regenerative approaches to health and wellbeing.*



Visit: [circleofliferediscovery.com/cpd-training/  
permaculture-for-health-practitioners/](http://circleofliferediscovery.com/cpd-training/permaculture-for-health-practitioners/)

**Circle of Life Rediscovery (CIC)**

Nature-based learning, healing and connection

