

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



Permaculture for Health Practitioners – Supporting your practice to flourish

with Lusi Alderslowe and Lexington Love



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

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

You'll leave with

- 🌿 A clear understanding of how permaculture can enhance your work
- 🌿 Practical tools for resilience, balance and community connection
- 🌿 Fresh perspectives on sustainability and system change
- 🌿 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/

Circle of Life Rediscovery (CIC)

Nature-based learning, healing and connection

