

Permaculture in Beautiful Paradise Valley.

10 minutes from **Chico Hot Springs** and less than 40 miles to **Yellowstone Park**

Cost:

Pre-register:

\$370 includes course, textbook, 5 vegetarian meals and 2 nights
(after 4-3-10 price is \$425)

\$299 includes course and textbook
(after 4-3-10 price is \$350)

Training Features

The class will be filled with nuts, bolts, how-to's, insight, inspiration and know-how. We will also visit one or more nearby properties and experience implementing important permaculture techniques.

Class Schedule :

Check in: Friday 6:00 – 6:30pm

Friday April 30th Promptly at 6:30 pm– 9:00pm

Saturday May 1st 9:30 am– 9:00p

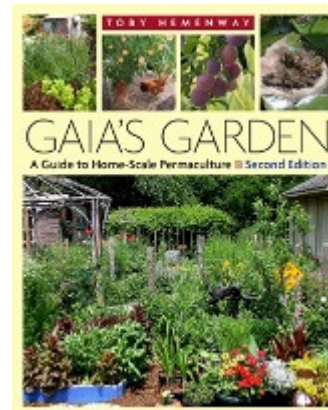
Sunday May 2nd 9:30 am– 5:00pm

Additional Class Information

Class Textbook
(Included with Registration)

Gaia's Garden
The New Edition
by *Toby Hemenway*

The text is mailed directly to students shortly after registering..



Gaia's Garden - The New Edition (2nd Edition)

When people ask us what book they should buy to get a good understanding of permaculture, we recommend this book by Toby Hemenway. Even though this 4-day permaculture intensive is not just about gardening, Toby does a great job on explaining the basics of permaculture, and in this new addition he has added more information about the urban landscape.

Gaia's Garden goes into great detail on specific permaculture techniques, such as: organizing your garden in to "zones", creating and maintaining your fertile soil, and explanations about companion planting and permaculture plant guilds. The book also contains many helpful charts and illustrations.

All students are asked to read the full text before the weekend training begins. This will ensure a greater learning experience.

Instructors:



Lead Instructor Bill Wilson

Bill holds two PDC Certifications as well as completing Advanced Permaculture Training.

He is Co-Founder of Midwest Permaculture with his wife Rebecca. They have lived the last 31 years in a sustainably oriented community, being intimately involved in its daily life and various transitions.



Mona Lewis (pictured) has a degree in Elementary Education, Library Media Science, certification in Advanced Biofeedback and certification in Permaculture Design through Midwest Permaculture. Mona is appreciative of spending any spare time out in nature and creating kitchen gardens whenever her life situations did not allow her to plant an outdoor garden!

Michele Evans

Joining Mona and Bill will be other experienced local gardeners and permaculturists, such as **Michele Evans**, who has been a resident of Montana since 1978. Her great grandfather owned a truck farm in N.Y. Her grandfather enjoyed gardening in N.Y. Her mother grows all her own food and seeds in CA. Michele is a Montana Master Gardener and an instructor of the Ecology Action way of food production from Willits CA. **Michele has been gardening and saving seeds in Montana for 32 years!**

Class Preparation

Those wishing to receive the class textbook ahead may contact Mona and have it sent upon registration or a month early.

Don't forget the Free Introductory Webinar - Thursday April 1, 2010

Whether one is planning on taking the weekend training or not, this webinar is open to everyone. It will be a great way to learn about permaculture from Bill Wilson.

All you need is a computer and a telephone.

7:00pm – 9:00pm – Mountain Time

Contact Mona Lewis 406-222-7876 or monaleelewis@gmail.com

Our Venue

The Nordblom American Institute of FootZonology®

178 Mill Creek Road, Paradise Valley, Livingston, MT

<http://www.footzonology.com>



Lodging Accommodations:

1. At the class location a one night or two night stay at Norblom's is available in a shared room setting very reasonably priced. See the class fee, only \$71.00 more for a two night stay and 5 vegetarian meals. Call Mona at 406-222-7876.
2. Also near by: Chico Hot Springs 406-333-4933 Main Lodge guest accommodations are quaint and cozy, and smaller than average size hotel rooms. Several rooms have bathrooms while others use bath facilities located throughout the building. Rates range from \$49 to \$89.



Daily Schedule for meals (order upon sign-up)

Breakfast will be served by 8:30 am each morning (\$8). Lunch will be served between 12:30pm – 1:30pm (\$12) on Saturday and Sunday. Dinner will be served between 5:30pm – 6:30 pm on Saturday. Meals will be supplied from the local community; mostly organic, and whenever possible, prepared with locally raised foods. Coffee, tea and water are available throughout the day as well. Bring you own snacks.

About The Nordblom American Institute of FootZonology®

The Company was originally founded in 1990 by Hans and Katri Nordblom, native of Sweden, to respond to the needs of students for training and classes in ZoneBalance and ZoneAnalysis. Since 1989, there have been 75 graduation classes for students receiving full certification in ZoneTherapy (1989-1994), in ZoneBalance (1995-2001) and in FootZonology® (2002-2007). Countless additional students have taken individual classes and seminars on a wide variety of health-related topics (**Aroma Rejuvenation** and Body Restoration). The Institute has been featured in major natural lifestyle magazines.

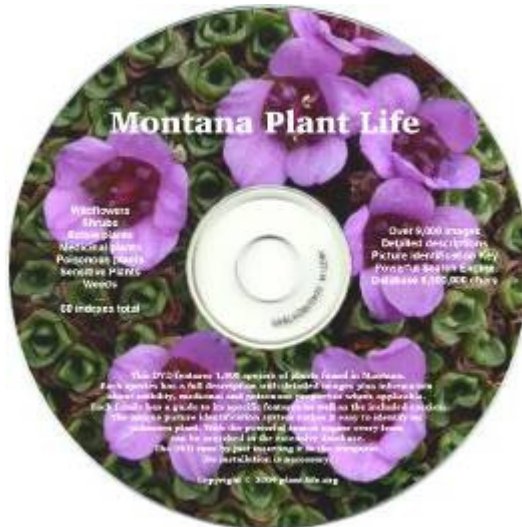
Katri and Hans have resided in Paradise Valley, MT for more than 18 years, where Katri has focused on developing the advanced rejuvenation methods which she currently offers for the Institute in classes, seminars and health retreats around the world .Many students over the years have taken advantage of the opportunity to learn these unique and powerful methods to balance, rejuvenate and restore the body. Check out their website for their extensive backgrounds and knowledge they have collected about plants.
<http://www.footzonology.com>



Welcome to Montana Plant Life!

This web site (<http://montana.plant-life.org/index.html>) presents a wide variety of Montana wildflowers and other plants growing in the wilds of Montana. The flora of Montana is very varied and contains many species which range extends from the Pacific Northwest region as well as from the Great Plains. The site includes edible plants, medicinal plants as well as poisonous plants with sub-categories for edible roots, poisonous berries etc. Choices can also be made for displaying introduced vs. native plants and weeds. On the left menu there are indexes for English and Scientific names, plus all presented species ordered after families. There are also lists for flowering month and plant types, for a total of 31 different indexes. Each presented species has its own page with pictures, a full description and, if applicable, information about edibility, medicinal and poisonous properties. The plant search engine from the title bar above can be used to search the entire plant identification database for any words or phrases, for example "lily", "arthritis", "Lewisia", "cancer" etc. If a name is not found in the indexes, it can often be found from a search instead. Each presented plant family has its own page with a description of its unique characteristics plus a plant identification online guide with pictures, short descriptions and links to the species that belong to it.

The menu on the title bar above is the main navigation of the site. On the plant identification page, flower color, number of petals, leaf type etc. can be selected to find an unknown plant. This unique online plant identification system uses easy choices and images instead of a traditional plant identification key to arrive at the correct species. The site is created with the intent that anybody, without much prior knowledge about botany, should be able to identify and find information about Montana wildflowers and plants in general from the Montana flora. Therefore the guides on each family and genus page have also been set up to use easily recognizable features about the plants and, in addition, the images can be used to find the correct species.



The 2009 version of the Montana Plant Life DVD is available, featuring 1,800 species in 161 plant families, with over 9,000 images, and a text database comparable to several books.

[See full list of features](#)

A **[Plant and Wildflower DVD](#)** is available for purchase and with the same functions for search and identification as this web site, the link is also found on the menu above. A major advantage of using the DVD is that it can be taken into the field on a laptop. And, of course, the DVD contains over 1,500 more species than the web site, which will contain its present 250 species and serve as a preview. Suggestions, comments or questions are more than welcome, and can be entered on the form provided from the menu. We are especially interested in knowing about any errors that may be found on any page, or possible inaccuracies in the results from making choices from the plant identification page.

Disclaimer: Montana Plant Life does not warrant or assume any legal liability or responsibility for the accuracy, completeness, or usefulness of any information disclosed. Any information from Plant-life.org about edibility, medicinal use, or any other use, is for informational purposes only, and is not intended to be used for practical applications. If readers use information from Montana Plant Life in any way, they do so at their own risk.