

MACEDON RANGES SUSTAINABILITY GROUP PRESENTS

SUSTAINABLE LIVING FESTIVAL

06 • FEB • 2010



SCHEDULE OF EVENTS

LOCATION:

10.00 am
10.00 am – 11.00 am
11.00 am – 11.30 am
11.30 am – 12.00 pm
11.30 am – 2.00 pm
12.00 pm – 12.30 pm
12.00 pm – 4.00 pm

4.00 pm
5.00 pm – 8.30 pm

NEIGHBOURHOOD HOUSE HUB GARDENS

Exhibitor stalls open
Food Group - Food Exchange
Food Group - Permaculture Garden Tour
Food Group - Fruit Tree Pruning Demonstration
BBQ & local organic produce
Food Group - Chooks in Permaculture
Bicycle Maintenance Basics Workshops with David McMunn, Woodend Cycles

Exhibitor stalls close
Live music and BBQ and local produce or BYO picnic and drinks

LOCATION:

10.00 am – 4.00 pm

10.30 am – 11.20 am

11.30 am – 12.20 pm

12.30 pm – 1.20 pm

1.30 pm – 2.20 pm

2.30 pm – 3.20 pm

3.30 pm – 4.20 pm

INSIDE MRSRG SUSTAINABILITY CENTRE (Rear Neighbourhood House - enter by side door)

Massage – by Massage Therapy, Natalie Taranto (bookings essential at MRSRG stall)
Note: no massages between 12.30 – 1.15 pm
Draft proofing and secondary glazing – The Quiet Achievers- by Lyn & Maurice Beinet, ecoMaster
Communication and Relationships – by Sam Luxemburg – The Lux College (Trained Psychologist). Learn how to grow strong and fulfilling relationships! (bookings requested at MRSRG stall)
Yoga – by Kym Oliver, Caitanya Yoga. Participate in and learn the benefits of Yoga. (bookings requested at MRSRG stall)
Meditation – with Margo Field (Trainer meditator and hypnotherapist) Learn how to truly relax and de-stress. (bookings requested at MRSRG stall)
Sustainable Building Design & Indoor Air Quality – by Bernard Desormeaux, Air2energy Pty Ltd
'Econospace' – Building Sustainable, Affordable Shelters – by Peter Cowman from The Living Architecture Centre



Sustainable House Tours will be conducted on Sunday 7th February 2010. Sustainable House Tour Guides are available from the MRSG stand at the Festival or at the Woodend Tourist Information Centre. Cost \$7.00, members free.

Events Coordinator:

Robert Brunton - 0408 319 660