## Learning to honor what sustains us

This unique
residential program
offered by the
founders of
Mentoring for
Peace and



"A Teenage girl reflecting on her gifts"

Wilderness

Project, immerses teens, aged 13-18, in a community supported environment where they learn essential vocational and life skills:

- · Natural Building
- · Permaculture Design
- · Ecological Stewardship
- · Essential hands-on Life Skills
- · Community Interdependence



"Building with cob as a community"

"Sharing your unique, inherent gifts in a way that builds community, nurtures family and stewards that which sustains you"



"Nurturing a coal from a friction fire into flame"



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Quail Springs is a 450 acre learning casis and permaculture farm in the Santa Barbara backcountry



Quail Springs Learning Oasis and Permaculture Farm

"Apprentorship" Life Skills and Vocation Program

3-Week Residential Program for Teens aged 13-18



"Learning skills to I ive sustainably"

www.QuailSprings.org



"I have had so much fun here, this was such a life-changing experience" - a Teen at Quail Springs



Working to build a farm for future generations

This 3-week residential intensive gets its name from the weaving of a traditional apprenticeship of focused learning of particular skills with the life navigation guidance of mentoring relationships...hence we call this our Apprentorship program.



This residential intensive immerses the willing participant in a deep rooted learning environment where they will gather many understandings and experience in natural building, permaculture design, applied ecology, sustainable food systems, composting, energy orders, simple aquaculture, ecological restoration, stewardship, creative expression, nature appreciation and awareness, personal and community awareness and relationship building, "old way" earth skills, the discovery and expression of their inherent gifts and many other activities and learning in the heart, around the farm and in the wilderness.

## A few words from Teens

"You've taught me so much about my life that I didn't know." "Thanks a million for everything, Cuyama has changed my life!" "I feel at home when I'm here, I can't wait to come back."

Come Join us in creating a "big" story for your life through this learning adventure

Dates: July 3-23, 2006 Cost: \$1,500 (includes camping, food, instruction, mentoring, materials) (Partial Scholarships possible)



Facing one another in a circle, sharing, list ening, and learning

## Sample of program activities.

- Building with natural materials (cob, straw, trees, recycled lumber)
- Basic hand-eye-heart coordination skills
- Tree planting
- · Exploring the surrounding mountains
- Constructing gabions for water restoration project
- Planning and planting a vegetable and herb garden
- Digging water saturation swales
- Sculpting with local harvested stone
- · Tending to the farm animals
- Working with fiber
- Sharing at the campfires
- Setting intentions for your life path
- · Swim in the cool pond
- Map, mark and dig a food forest water saturation swale
- Share your experiences with others around a campfire
- · Learn to create with your hands
- Spend time at a fire you built and lighted with only sticks and cordage



"Fire brings us together and kindles our hearts"