



What is your inner climate status? How can we nourish ourselves to nourish our environment?

Welcome to the Inner Climate Souk...

A place of rest, rejuvenation, search, discovery, flow, laughter, connection, reflection, and expression. A joyful learning village where attention is brought to the inner environment of our selves and our expression of it in our home and life surroundings.

Where you'll find...

A variety of goods for health and wellbeing in circles of conversations, systemic constellations, interactive presentations, generative dialogues, art, music, theatre and a live photographic gallery. Enjoy the opportunity to lead your own workshop or conversation to transform your inspirations and ideas into realizable actions and concrete steps.

Come, come all...

Whatever your age, whatever your background – everyone is welcome in a souk. Bring your friends, burning questions, and presence - share your journeys together!

And be connected globally...

With other Inner Climate Learning Villages occurring throughout the world during the COP15 Climate Change Conference in Copenhagen - villages bringing “heart” and nourishment into climate change discussions. Sharing our experience and learning with each other across the globe through virtual formats.

Souk opens...

Saturday 12th December, 09:00-17:30

Sunday 13th December, 09:00-17:30

Makarem Residence, Souk-el Gharb, Mount Lebanon

In nature overlooking the Mediterranean sea, 20-30 minutes from Beirut

Come from Khaldeh/Bshamoun or Hazmieh/Bsous or Aley

(a map will be provided upon registration)

Bring your jackets, colorful shawls and warm smiles

Contribution: \$150 both days/ \$80 per single day for adults

\$50 both days/ \$35 per day for 15-18yrs

Nourishing Our Inner Climate

An invitation to an inner exploration of wellbeing will be hosted on Saturday 12th December, 2009.

09:00-13:00

Morning Session/Theme: Inner Sensing

Check-in: connecting our inner and outer climates

Exploring our Senses and our connectedness– offered through visual and experiential activities

Collective Dialogue Café on our inner climate needs and transitions

13:00-14:00

Mid-day/Lunch

14:00-17:30

Afternoon Session/Theme: Inner Connection

Nourishing The Body, Nourishing The Soul (Walid Khairallah, M.D.)

Open Market Place – a time for initiating and attending 'stands'

Check-out

Inside-Out: Expressions of Our inner climate

An invitation to explore the causal relationship between our inner self and outer reality will be hosted on Sunday 13th December 2009.

09:00-14:00

Morning Session/Theme: Creative Outer Expression

Check-in: artistically connecting our inner and outer climates

Exploring our Space

Sustainable way of life (Maya Karkour/EcoConsulting)

Exploring what a space of joy, meaning, and possibilities would look like in Lebanon through theatre improvisation (Junaid Sareddeen/Zoukak Company)

14:00-15:00

Mid-day/Lunch

15:00-17:30

Afternoon Session/Theme: Creating our best climate

Open Market Place – a time for initiating and attending 'stands'

Check-out

Hosted by:

n - applied research Creativity Community
(www.nxchange.blogspot.com)

Pre-Registration by 9 December:

halamakarem@gmail.com /03-200716

Community Process Hosts:

Hala Makarem, Sharon Moreham, Julie Arts

Documentary Photographer:

George Haddad

Innovative Social Technologies:

World Café (<http://www.theworldcafe.com>)

Open Space (<http://www.openspaceworld.org>)

Art of Making a True Move

(<http://www.arawanahayashi.com/truemove.htm>)

Process Drama

International Inner Climate Village:

http://web.me.com/tokemoller/Inner_Climate_global_village/Welcome.html

