

DISCOVER YOUR INNER PEACE

three days with animals and plants on the farm



Do you want to come in contact with your inner peace? Are you longing for the simple and the genuine? What if it is easier than you believe. Let us try for real. Together. With ourselves and with the animals and everything else that grow on the farm.

On our small organic farm in the middle of Tiveden, we live together with our mountain cows, sheep and lambs, hens and chickens and the two cats Tiger and Panter.

The cultivations are divided between a kitchen garden, herbal garden, forest garden and a rather large green house.

The farm is surrounded by grazing areas, deep forests and on walking distance you will find the crystal clear lake Unden.

Welcome to stay with us to find peace, quiet and balance in your life.

On next page is more information of the program.

Time: Thursday July 5, 19.00 - Sunday July 8, 11.00. (check-in at 18.30)

Place: Hemma hos Martha & Anders, Perstorp, 69597 Tived, Sweden. For location and directions:

www.marthaochanders.se/contact/

Register before June 5 to Martha, martha@marthaochanders.se, +46762090945.

Coaches: Anders Tivell and Martha Thernsjö as well as the animals and plants on the farm.

Fee: 3500 SEK incl TAX. The fee includes all meals, accommodation in shared bed rooms, linen and bath towel, our coaching as well as material for writing, drawing and painting and yoga mats.

Would you like to come another time? Call or e-mail Martha if you are group of 8-12 persons that would like to come another date.

A day on the farm.....

We will start in the morning with yoga or qigong, before breakfast, you will take part in the work with the animals and the plants on the farm.

There will be several opportunities to paint, draw or write if you prefer that, but most of all we invite you to just relax and be with what is on the farm. We will sit in the green house, on the grazing fields with the sheep or in the forest garden, socializing with the hens and chickens or maybe just watching the bees and the butterflies in the herbal garden.

Together we will cook our meals with ingredients that we harvest in the green house or in the kitchen garden.

We will do silent walks through the forest to the lake where you can swim in the clearest of waters.

Practical information

The food is mostly vegetarian but we also eat fish. The food is organic and/or locally produced and we create the meals based on seasonal availability.

We offer accommodation in shared rooms; 3 twobeds-room, 1 threebeds-room and 2 fourbeds-room. For single room an additional fee is 250 SEK/night. Free use of sauna.

Bring comfortable shoes and clothes for sunny as well as rainy weather. Also slippers, swim suit and clothes for yoga.

We provide material for painting, drawing and writing and yoga mats can be borrowed.

Recommendation

The Tiveden National park can be reached by bike from our farm. It offers fantastic hiking in untouched nature. If you want to visit the national park before or after your stay with us, you are welcome to book accommodation with self catering and borrow or rent bikes.



Anders Tivell & Martha Thernsjö

Anders is a forester with long experience from SLU and from working with local communities in Africa and the north of Sweden. Martha is a communicator with long experience from the business world. In

2010 they both moved to Tiveden and now run the farm Perstorp full time. Read more about their work and philosophy at www.marthaochanders.se.

Welcome to our farm

Our farm is located in the deep forests of Tiveden. It is pretty small but our ambitions are high. We want to show the world that it is possible to live in harmony with nature and live with high comfort and quality of life.

The food we cook is organic and the paint we use is edible. We strive to be self-sufficient and our cultivations and forest garden give us vegetables, fruit and berries.

We want to be a meeting place for exchange of thoughts and ideas and a source for inspiration – on the farm people meet to talk about new ways for sustainable living. High ambitions, but also very pleasant and cosy.