<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Speakers</th>
</tr>
</thead>
<tbody>
<tr>
<td>09:30 - 10:10</td>
<td>Welcoming Remarks</td>
<td>Patrick Holden, Sustainable Food Trust; Guy Aylings, Warden, Llandovery College; Huw Richards, Head boy, Llandovery College</td>
</tr>
<tr>
<td>10:10 - 11:00</td>
<td>Ignite Speeches</td>
<td>Invited speakers</td>
</tr>
<tr>
<td>11:00 - 12:30</td>
<td>Exploring the Harmony Philosophy and Principles</td>
<td>Harmony: A New Way of Looking at our World</td>
</tr>
<tr>
<td>12:30 - 14:00</td>
<td>Lunch</td>
<td>Sourced from local producers</td>
</tr>
<tr>
<td>14:00 - 15:30</td>
<td>Harmony and the Circular Economy</td>
<td>Exploring the ways in which farms of the future could be managed as healthy self-sustaining systems which depend less on external inputs, and incorporate plants and animals that are adapted to their unique environments</td>
</tr>
<tr>
<td>15:30 - 16:00</td>
<td>Break</td>
<td></td>
</tr>
<tr>
<td>16:00 - 17:30</td>
<td>Eating as an Agricultural Act</td>
<td>Exploring how can agriculture respond to the vision of shifting to a circular economy which recognises the finite nature of natural resources and the need to observe the law of return?</td>
</tr>
<tr>
<td>18:00</td>
<td>Chapel service and music recital</td>
<td></td>
</tr>
<tr>
<td>19:00</td>
<td>Evening reception followed by ‘slow food’ meal sourced from and served by local producers</td>
<td></td>
</tr>
</tbody>
</table>
TUESDAY 11TH JULY

Harmony in Food and Farming

09:00 - 10:30
Agriculture’s Role in Re-balancing the Carbon Cycle
Over the last 50 years, agriculture has shifted from a being cyclical system of carbon renewal to a major contributor to climate change. How can farmers become better stewards of carbon, and help reverse this trend?

Moderator, Ruth Richardson, The Global Alliance for the Future of Food
Craig Sams, Carbon Gold
Peter Segger, Blaencamel Farm
Richard Young, Sustainable Food Trust

Harmony, Diets and Health
Modern food systems are undermining the health of societies throughout the world. This session will explore the links between farming practice, food quality and physical, emotional and spiritual health

Moderator – tbc
Graham Harvey – agricultural editor, the Archers
Professor Aruni Bhatnagar – University of Louisville Kentucky
Dr. Martin Scour, GP and columnist
Dr. Angelika Ploeger, University of Kassel

Sacred Life, Sacred Death
Industrial practices have dehumanised livestock production and slaughter. Can Harmony thinking inform a transformation of attitudes and practice in relation to farm animals, both in life and in death?

Moderator – Professor John Webster
Muhsen Hassanin, Halal Butcher
Rosamund Young, Kites Nest Farm and Author of ‘The Secret Lives of Cows’
Ruth Tudor, Treaty Farm
Lutfi Radwan, Willowbrook Farm

10:30 - 11:00
BREAK

11:00 - 12:30
Harmony and Biodynamic Agriculture
Exploring the ways in which the ideas and intuitions of Rudolf Steiner, which inspired the development of biodynamic farming, connect with the Harmony philosophy, principles and practices.

Moderator - Thomas Harttung, Sustainable Food Trust
Speakers tbc

Principles of Harmony in Education
How can Harmony thinking be applied most effectively in education, inspiring children to become future leaders through enquiries of learning?

Moderator – Richard Dunne, Ashley School
Sir Anthony Seldon, Vice-Chancellor University of Buckingham
Speaker tbc

Reconciling Societal Discord
How can we reconcile the underlying tensions that give rise to disharmony in the world? This session will explore the evolving discipline and practice of systemic constellation work.

Gaye Donaldson, The Practice Rooms
Nick Mayhew, Integral Change Consulting

12:30 - 13:00
Closing session

LUNCH sourced from local producers

13:00 - 14:00
Fieldtrips

Troed y Rhiw Farm and coastal walk
Troed y Rhiw is a relatively newly established organic horticultural holding situated around 1 and half miles from a beautiful beach at Cwmtydu. The holding also incorporates two holiday let barn conversions. Nathan Richards and his wife Alicia Miller grow a wide range of vegetable and fruit crops which they sell through local farmers markets, a box scheme and wholesaling, as well as ‘captive’ sales to visiting holiday makers. This visit will include a trip to the beach with optional swimming!

Blaencamel Farm
Blaencamel, established in 1974 by Peter Segger and Annie Evans, is arguably one of the longest established examples of a fully integrated, sustainable, organic horticultural enterprises in the UK. A wide range of vegetable and fruit crops are grown for sale through farmers markets, wholesales, direct sales and through ‘a shop’ with an honesty box. Approximately 10 acres of the 44 acre holding is devoted to vegetable and fruit production, including one and a half acres of polytunnels. There is also a well-established composting system.

Strata Florida Abbey
This visit will feature a ruined Cistercian Abbey dating back to the 11th century - one of the key spiritual centers of West Wales. A charitable foundation has recently been established to purchase and restore the adjoining traditional Welsh farmhouse and buildings, with a view to reintegrating the story of the farm, which played a crucial role in the development of the Abbey, as a key element of the visitor experience.

Bwlchwernen Fawr - Holden Farm Dairy
This visit will feature a walk round Wales’s longest established organic dairy farm, established in 1973. This now extends to 300 acres and includes a herd of 80 Ayrshire cows, aiming to move towards self-sufficiency in nutrients, animals feeds, and animal bedding by providing milk for the on-farm production of Hafod, a raw milk cheddar style cheese. This cheese is produced in a purpose-designed new facility and cheese store situated immediately adjacent to the milking parlour, all of which will be included in the visit.

14:00 - 17:30
BBQ at Holden Farm Dairy

18:00 onwards