



SLOW

IS

BEAUTIFUL

LEARNING ECOLOGICAL WISDOM FROM ASIAN TRADITIONS  
5-DAY RESIDENTIAL TRANSFORMATIVE WORKSHOP





## Objectives

A great shift is imperative in this age of crises caused by our own civilization with its race to get faster, bigger and more.

This workshop is an opportunity to define the nature of change that society and we ourselves must go through.

While unlearning the dominant economic mindset of our time, we will relearn a way of life defined by the three “s” words; “slow,” “small” and “simple,” key concepts in traditions of Asian wisdom. The great turning may also be characterised as one “from global to local”; “from excess to enough”; “from competition to sharing” and “theft to gift”.

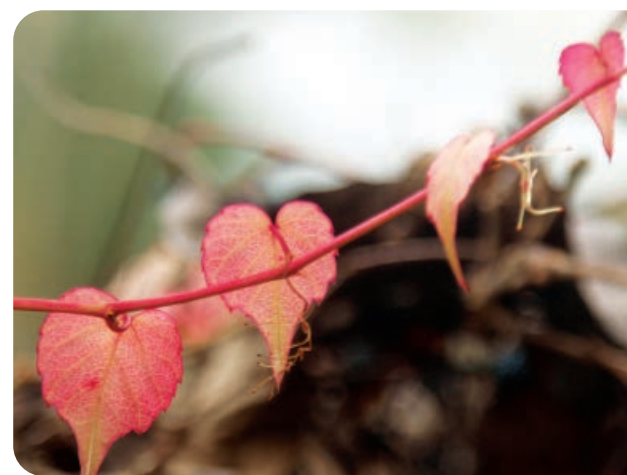
This workshop will be an exploration into a new vision of an “economics of wellbeing.” It is a pursuit towards a local, communal, ecological, healthy, ethical, peaceful, joyful and loving way of life.



Dr Keibo Oiwa



Workshop venue - The Green Hub



## Teacher: Dr Keibo Oiwa

**Keibo** is a cultural anthropologist, environmentalist, and public speaker. Since 1992, he has taught in the International Studies Department of Meiji Gakuin University, Japan. He is a founder of The Sloth Club, a non-governmental organisation that aims at fostering a "slow-living movement", and the Slow Small School, a place of unlearning and relearning for social innovation.

Keibo is the author or editor of over 40 books in Japanese, including “Slow is Beautiful: Culture as Slowness” and “How to make a Not-To-Do List.” Twelve of his books have been translated into Korean, and two into Chinese.

Keibo, as a documentary filmmaker, has directed and produced five of his DVD series, “Asian Visions,” featuring visionaries from Asia, including Vandana Shiva, Satish Kumar, Sulak Sivarksa, and Yoshikazu Kawaguchi; all of whom he believes will guide us through the time of fundamental shift and into a new era.



## Content

**This five-day workshop comprises the following elements:**

- Lectures and Q & A sessions with Keibo
- A talk about mindfulness by a Hong Kong Plum Village guest speaker
- Film screening of parts of the "Asian Visions" DVD series and Q&A session with the producer, Keibo
- Group sharing and discussion
- Zentangle drawing and experiential activities at KFBG by a Certified Zentangle Teacher
- Night walk and music appreciation at KFBG
- Hiking and visiting Lai Chi Wo Project, a community revitalization in a traditional hakka village
- Experiencing and staying overnight at the Green Hub, Grade I listed historic building at the Old Tai Po Police Station
- Enjoying a guided tour and low carbon vegetarian meals at the Green Hub

### Language

English

### Date

4 - 8 December, 2015 (Friday - Tuesday)

### Venue

Green Hub, Tai Po (accommodation and lectures) and Kadoorie Farm and Botanic Garden (experiential activities)

### Application / Enquiry

Please visit KFBG website [www.kfbg.org](http://www.kfbg.org) for online application on or before 8 November, 2015. For enquiries, please contact Ms Wang at (852) 2483 7109 or email [holisticedu@kfbg.org](mailto:holisticedu@kfbg.org)