

Learning with Little ASPEN – for a day

Forest bathing & Writing(with)Aspen as the financial ecofeminist

Researcher-practitioner: **Wendy Wuys**

Proposal for a combination of 3 sessions of each 2 hours in the same day.

Ideally, this would not happen on the first day, as I want to get to know the place a bit, but more in the middle of the program (third or fourth day). The two sessions relate to each other, but I do not want to merge them in one session of 2 hours.

1. Forest bathing (outdoor) 09.30-11.30

I am a certified forest therapy guide, with experience in USA, Japan, Belgium and Norway. I would like to give a forest bathing session according to the rules and sequence of the Association of Nature and Forest Therapy (ANFT). In this session, I will wear two hats: as the guide, but also (in the beginning and towards the end) as the academic, explaining some insights how forest bathing can be a creative practice of healing and knowledge creation with/in/through wounded landscapes. I will refer to my paper on [forest bathing \(Wuyts 2024\)](#).

- One invitation will be around an aspen tree, if I can find one aspen tree.
- I will work with one invitation (the invitation before the tea ceremony) around the theme of weaving, webbing and winging economies

Long lunch break of 2 hours – 11.30-13.30

2. Early afternoon session Reading and discussion (outdoor, 13.30-15.30

All study circle participants will get a printed text; a summary of the Egle project and the story, and then a fragment of 1-2 pages (in total 4 pages, from my book draft) that I want them to read in silence. I want them to make notes. The fragment will be about Little Aspen, that in some retellings she is seen as a betrayer, and then my proposal of her resurrection in later times, and her work as a financial ecofeminist in the Baltic Sea/land. In the second session, I want to invite the study circle to give comments on the text, ask questions about the project, and my ideas what we can learn from the Aspen tree about finances and economies.

Keywords: irish hedge schools, book keeping, budgeting, investment costs....

Fika 15.30-16.00

3. Writing(with)Aspen Tree (indoor, 16.00-18.00)

1. I give a history in the practice development, the online and physical experimentations, and how we also use this to get to know Egle and her kids in the past half year. (10 min)
2. Sharing circle 1: Memories around aspen trees (30 minutes)
3. Mini-talk about folklore, associations, mythology and symbolism around aspen trees
4. Sharing circle 2: Coupling back to session 2, what would you like to know about the aspen tree? Are there any insecurities about finances, book keeping, management?
5. Sharing circle 3: do you have some wisdoms, advice, answers for other study circle members?
6. Writing(with)aspen for (30 minutes)
7. Sharing and deep reflection (45 minutes)