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Design for Sustainability



Final Report
Alaya
Ecolodge
EDE Bali 2025



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Design Education
Programme



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Course Overview

Course Overview

Background Host Site Organization

Alaya Ecolodge is located in Pemuteran, North West Bali - not far from the Bali Barat National Park; a region of Bali known for its ecological initiatives, eco-tourism and pristine wildlife. Alaya Ecolodge is located at the foot of hills, at walking distance from the coral reef beaches, an ecologically sensitive area, and rich ecological and cultural neighbourhood to learn from.

The ecolodge is made up of separate cottages, for single, shared or triple room cottages, with semi-outdoor bathrooms, shared kitchen, large hall for learning, lounging areas and large gardens with a central swimming pool. It is mostly built up by reclaimed traditional Indonesian wooden heritage cottages.

Although the ecolodge is not an “ecovillage”, it does model examples for sustainability in all four modules of Ecovillage design, so students can learn on site. Alaya Ecolodge is also hosting a community building process under the “Conscious Collective” umbrella - under which 4 sites in nearby areas have been identified for ecovillage project development:

- Alaya - an existing ~5000m² retreat center, an “eco-lodge,” aimed at hosting short term individuals and groups around wellness and other training (+~5,000m² to develop more permanent residences for those working).
- Alam - a ~9000m² site for a future forest & farming “eco-nursery” - for working with regional farmers and foresters in the area around topics like developing a seed bank, indigenous nursery and educational programs for the Indonesian context.
- Aum - a ~600m² site for a future grocery co-op & cafe, an “eco-market” - a road front property to make local, organic produce available at cost price for membership, and sold at a premium for tourism which could fund sustainable livelihood training.
- Aura - a ~10,000m² campus for an “eco-village school” - a site for longer ecovillage curriculum development as a “lived experience.”



- + ~5,000m2 between the Alaya Ecologie & Aura School as a site to develop more permanent residences for those working with any of the above projects as core team, or volunteers/interns etc. living in community.

Diversity Facilitators

We had a wide diversity within our facilitating team as well - with a total of 11 on our team, 7/11 living in Indonesia, 5/11 living in Bali. We had facilitators from Sri Lanka, Netherlands, France, United States, Australia, India, and of course Indonesian. We had a mix between 4/11 experienced facilitators, and 7/11 new facilitators. 6 of the new facilitators on our team went on to attend the back-back training of trainers. We are very happy for our growing team to conduct more EDE in Indonesia in the future !

Kavitha Uravsie Selvaraj - EDE Coordinator; Social & Worldview Week Lead, & Design Lead. As a 3rd generation 'ecovillager' from intentional community Auroville, having worked over a decade with the Global Ecovillage Network and Gaia Education. Currently co-founding ecovillage projects in North-West Bali with her husband Michael and a regional team of educators & consultants in the field of ecovillage development.

Ketut Sarka - All EDE Week's Excursion & Hands on Sessions Connecting to Local Context. From North-West Bali, working with Forestry, Farming and amongst local leadership of Pejarakan area, near Bali's only Barat National Park - Sarka takes a lead on localizing the EDE curriculum. He attended his first EDE in Auroville, and has now completed his TOT as well.

Dhanushka Jayanetti - Ecology Week Lead & Economy Week Support. As a Permaculturalist from Sri Lanka, and having worked with the Global Ecovillage Network, particularly in Asian context on the core team of GENOA - Dhanushka has come to Bali for the first 2 EDE's to help ground the curriculum in this new context.

Ketut Sudarta - All EDE Week's Excursion & Hands on Sessions Connecting to Local Context. From Gilimanuk, the other side of Bali's only Barat National Park, working in Forestry and together with his wife on Financial Administration of various large businesses in the region - Sudarta works together with Sarka and other regional experts to localize the EDE curriculum. He attended his first EDE in Bali, and has now completed his TOT as well.



Nolan Lyran Christensen - Ecology & Economy Week, and Design Week Support. A holistic architect and regenerative designer, Nolan had participated in Bali's 1st EDE in 2024, and has completed the full online Gaia Education GEDS and TOT with his wife Victoria. As they were invited into taking more leadership at Chosen Eco-Retreat in Florida, they have decided to connect to the Bali ecovillage development movement to create cross-pollination and pathways of "Embodied Being" through Regenerative Living and Right Livelihood Economy.

Michael DietersMarco Manger - Economy Week Lead & Social Week Support. Having lived and worked in Auroville for over 15 years, and with a background in Law, Finance and Human Resources - has now transitioned his life toward ecovillage education and development, particularly around the themes of alternative Economy and the Social dimension.

Victoria Sunshine Anderson - Worldview & Social Week, and Design Support (Living Library Lead). As a Community Ceremony and Social-permaculturalist, Spirit + Nature Relating/Wellness Facilitator and Living Library Librarian, Victoria was magnetized to Alaya Ecolodge from Chosen Eco-Retreat in Florida to engage in the 2024 Bali EDE & further co-creations. Following her Heart's whispers and "Resonance Path Calling," she committed fully to her "Becoming" – completing the full online Gaia Education GEDS curriculum and TOT, with her husband Nolan - and is in community with, and developing projects in North-West Bali with the Conscious Collective.

Irma Sitompul - Worldview Week Support. As a Permaculturalist and working with Youth and Women's groups across Indonesia - whilst simultaneously working for Miyawaki Forestry together with her husband Mo - Irma attended the first Bali EDE in 2024 and offered to help localize the curriculum particularly in the Worldview/Culture dimension as it had been her area of expertise. Irma plans to deepen her connection to EDE through TOT soon - as they are already connecting to Alaya Ecolodge to conduct future EDE and Miyawaki Forestry training programs.

Sri Trisnawati - Worldview & Ecology Week Support. Representing her Lantan Village's award winning Ecotourism model from Lombok in Indonesia - Trisna attended the first EDE in Bali and has eagerly put her hand up to join the team and help develop a localized curriculum. Having attended the TOT, she will continue to be involved in future EDE at Alaya Ecolodge and elsewhere in Indonesia, while perhaps also inviting EDE to be hosted at Lantan in Lombok in the future as well.

Key Success Factors



We provided a 'lived experience' of ecovillage development in North West Bali context. Presenting the region and specific series of existing and future projects that create a fabric for bioregional transition toward regenerative living. We invited participants to join that design process, while also providing some examples of theory and case studies from an international context. We ensured there was a balanced amount of Head-Heart-Hands sessions for participants to learn from. Overall the feedback received from the course was positive and constructive

- A minimum group size of 12 EDE participants, half scholarship, and half income generating.
- Income generated has been fully dedicated toward covering the cost of Training of Trainers for our EDE team.
- Possibility to conduct EDE at 3 new sites in Indonesia over the coming year(s).

Participants

We had a wide diversity of participants in this group - in terms of age, gender, nationality and backgrounds. Our participants were very diverse; they came from Canada, Taiwan, America, Korea, Malaysia, Australia, England, Singapore, and three from Indonesia. Our oldest participant being 56 and youngest at 28. We enjoyed a gender balance of 50% female and 50% male. We also had 4 children part of the community; aged 5, aged 4, aged 3, and a 7 month old - as children of a facilitator couple and a participant couple. Having children around deeply enriched the lived experience of the program - understanding how living in Eco-village can really feel like.

Course Rhythms



The course provided ample amount of sessions for participants to engage in Head-Heart and Hands learning styles while engaging in Social - Ecological - Economic and Worldview dimensions and Whole Systems Design over 4 weeks. We provided 8hours/day, while participants could choose to engage in an average 6hours/day and still meet the requirements. We found there was a lot of enthusiasm, and participants did opt to attend most of the daily schedule, but generally opted out from some morning/evening sessions. The course included early mornings with mindfulness practice before breakfast, theory sessions mostly in the mornings before lunch, and afternoon excursions or hands-on activities, and evenings with participant/facilitator presentations or social glue building sessions such as body movement, music, or deep sharing. The weekly schedule provided sessions from Monday-Friday, with weekends off. Weekends included optional extra sessions and excursions. Participants were also welcome to initiate their own sessions over weekends. The daily schedule provided, on average, 8 hours of session, with an hour of early morning “Heart”, 3 hours of “Head”, 3 hours of “Hands” in the afternoon, and 1-2 hours of “Heart” in the evenings. We also included time for “Check in/out” and breaks for meals/rest/icebreakers/body movement/games and refreshments throughout the course. The course had a team of 11 who had experience with EDE - while we invited about 8 regional ‘experts’ to add on to some of the curriculum themes, as to celebrate some of the regional model case study initiatives that contribute toward ecovillage development in the area.

Highlights & Challenges of Each Dimension



Social Dimension The Social Dimension was week 1 of our 4 week EDE - opening the program with the theme of element 'Air' - representing the quality of lightness and movement - of the individual landing in the circle, sharing about our intentions in a playful way, while beginning to take steps toward diving a bit deeper into understanding and experiencing the social module of whole systems design.

Social Week's 'Head' session highlights explored intentions of individuals in group, and what their expectations from the course and beyond may be, with introductions to Identity & Diversity in Community, Conflict Transformation, Communication in Community, Conflict Resolution, Participatory Design Making and several case studies eg. the Conscious Collective in Bali and the Auroville Intensional community. 'Hands' session highlights included the Gotong Royong, or 'work as a love in action' activity of making Seed Balls for hillside hiking distribution along the production forest areas, as a form of re-forestation. We also had a gentle hike up to nearby hillside sunset Pemuteran view point, and a walk through Town from Alaya Ecolodge at foot of hills, down the watershed slope to coral reef beach front; as an orientation to place. There were several regional experts sharing about the s Eco-Tourism award of the region, Marine Ecology, Village Tours and Balinese Tri Hita Karana applied social framework. Heart session highlights offered were spaces for Song Circle, Tea Ceremony, Deep Listening Circle, Natural Child Rearing Presentation. All participants also shared collective housekeeping tasks to maintain collective spaces such as the shared hall and shared kitchen.

Participant Quotes for Social Week:

"Challenging group dynamics meant I really learnt about real life challenges possible in groups." Anonymous

"Learning the tool of authentic relating and practicing with the group was the highlight of the social dimension to see what is possible when we are able to relate peacefully beyond our defence systems and fears." Linda





Ecological Dimension

The Ecology Dimension was week 2 of our 4 week EDE - opening the week with the theme of element 'Earth' - representing the quality of grounding and rooting - for small group formation of learning to work together, while practicing tools learnt in the previous Social week, and taking small steps toward exploring one's connection to nature and how we can, on an individual and collective level, shift toward more sustainable design and living practices.

Ecology Week's 'Head' curriculum highlights explored theoretical sessions around topics such as Pattern Recognition, Designing with Life: Building Space that Breathe, From Soil to Soul: Local Food and Nutrient Cycles, Harnessing Flow: Appropriate Technologies for a Regenerative Future, and Rewilding Cities and Communities: Healing Earth, Healing Ourselves. A lot of regional case study hands-on experiential activities were also included, such as theory on local Forestry and Mangroves, while inviting the group into action through Tree Planting, Kitchen Gardening and Composting, Mushroom Cultivation and a Kayaking excursion. The Sadhana Forest and Sri Lankan case studies were offered as regional models to learn from regarding Resources Management in Off-Grid Community, and Plant Based Diets. The 'Heart' space was opened through connecting back to nature, sessions designed through inspiration from Deep Ecology and relating to The Work That Reconnects.

Participant Quotes for Ecology Week:

"Huge amount of content, experiential learning and good mix of theory, practical exercises and site visits." Anonymous

"In this dimension I enjoyed considering design challenges consider ecological disaster risks such as flooding, earthquake, tsunami, fire and typhoon." Linda



Economic Dimension

The Economy Dimension was week 3 of our 4 week EDE - opening the week with the theme of element 'Water' - representing the quality of connection and togetherness - where we formed larger teams and got to know our bio-region more deeply through excursions interviews and mapping of challenges and solutions.



Having explored ecological solutions in the previous week, and now engaging with the community face-face, the participants had a chance to feel into what regional ecovillage design work may look like. Actively relating back to theory on topics such as Collapsology, Circular Flow Economy Model, Core Economy of Household / Consumers , Redefining Firms - from Growth Driven to Regenerative, Rethinking the Financial Sector, The Government’s Role in Shaping Economic Models and Regenerative Circularity. Various regional experts working on topics such as regional Waste Management, a national Co-op movement were also invited to share about their work. The Gotong Royong, or ‘work as love in action’ activity of the week revolved around a variety of individual Trash Evaluation & Segregation, making of traditional Balinese “Penjor” bamboo stick decoration for the Balinese New Year celebration “Galungan”, and making of Jammu traditional Indonesian spiced health drink. The group also engaged in a neighbourhood Street Cleanup and evaluation of trash and possible alternatives. The ‘Heart’ sessions are mostly related to being inspired by the Work That Reconnects and bringing awareness back to our connection to self, nature and the divine - as also mirrored in Balinese culture. Case studies of Chozen Eco-Retreat, Auroville, and Sadhana Forest’s Non-Competition and Gift Culture values were shared as well as excellent models to learn directly from facilitator’s background.

Participant Quotes for Economy Week:

“Very solutions oriented and it gives practical solutions to current problems. I often feel paralysed when thinking about the challenges humanity is facing, and this programme gave me a lot of hope” . Anonymous

“I enjoyed the inquiry into alternative economic systems such as Co-op design to distribute surplus in the community.” Linda





Worldview Dimension

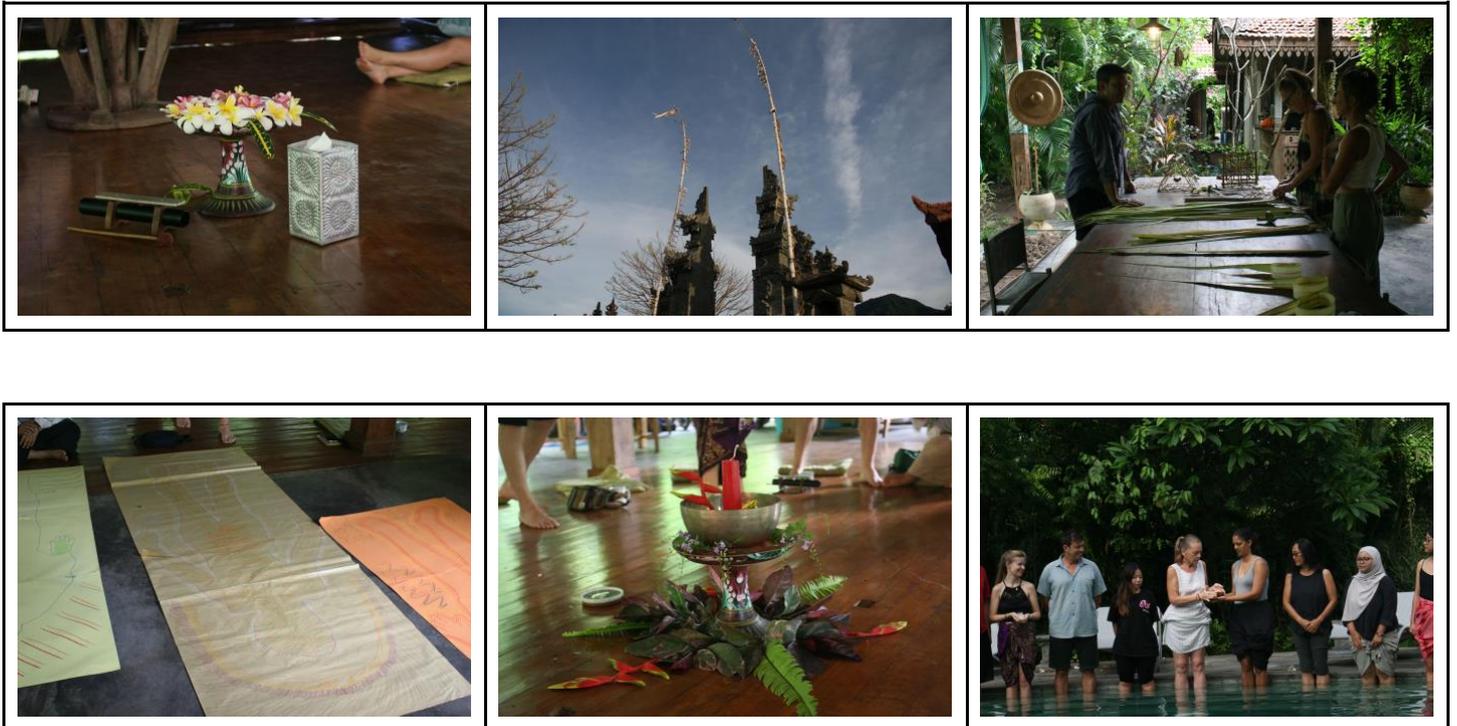
The Worldview Dimension was the last 4th week of the EDE - opening the week with the theme of element 'Fire' - representing the quality of transformation, and resilience, of the individual - where now we moved from larger teams into functioning as a 'full community'. In this week the group explored local and regional cultural heritage while also relating personally to the topic of culture and worldview, through art and introspective practices.

The week invited exploration of the module topics of Worldview and Culture relating to the Individual Participant and Balinese place specificity, we also included space to design toward new ritual and culture creation as part of the Celebration and closing of the program. The sessions relating to 'Head' included reflection on Privilege, Indigenous Worldview & Colonization Impacts, Traditional Ecological Knowledge and Ayurveda as a holistic worldview. Participants got to dive deeper into their own exploring of Culture through Body Art Mapping and Worldview through Past, Present, Future Mapping. The case studies presented for this week were the Lantan Ecotourism Village & its Way of Life and the Bayan Forest & Whole Systems Design. The "Hands" sessions related to the Gotong Royong, or 'work as love in action' of Blessing Basket making, Ketupat Weaving and Serubuk Jarak cooking. We also visited the nearby Hindu Pura Sakti & Muslim Mosque, Natural Hot Springs and engaged in the group in Ayurvedic Cooking Preparation of Nasi Tumpeng Balinese Traditional Celebration meal. The 'Heart' sessions throughout the course also provided space for Worldview - through mindfulness practices in the morning and evenings, and as a holistic and fundamental base for all other dimensions, "Worldview" held it all together, and brought it all together.

Participant Quotes for Social Week:

"Location and spirituality, beautiful surroundings, strong community and experiences in community building and worldview, dedication, clear and beautiful purpose." Anonymous

"I enjoyed learning ancestral dietary approaches, traditional ecological knowledge approaches and the Banyan forest whole systems design. It gives us clues about the important cultural traditions that humanity has lost in the confusion of modernity." Linda



Design Studio & Case Studies

The Design aspect of this EDE was woven into the end of each week on Fridays. We have re-designed EDE to include more 'Series', often conducted as once/week, to include a sense of golden thread and flow of experiential learning throughout. We had cultivated more sacred space holding throughout the EDE container, which helped provide a base from which to move into Design:

- **Tea Ceremony** morning practice - a series of tea ceremony inviting the spirit and energy of different plants into relating to the weekly elemental theme of Air-Earth-Water-Fire.
- **Nature Creations** morning practice - various activities to explore mindfulness and re-connecting to nature.
- **Body Work** morning practice - a series of bodies adjusted to the group's needs around Yoga / Stretching / Acro-Yoga.
- **Dimensional Biodynamics** evening sessions - Self, Natal Chart / Cycles & Seasons / Human Design / Co-Creating Consciousness



- **Cacao Ceremony** evening sessions - paired with Authentic Relating / Sound Bath / Ecstatic Dance

Intro to Permaculture:

- Week 1: People Care: Tri Hita Karana's 'people-people'
- Week 2: Earth Care: Tri Hita Karana's 'people-nature'
- Week 3: Fair Share: Tri Hita Karana's 'people-people & nature'
- Week 4: Conclusions: Tri Hita Karana's 'people-divine'

Intro to Dragon Dreaming:

- Week 1: Dragon Dreaming Background & Framework
- Week 2: Dragon Dreaming: Individual Mapping of Personalities
- Week 3: Dragon Dreaming: Team Mapping in Subgroups
- Week 4: Dragon Dreaming: Collective Dream Circle Preparation & Implementation for project "Aura Campus for an Ecovillage School."

Intro to GEN Mapping:

- Week 1: GEN Cards Mapping & Reflection of Social Week
- Week 2: GEN Cards Mapping as a Reflection of Ecology Week
- Week 3: GEN Cards Mapping as a Reflection of Economy Week
- Week 4: GEN Mapping as a Reflection of Culture Week & Whole Systems Design

Intro to Scale Linking Design:

- Week 1: Intro to Scale Linking Design Background and Framework, & Intro to Anthropocentric / Kincentric and Bioregional Mapping
- Week 2: Mapping of Social/Anthropocentric & Exploring Mapping of Ecological/Kincentric
- Week 3: Mapping of Social-Ecological Leverage Points = Economic/Right Livelihood Transition
- Week 4: Exploring Mapping 'beyond' eg. through the Cultural/Worldview lenses & Past-Present-Future.

The Living Library:

- Week 1: Regenerative ReSource Library (Library of Things model) - resources, sacred tokens and artifacts for shared use throughout the course.
- Week 2: Skills Exchange Library - skills for cross-pollination and building network of win-win-win.
- Week 3: Seed Exchange Library - developing a seed library for N-W Bali context.
- Week 4: Spirit Relating Library - connecting to the Spirit in The Land and Nature of our region - an embodied relationship and living expression of *Tri Hita Karana*.

Participant Quotes:

“Interactive, well grounded, the Facilitators were excellent.” Anonymous

“I would recommend this course specifically to activists, eco-tourism operators, community workers and social entrepreneurs living in the Indonesian and Asian regions as application is predominantly locally based.” Linda





Lessons Learned

We feel the need to improve and dive deeper into participant and facilitator feedback to continuously improve our offering around EDE curriculum. We have now run 2 EDE in Bali context, providing ample insights on how to re-design and improve the experience for future groups. We also have the possibility to design EDE for 3 new sites in Indonesia - so this opportunity will need to be carefully cultivated to ensure EDE is implemented successfully at the new sites. Some of our overall learnings relating to the 2025 EDE in Pemuteran are:

- We felt the need to work on refining our 'invitation' for the EDE, so that the curriculum, objectives, and lived experience description are clearly communicated before participants arrive on site. We noticed that many participants had come expecting more conventional forms of educational space, learning styles and content. Even though many did share that they were happy to move beyond some of these conventional frameworks toward a more holistic approach - we do feel the need to communicate this more clearly beforehand - so we will put some effort toward refining our text for the Gaia Education website and marketing for upcoming programs.
- We could possibly reduce the number of session hours offered as we provided 8hours/day Mondays-Fridays over 4 weeks and are actually only required to provide about 6hours/day. Part of living in ecovillage community is experiencing a wide variety of spaces for collective engagement - however, we also now feel that it is important to provide enough space for down time where there is pressure to engage collectively, so that participants and facilitators can digest, process and re-juvenate. We are learning that perhaps doing 'less is more'. Allowing time for spontaneous community to emerge is important too.
- We noticed participants were challenged by, or less drawn to the sessions around the "Heart" eg. mindfulness practice or cultural/worldview - so we will deep dive into understanding why and try to re-design more accessible sessions around these topics. Perhaps it is a reflection of humanity as a whole, having difficulty in these aspects, could explain our need to cultivate spaces for re-connection.
- The more we engage in curriculum design, with an increasing number of dedicated educators on our team - the more we are moving toward very interesting emergence of holistic curriculum design. We have designed and implemented enough EDE's around modular themes and we are now moving into a unique and exciting field of holistic design where content/themes/curriculum is flowing and stacking in extraordinary ways. We are very excited to be embodying, and experiencing what being at the front lines of what alternative education can feel like.

- We expanded our invitation to 'build EDE team' for Indonesian context, which was a fantastic experience of widening our educators circle / providing opportunity for co-creative curriculum design. However it also required a lot more energy / mentorship which some took and delivered upon, while others did not. For the next few years we plan to focus back our team to ensure that there is an equal energy exchange for those welcomed into team building around EDE design and implementation.
- The small income from this EDE was fully dedicated toward TOT Training to extend our team. This was great for grounding this type of education by training an ample number of facilitators for Indonesian context. In the next years, EDE income will be dedicated toward manifesting ecovillage development projects for Alaya Ecolodge and neighborhood initiatives.



Participant Quotes



JASLYN LO

“Specific things i would put into practice:



- Increasing biodiversity in my community by working with my region's natural tropical climate and communal environment.
- Introduce nature-based learnings and workshops to the general public to encourage natural living
- Working with human nature to identify ways to integrate eco-friendly consumption patterns into Singapore's fast paced way of living."



RICHARD KYLE WILLIAMS

"EDE forced me into a rare mix of honest self-reflection and real human connection. Even without a shared history, we learned, very quickly, how to build trust and show up authentically with each other. That alone was transformative. Four weeks is too dense to summarize neatly, but the impact was undeniable: I left with a clearer sense of myself, a deeper understanding of group dynamics, and a stronger commitment to bringing these principles into real projects and communities.

The highlight was being dropped into a completely new environment with new people while being handed an entire buffet of ideas, practices, and experiences. The circle created a safe container to explore inwardly while also engaging intensely with everything around us. There was never a dull moment, in the best possible way. It was full-on, energizing, and quietly life-changing."



LINDA RYLANDS



“There was a lot of information to take in as well as experiencing myself among a group. I was somewhat overwhelmed by the full time program and social time which I needed to proactively manage by taking time for myself. My biggest learnings:

- *Ways of assessing community/village needs, such as designing a survey, to find points of leverage or finding surplus of skills and things that can be shared and exchanged.*
- *Activating ways of sharing in community such as things and skills that can be circulated as currency including knowledge, useful items and personal stories and experiences*
- *Conscious conception, natural & pleasurable childbirth & motherhood, unschooling, screen-free, plant based Supporting children and natural childbirth. Co-created story telling for children.*
- *Astrological approaches to understanding the self such as human design.*
- *Alternative economic systems such as Co-op shop & market.*
- *Personal economy analysis for purpose of sustainable personal early retirement and full time purpose based living.”*
- *Miyawaki method for rapid forest regeneration of native forest in urban environments which can grow up to 10 times faster than conventional planting methods.*
- *Indonesian history and ancestral diets and understanding impact of colonisation which brought the introduction of rice as staple food replacing a forest centred diet.”*