

Intuitive Suburbia: 2-Day Workshop Itinerary - 26-27 Sep 2026

Day 1: Built Realm, Soil Regeneration & Biochar Dynamics

- **9:00 AM – 10:15 AM | Orientation, Ethics & Place-Based Context**
 - Welcome circle, icebreaker, and introduction to Permaculture Ethics (Earth Care, People Care, Fair Share).
 - Aligning David Holmgren's *RetroSuburbia* framework with traditional Thai ecological self-reliance.
- **10:15 AM – 11:30 AM | Built Realm: Microclimates & Architectural Showcase**
 - Field walk: Observing sun paths, prevailing winds, shade canopy, and natural drainage patterns.
 - Structural tour: Comparative study of Teerarat's main family home and hand-built adobe house to experience passive temperature control, thermal mass, and double-roof cooling.
- **11:30 AM – 1:30 PM | Garden Foraging Walk & Interactive Lunch**
 - **Foraging Walk:** Guided canopy walk with Prae Jaru across the 13-year polyculture forest to identify and harvest edible leaves, shoots, flowers, and local herbs.
 - **Krua Raeron Culinary Session:** Hands-on preparation and communal lunch featuring foraged greens and regional Thai culinary traditions.
- **1:30 PM – 3:00 PM | Biological Realm: Living Soil & Comparative Jar Tests**
 - Soil biology presentation: Organic matter, fungal networks, and soil structure.
 - Practical exercise: Performing soil texture jar tests comparing raw rice paddy clay with 13-year regenerated forest humus.

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Top-Lit Updraft (TLUD) gasifier for smokeless pyrolytic combustion.

- **3:00 PM – 4:15 PM | TLUD Gasifier Lab: Smoke-Free Biomass & Carbon Sequestration**
 - *The Problem vs. Solution:* Managing dry garden prunings without open-air smoke pollution.
 - Demonstration: Loading and top-lighting a Top-Lit Updraft (TLUD) gasifier for smokeless pyrolytic combustion.
 - Hands-on activity: Quenching glowing biochar with water to freeze the carbon structure, followed by biochar inoculation using compost tea and organic nutrients.
- **4:15 PM – 5:00 PM | Day 1 Reflection & Circle**
 - Group synthesis, Q&A, and preparation for Day 2 spatial mapping.

Day 2: Household Systems, Spatial Design & Global Action

- **9:00 AM – 10:15 AM | Behavioural Realm: Self-Reliance, Well-Being & Household Peace**
 - Teerarat & Spencer lead a dialogue on homesteading psychology, mental resilience, non-monetary household economies, and local self-sufficiency.
- **10:15 AM – 11:30 AM | Retrosuburban Zone & Sector Mapping**
 - Understanding zones of use (Zone 0: House to Zone 5: Wild) adapted for small suburban plots, homesteads, and rental blocks.
 - Practical mapping exercise: Streamlining daily routines and energy flows across zones.
- **11:30 AM – 1:30 PM | Day 2 Foraging Loop & Communal Meal**
 - Second seasonal foraging walk through the forest canopy with Prae Jaru.
 - Collaborative cooking session and shared lunch highlighting nomadic kitchen (*Krua Raeron*) techniques.
- **1:30 PM – 3:30 PM | Hands-On Design Studio: Mapping Your Space**
 - Studio session: Participants draft base maps of their own home, patio, garden, or rental property.
 - Individualised coaching: Spencer and Teerarat provide direct feedback on layout, passive cooling, microclimates, and plant placement.
- **3:30 PM – 4:15 PM | Gallery Walk & Collaborative Critique**
 - Peer walkthrough: Display participant base maps, share constructive ideas, and troubleshoot design challenges together.
- **4:15 PM – 5:00 PM | "First 90 Days" Action Plan & Pathway to IPC 2026**
 - Drafting a personal 90-day checklist of practical retrofits to implement at home immediately.
 - **Global Movement:** Exploring connections to the upcoming **International Permaculture Conference (November 2026)** and closing ceremony.

