

Vi beder dig om følgende information:

1. Præsentation af underviseren

Her skriver du dit fulde navn og dine kontaktoplysninger.

*Du har mulighed for at skrive en kort profil af dig selv, altså på hvilke måder din undervisning er særlig, hvilke emner du er særlig god til eller godt kan lide, hvad du gerne vil med din undervisning eller andet – altså noget der fortæller folk hvorfor de skal deltage i netop din undervisning. Du må meget gerne oploade et **billede** af dig selv. Alt dette kommer til at stå oppe i toppen af den endelige profil. Du kan her også skrive et link til din hjemmeside.*

Kontaktoplysninger;

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Being a firm believer that our personal wellbeing is directly linked to planetary wellbeing and vice versa, I like to contribute to a better understanding of, and appreciation for, the connection between personal Sundhed and Bæredygtighed. There could be a powerful synergy between personal health, environmental protection and sustainable resource use. However, we live in a culture of convenience and comfort-seeking behavior, where short-term fixes are the norm, and where current health messages provide us with only a limited and biased perspective of the complexity of the human body (and what it needs), which makes building this bridge difficult. It is one thing to see how the way we use and abuse our planetary resources is directly linked to the viability and vitality of planet earth, it is another thing to understand that this applies just as well to our body and wellbeing.

Permacultural teachings give us a beautiful framework and guiding principles on how we can impact and treat our planet in more regenerative ways. I like to contribute to this process by educating people about how we in turn are shaped by our environment, both physically and culturally. I like to examine the beliefs pertaining to health and wellbeing that we are embedded in and pass on. Which ones are instrumental in protecting, restoring and improving the health and wellbeing of our personal ecosystem, our bodies which we so depend on? Which new narratives need to emerge, so we as individuals and as a culture, become better at securing a flourishing life for ourselves now and in the future, whilst being better stewards of our planet.

Key words; salutogenic health, evolutionary coding, scale-linking, homeo dynamic capacity

2. Underviserens eventuelle certificering som permakulturdesigner (PDC) og diplom

Jeg har med succes deltaget på Permakultur Design Certificatkursus, på Friland, DK fra aug – okt 2017. Kurset undervises af de kompetente undervisere Cathrine Dolleris, Tycho Holcomb og Karoline Nolsø Aaen. Kurset arrangeres af Karoline, er godkendt af Permakultur Danmark, og udstedt af Permakultur Danmark, samt Geoliv og Permakulturhaven Myrrhis.

Link til doc;

Her beskriver du hvor og hvornår du selv har taget Permakultur Design-Certifikat (PDC), og hvem der arrangerede og var hovedundervisere for kurset. Herudover oplyses hvilken organisation der har udstedt certifikatet (Permakultur Danmark, Permaculture Association of the UK, Permakultur Sverige osv., eller en anden form for organisation eller enkeltperson). Endeligt linker du til en skanning af dit certifikat og diplom. Skanningerne kan uploades til enten din egen google docs-/dropbox-/megaupload/osv.-konto, eller alternativt til imgBB.com, som ikke kræver nogen konto eller registrering – se en [vejledning til dette her](#).

3. Dokumenterede permakulturelle kvalifikationer

I august 2018 har jeg med succes deltaget i en ”Permaculture Teaching Matters”, Teacher Training Course, i Sverige med Alfred Decker og Candela Vargas, som en del af Erasmus+ Mobility Program.

Link;

4. Øvrige dokumenterede kvalifikationer

1998 – 2002: Bachelor of Science in Nature Management and Tropical Forestry, Larenstein, University of Applied Sciences, Velp, NL

2014: Completion of RYS200 Hatha Yoga Teacher Training, with Vibrantly Alive, Copenhagen, DK

2015: Completion of 60 hr Post-Natal Yoga Teacher Training, with Sattva Yoga, Copenhagen, DK

Link;

Relevante uddannelser, det kan blandt meget andet være pædagogiske uddannelser, samt skovbrugsfaglig eller landbrugsfaglig udannelse, som du har bevis på at have deltaget i. *Kvalifikationer nævnt under punkterne 3 og 4 skal understøttes af et underskrevet og stemplet bevis/certifikat. Hvor dette ikke er muligt som minimum en udtalelse underskrevet af uddannelsessted/lærer.*

5. Interesser, erfaringer og kompetencer.

Mars 2021 Climate Collage Facilitator Training

Jan-April 2021 Future Conversations

2017 - 2020 Afholdte workshops & weekend retreats;

- Breaking down the Breathe
- Rethink Your Movement
- De Vigtige Fødder
- A Piece of Mind
- FremtidsSalon i naturen

I am and have been a movement teacher for most of my working life. I love it, and I feel it is something I will keep doing for the rest of my life. It nurtures me in many ways. I also feel

it's super important to educate people about how our bodies work, and to question our current fitness paradigm, and patient-based health care system. I feel we are in need for a new framework, which is more nurturing, scale-linking and reflective of our biological functioning. We need to empower people to take better responsibility of their personal health and wellbeing.

My way of looking at the body and health is influenced by biology, physiology, life's processes and systems-thinking, moving away from seeing the body and health as a fixed state, as something you worked 'on', towards a view which embraces dynamism, transformation, systems within systems and how to work 'with' it. I am driven by a desire to move closer towards a more natural state of doing and being, based on a deep sense of interconnectedness between all of life. I am very concerned with how we are repeatedly mistaken what is comfortable with what is best for us, what is ideal for that which is quickest / easiest and what feels good for what is good for us.

I denne rubrik kan der skrives alt om interesser, kvalifikationer og kompetencer, der ikke er dækket under 3 og 4, herunder også erfaringer, holdninger, specialer, mv. Oplysningerne står for egen regning og risiko.

Det er PKDKs hensigt at deltage i det fælles nordiske samarbejde. Hvis du ikke ønsker at dine oplysninger senere bliver delt i det nordiske samarbejde (pt. Sverige & Norge), skal du ved spørgsmålet "Ønsker du ikke at din profil vises på Permakultur Sverige og Norsk Permakultues hjemmesider?" sætte flueben ved "Nej tak, jeg vil gerne være fri".

Hvis du er i tvivl, eller har nogen spørgsmål, så skriv til uddannelse@permakultur-danmark.dk.

Hvis du ønsker at afmelde dig underviserregistret, så skriv til uddannelse@permakultur-danmark.dk