

Anthroposophical Group Pokhara
with Nepal Biodynamic Circle

Presents

Nepal Biodynamic Conference 2026

From Healing the Himalayas to Healing the Soil

3rd - 5th November 2026

Hotel Monalisa, Sauraha, Chitwan, Nepal

- Biodynamic Agriculture
- Biodynamic Preparations
- Biodynamic Compost
- Regenerative Agriculture
- Soil Health and Living Soil
- Eurythmy and Cultural Exchange
- Plant Observation
- Declaration: Healing the Soil

Organised with the wider biodynamic community of Nepal. 100 farmers, researchers, policymakers, students and citizens.

DECLARATION



The Himalayas — cradle of wisdom,
source of life — now face great challenges:
climate crisis,
reckless development,
and the loss of living traditions.
But we are not powerless.
Through organic and biodynamic farming,
we can heal the land,
revive our villages,
and restore the dignity and joy of the farmer.

~ Declaration, Asian Biodynamic Conference 2025, Healing Himalayas

In 2026 the conference closes with a new declaration: "Healing the Soil: Pathways Forward."

NEPAL BIODYNAMIC CONFERENCE 2026 — PROGRAMME TIME TABLE

TIME	DAY 1 Tue 3 Nov 2026	DAY 2 Wed 4 Nov 2026	DAY 3 Thu 5 Nov 2026
7:00 - 8:00 am	Eurythmy (4 groups: two indoor, two outdoor)	Eurythmy	Eurythmy
8:00 - 9:00 am	Breakfast. 8:45 Welcome: Ritman Gurung	Breakfast	Breakfast
9:00 - 10:30 am	Keynote: Dr. Lakshmi Prasanna, Main Hall	Keynote: Dr. Lakshmi Prasanna, Main Hall	Keynote: Dr. Lakshmi Prasanna, Main Hall
10:30 - 11:00 am	Coffee break	Coffee break	Coffee break
11:00 am - 12:30 pm	Panel: Present Situation of Soil in Nepal	Panel: Agriculture and River Civilization	Panel: Investment in Soil
12:30 - 2:00 pm	Lunch	Lunch	Lunch. 1:30 pm Closing Panel
2:00 - 4:00 pm	Workshops with eurythmy (six parallel workshops)	Workshops with eurythmy (six parallel workshops)	2:00 pm Declaration: Sudarshan Chaudary. Departure
4:00 - 4:30 pm	Coffee break	Coffee break	
4:30 - 6:00 pm	Reflection on the day and evening lecture: Walter Siegfried Hahn	Reflection on the day and evening lecture: Walter Siegfried Hahn	
6:00 pm onward	Cultural evening: Tharu dance and Nepal feast	Dinner	

INVITATION

We are pleased to welcome you to the **Nepal Biodynamic Conference 2026**, three days of keynote talks, hands-on workshops, panel discussions and cultural exchange at Hotel Monalisa, Sauraha, Chitwan. Healthy people, healthy communities and healthy ecosystems all begin with healthy soil, yet across Nepal soil is under growing strain, and with it the food, health and livelihoods that depend on it.

The conference opens the whole organic and regenerative movement of Nepal to one shared conversation: biodynamic, organic, natural and permaculture farmers, researchers, policymakers, students and conscious citizens. It closes with a shared declaration, “Healing the Soil: Pathways Forward.”

The gathering builds on *Healing Himalayas*, the 3rd International Asian Biodynamic Conference (30 October to 9 November 2025), the first international biodynamic gathering ever held in Nepal. It is the first of a **seven-year, seven-province cycle** of conferences: Bagmati, Madhesh, Koshi, Lumbini, Sudurpaschim, Karnali and Gandaki. Chitwan lies in Bagmati Province.

Today, humanity faces an unprecedented public health challenge. At its root lies a deeper crisis: our soil is sick, and the health of people, communities, and ecosystems is inseparable from the health of the land. Addressing this challenge requires both immediate action and long-term commitment through education, awareness, collaboration, and awakening.

Warm regards,
Anthroposophical Group Pokhara

OBJECTIVES

- Convene a national, cross-movement gathering of Nepal’s organic and regenerative agriculture community.
- Share practical knowledge on soil health, biodynamic and organic methods, and regenerative land management.
- Strengthen collaboration between farmers, researchers, policymakers, students and civil society.
- Build on the network and momentum of the 2025 Healing Himalayas conference.
- Widen access through discounted places for agriculture students and support for farmers in need.

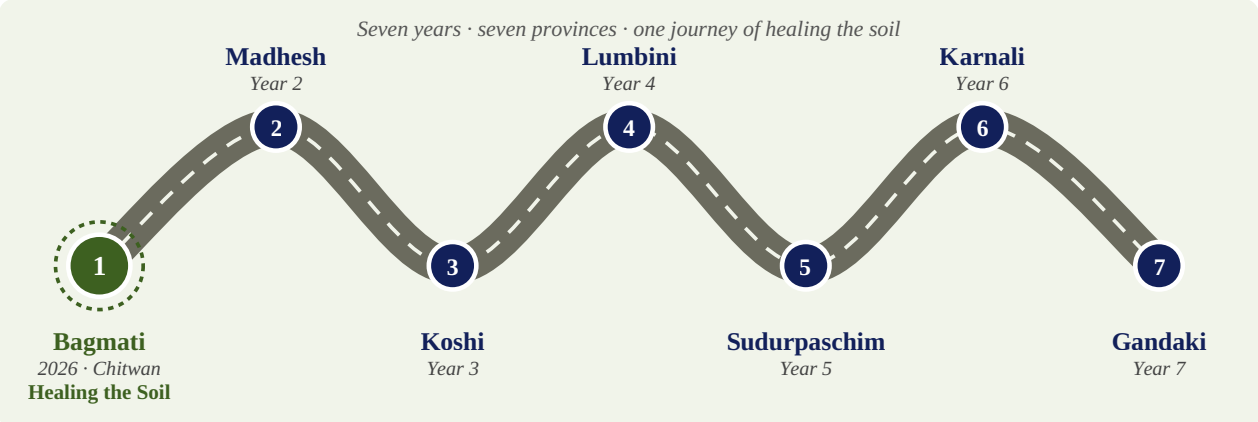
WHO WILL TAKE PART

Farmers and growers, earth-care professionals, researchers and educators, policymakers and development practitioners, students and young leaders, and conscious consumers. Practitioners of biodynamic agriculture, permaculture, natural farming, organic farming, regenerative agriculture and agroecology share one room. Target: 100 committed participants.

KEYNOTE

Holistic Soil in the Light of Anthroposophy — Dr. Lakshmi Prasanna, all three days, 9:00 - 10:30 am, Main Hall. Soil is a living organism and the foundation of one connected whole: the health of the soil shapes plants, animals and people, down to the well-being of a child.

ROAD MAP: SEVEN YEARS, SEVEN PROVINCES



GROUPS

◆ **1. Biodynamic Compost** (Sudarshan Chaudary · Nepali)
A practical, hands-on session on making biodynamic compost and using it to grow healthy vegetables.

◆ **2. Encounter the Soil** (Ritman Gurung · Nepali)
An experiential workshop to meet the soil directly, through attentive observation and the senses, as a living being.

◆ **3. Farm Organism** (Walter Siegfried Hahn · English)
The farm as a self-sustaining living whole in which soil, plants, animals, people and the cycles of nature support one another.

◆ **4. Health, Nutrition and Soil** (Dr. Lakshmi Prasanna · English)
Connects the quality of soil with the quality of food and with human health.

◆ **5. Living Soil** (Mahendra Shrestha · Nepali)
Soil as a community of living organisms, with practical ways to build and maintain soil life on Nepali farms.

◆ **6. Plant Observation** (Katherine Gaffey Lehman · English)
A guided practice in looking closely at plants, to read the condition of crops and soil.

Six workshops run in parallel on the afternoons of Day 1 and Day 2, each paired with eurythmy. Three are led in Nepali and three in English.

PANEL DISCUSSIONS

Day	Panel	Focus
Day 1	Present Situation of Soil in Nepal	An honest picture of the condition of Nepal's soil today and its causes.
Day 2	Agriculture and River Civilization	How agriculture and the river valleys that sustain it have shaped each other.
Day 3	Investment in Soil	How to direct resources, policy and public support toward soil health.

EVENING LECTURE AND CULTURE

Day 1 and Day 2 close with a reflection and a lecture by Walter Siegfried Hahn on practical soil care and biodynamic agriculture. Day 1 is followed by a Tharu cultural programme, dance and a shared feast. On Day 3, Sudarshan Chaudary presents the declaration, "Healing the Soil: Pathways Forward."

FACULTY DETAILS

WORKSHOP LEADERS



Dr. Lakshmi Prasanna

Dr. Lakshmi Prasanna

Paediatrician, lecturer, trainer and consultant. Keynote speaker on all three days and workshop leader.



Walter Siegfried Hahn

Walter Siegfried Hahn

Born in rural Bavaria in 1958; gardener by training; involved in biodynamic agriculture and anthroposophy since 1975. Workshop leader and evening lecturer.



Sudarshan Chaudary

Sudarshan Chaudary

Biodynamic expert and trainer; founder of Spiral Farm, Saptari. Workshop leader and presenter of the declaration.



Mahendra Shrestha

Mahendra Shrestha

Biodynamic expert and trainer; founder of Holygreen Farm, Tanahun. Workshop leader.



Katherine Gaffey Lehman

Katherine Gaffey Lehman

Waldorf educator with 30 years of teaching and a Master’s in Waldorf Education; has mentored teachers and schools in the USA, India, Singapore and Nepal. Workshop leader.

EURYTHMY FACILITATORS



Mira Thakali

Mira Thakali

Certified eurythmist and eurythmy practitioner.



Pratichhya Gurung

Pratichhya Gurung

Certified eurythmist and grade 1-2 teacher at Maitreya Pathshala Waldorf School, Pokhara.



Santosh Thikepa

Santosh Thikepa

Fourth-year student at Eurythmy India; teacher at the Waldorf School of Kathmandu.

Ritman Gurung

Eurythmy therapist; founder of Maitreya Pathshala, the Waldorf School in Pokhara. Welcome and workshop leader.

Narayan Wagle

Writer and biodynamic farmer.

FROM HEALING HIMALAYAS TO HEALING THE SOIL

Asian Biodynamic Conference 2025, Pokhara. 200 participants from 18 countries took part. The conference was inaugurated by the provincial Finance Minister, Takaraj Gurung, who assured support for future biodynamic initiatives. Pre-conference workshops were held in Kathmandu and Tanahun, and the gathering ended with the declaration quoted on page 2. In Pokhara the Anthroposophical Group now has 33 members and an active Biodynamic Circle of practising farmers.



Participants of Healing Himalayas, Pokhara, November 2025



Preparation-making workshop, Tanahun



Cultural evening: singing and dancing



Artistic workshop: painting



Farm tour with community farmers

Photos: Asian Biodynamic Conference 2025 Post-Conference Report.

FEE STRUCTURE

Participants	Registration (NPR)	Notes
Regular registration	7,500	Minimum contribution per person
Agriculture students	2,500	Discounted student registration. **Offer limited to 25 seats only.**
Farmers in financial need	Via support	Limited supported places for farmers who need financial assistance. Organisations are welcome to help fellow farmers take part.

Hosting one participant for three days costs on average NPR 14,500.

REGISTER & PAY

Secure Your Seat — Register Now

Complete your registration for the Nepal Biodynamic Conference 2026:

Registration form: Open the registration form

Event page: https://www.facebook.com/share/1C8kpsXHPq/

Scan to register

BANK DETAILS (Nepal)

Bank: NIC Asia Bank, Newroad, Pokhara

Account name: Anthroposophical Group

Account number: 1004150117822002

SWIFT code: NICENPKA



SCAN TO PAY
FonePay QR: Anthroposophical Group

INTERNATIONAL BANK DETAILS

Name: Ritman Gurung

Bank: Monzo Bank

Account number: 66230680

Sort code: 04-00-03

IBAN: GB10MONZ04000366230680

BIC: MONZGB2L



SCAN TO PAY
Monzo QR: Ritman Gurung

SUPPORT PARTICIPATION

Support is sought to keep the conference accessible to agriculture students and to farmers who need financial assistance to attend.

Contribution	NPR	What it provides
Support a student	5,000	Paid to the organizer: the remaining part of the 7,500 registration fee less the 2,500 student fee, covering one agriculture student's full registration.
Support a farmer	7,500	Covers the registration fee for one farmer who needs financial support.
Sponsor's fee	14,500	Covers one participant's full average share of conference costs.

Supporters will receive a full report on outcomes, including the final declaration and photographs from the event.

CONTACT DETAILS

Anthroposophical Group Pokhara
with Nepal Biodynamic Circle
Phone: +977 9846526728
Email: healinghimalayas2025@gmail.com
Website: https://www.facebook.com/share/1C8kpsXHPq/

HOW TO REACH

Hotel Monalisa, Sauraha, Chitwan

Directions to the conference venue from major arrival points. Most local drivers in Sauraha know the hotel.

From Bharatpur Airport

About 25 minutes by road. Taxis are available at the airport and can take you directly to Hotel Monalisa, Sauraha.

A paid hotel pickup may also be arranged, depending on vehicle availability. Please call in advance.

From Kathmandu

Tourist bus: take a direct bus to Sauraha Tourist Bus Park. Autos are available nearby; the hotel is only a 2-3 minute drive.

Local, day or night bus (highway): get off at Sauraha Chowk, then take an auto, Magic or taxi to the hotel.

From Pokhara

Tourist bus: take a bus to Sauraha Tourist Bus Park. Autos are available and the hotel is about a 2-3 minute drive away.

Local or highway bus: ask to get off at Sauraha Chowk, then take an auto, Magic or taxi to the hotel.

From Tandi

Take an auto, Magic or taxi towards Sauraha and ask the driver to take you to Hotel Monalisa, Sauraha.

If you have difficulty finding the correct vehicle or route, please call the hotel for guidance.

From Sunauli / Bhairahawa Border

After entering Nepal, travel towards Chitwan/Sauraha by bus or other road transport.

If your vehicle stays on the highway rather than going into Sauraha, ask to get off at Sauraha Chowk, then take an auto, Magic or taxi to the hotel.

From Raxaul / Birgunj Border

After entering Nepal, travel towards Chitwan/Sauraha by bus or other road transport.

For highway buses, ask to get off at Sauraha Chowk, then take an auto, Magic or taxi to the hotel.

From Sauraha Chowk (Highway)

Get off at Sauraha Chowk on the highway. Autos, Magic vehicles and taxis are normally available from the chowk. Tell the driver you are going to **Hotel Monalisa, Sauraha**.

Need Assistance?

If you have any difficulty finding the hotel, choosing where to get off, or arranging transportation, please call us. We will be happy to guide you.

Hotel Monalisa, Sauraha, Chitwan · Landline: +977-56-580331

FREQUENTLY ASKED QUESTIONS

बारम्बार सोधिने प्रश्नहरू

किसान मात्र सहभागी हुने हो ?

होइन। कृषिसँग सबै क्षेत्र जोडिएका छन्। त्यसैले कृषिमा रुचि राख्ने सबैलाई यस सम्मेलनमा स्वागत गर्छौं।

अनलाइन फाराम भरेर मात्र सहभागी हुन पाइने हो ?

हो। यो लिङ्क https://docs.google.com/forms/d/e/1FAIpQLSfzXHfoi3Y9RNXinEMJkWJlzAlAmMwj-fnVEJMnmS_Tl6HunA/viewform?usp=publish-editor खोलेर अनलाइन फाराम भर्नुहोस् र आफ्नो सिट सुरक्षित गर्नुहोस्।

शुल्क तिरेर मात्र सहभागी हुनुपर्ने हो ?

यो शुल्कसहितको सहभागिता हुने सम्मेलन हो। केही कृषि विद्यार्थीका लागि (२५ सिट मात्र) छुट शुल्कको व्यवस्था गरिएको छ। आर्थिक स्रोतको अभाव भएका आवेदन परेमा वैकल्पिक स्रोत जुटाउने प्रयास गरिनेछ।

होटलबाहिर बस्न पाइन्छ ?

सहभागीहरूबीच संगत बनोस्, सम्बन्ध गाँसियोस् र सम्मेलनमा सबैको ध्यान केन्द्रित होस् भनेर आवासीय प्रबन्ध गरिएको हो। सम्मेलनमा बिहानी युरिथ्मीलगायत विभिन्न कार्यशाला पनि हुने भएकाले सबैको सहकार्य, समन्वय र सौहार्दपूर्ण वातावरणलाई प्रोत्साहित गरिन्छ।

होटलमा कहिले आइपुग्नु पर्छ ?

होटलमा कार्तिक १६ गतेको २ बजेपछि आएर आफ्नो कोठा लिन सक्नुहुन्छ। सो दिन बेलुकाको खाना उपलब्ध छ। होटलबाट कार्तिक १९ गते दिउँसोको खाना पछि २ बजेसम्म आफ्नो कोठा खाली गरिसक्नुपर्छ। सम्मेलनको कार्यक्रम बाहेकको अन्य खानाहरुको खर्च आफै व्यवस्थापन गर्नु पर्नेछ। आवास दुई जना मिलेर बस्ने (ट्विन सेयरिङ) कोठामा हुनेछ।

सम्मेलन कुन भाषामा हुनेछ ?

यो सम्मेलन नेपाली भाषामा हुनेछ। केही विदेशी विशेष अतिथिहरूको प्रस्तुति मात्र अंग्रेजीमा हुनेछ।

सम्मेलनको वेब पेज ?

जानकारीका लागि फेसबुक पेजमा जानुहोला https://www.facebook.com/share/1C8kpsXHPq/