

DISCOVER THE POWER OF HEMP AS A CONSTRUCTION MATERIAL

A PRACTICAL INTRODUCTION TO  
**HEMP BUILDING**

WITH STEVE ALLIN

21-24 AUGUST 2017



WITH AN ADDITIONAL BONUS MODULE: HEMP IN NUTRITION BY DAISY BOOTH

One of the largest biodynamic farms in the UK, Shire Farm is delighted to co-host this residential course in the heart of the Lincolnshire Wolds.

Steve Allin's world famous three day Hemp Building Courses have inspired many people to go on to establish the system in their regions.

This course includes theory and practice to give participants an opportunity to understand how the material works and the economics of the process of installation

Students will have a chance to get hands-on experience with frame building, hempcrete installation, shuttering design and hemp plastering.

Popular with people from many strands of the construction industry, Steve's courses have been attended by architects, builders, interior designers, students and many other people interested in finding solutions to energy and environmental problems using hemp.

The course takes place over 4 days, on Shire Farm itself, where we grow our own hemp under license, beginning with an afternoon on the benefits on Hemp in Nutrition.



For bookings, contact: [heatherm@aura-soma-academy.net](mailto:heatherm@aura-soma-academy.net)

## Course Information:

The course runs over 4 days and is inclusive of accommodation, and meals. You will be staying at the beautiful residential centre 'Dev Aura', which is expertly run by Shire Farm's sister company, The Aura-Soma Academy. Dev Aura is set among beautiful gardens and offers a delicious range of vegetarian dishes created each day from produce grown biodynamically in the garden and farm.



Lunch at Dev Aura



Dev Aura and gardens

Each morning transport will be provided to take you to the Demeter registered, biodynamic, Shire Farm, in nearby Hagworthingham, where the practical elements of the course will be held.

## Location:

Dev Aura is located in the village of Tetford, in the heart of the Lincolnshire Wolds.

Address details:

Dev Aura, Little London, Tetford,  
Lincolnshire, LN9 6QL



The Heart Pond at Shire Farm

## Pricing:

The course costs £540 inc. VAT and is inclusive of accommodation, meals and transport to and from Shire Farm. For all booking enquiries, please contact Heather - [heatherm@aura-soma-academy.net](mailto:heatherm@aura-soma-academy.net)

## Course Timetable:

Day 1:	1400 - 1800
1400	Nutrition talk with Daisy Booth, including details of the omega ratios, properties and benefits of hemp seeds and how to include hemp in a balanced diet.
1500	Practical hemp food making demonstration, including options such as: Hemp seed milk demo, Hemp seed burger, Hemp oil dressing.
1600	Hemp protein smoothie taster and tea break.
1700	Optional Yoga class (1 hour)
1900	Supper is served, including some of the afternoon's delicious creations.
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Day 2:	0930 - 1630 (Break at 1100 & Lunch at 1300)
0930	Background information on Hemp as a crop. Origins of the system Background to application around the world.
1130	Timber frame and Shuttering system. Details of how these materials work and how they are incorporated into a building.
1400	Preparation of Hempcrete. Mixing practice. Application of Lime mortar and first lift of Hempcrete.
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Day 3:	0930 - 1630 (Break at 1100 & Lunch at 1300)
ALL DAY	Practical demonstration and Hands on experience of Timber frame and installation of Hempcrete in walls.
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Day 4:	0930 - 1630 (Break at 1100 & Lunch at 1300)
ALL DAY	Casting Light weight Hempcrete to top of roof. Hemp Plaster Mixing & Application Lightweight Hempcrete infill in roof Hemp plaster mixing and application. Conclusion & Testing