



Page 24
Walk on the
Wild Side

Unit 19, The Coach House
2 Upper York Street
Bristol BS2 8QN
0117 924 0901
www.inspiredtimesmagazine.com

Magazine Coordinator/Editor:

Sharon Henshall

Sub-Editor/Webmaster:

Luke Bell

Picture Editor & Administrator:

Sarah Hall

Marketing & Promotions:

Charlotte Chapman & Lara Kennedy

Production Editor:

Teresa Ryan

Cover Image:

Patwa - Derek Edwards www.patwa.co.uk

Writers/Contributors:

Luke Bell/Sharon Henshall
Charlotte Chapman/John Smith
Dr Partap Chauhan/Jamie Richards
Sioned Bannister/ Helen Martin
Paulo Coelho/Rebecca Wingrave
Tracey Davies/Jo Middleton
Lila Conway/Jane Chapman
Chrissie Hammond/Tracy Gil
Optimist World/Will Bolton
Florence Roberson/Sammy Maine
Sophie Bartlett/Christelle Atenstaedt
Lauren Baker/Tom Kay/Corina Bona

Subscriptions: (full details pg 47)

subs@inspiredtimesmagazine.com

Advertising: Sharon Henshall

ads@inspiredtimesmagazine.com

No part of this magazine can be reproduced without consent. All rights reserved. No responsibility will be accepted for errors or omissions, or comments made by writers or interviewees. © Inspired Times. ISSN 2041-0786. Printed by The Print Co. www.theprintco.com Printed on Greencoat Offset 100% Recycled paper, supplied by Howard Smith Papers



FEATURES

- 4 Keeping Food Local**
Looking at creative enterprise, from cooperatives to rural retail and garden sharing to cheesy currency, as we all strive for local produce.
- 12 Creative Journeys**
Discovering the artistic spirit that lies within each and every one of us, whether we realise it or not. The path to creativity brings personal growth and joy.

REGULARS

- 2 Welcome**
- 3 Have your say**
- 8 Spirituality**
Paulo Coelho explores the importance of repetition and we recommend some inspirational audio CDs.
- 10 Peace**
- 11 Inspiring Tales**
- 14 Holistic Health**
Ayurveda, History of Herbal Medicine, nutrition, yoga & The Alexander Technique.
- 20 Creative Expression**
From puppet making and community radio, Charlotte Chapman explores some springtime stimulation.
- 22 Inspiring Days Out**
- 26 UK getaways**
A Creative getaway in Gardenstown and the eco-endeavours in the town of Machynlleth.
- 28 European Escapes**
Unwind in the tranquility of Rosy's Little Village on the Greek island of Agistri.

inspired times



CONTENTS

- 24 Walk on the Wild Side**
Tracey Davies retraces her footsteps along the 90 mile South Downs Way.
- 34 For Love or Money?**
Motives behind the retail eco-boom and the power we possess as consumers.
- 38 Hope Flower School**
Uniting Israeli and Palesitinian children through education.
- 30 Environment**
What went right at Copenhagen? plus The sustianable Olympics, and some fascinating snippets of eco news.
- 32 Gardening**
- 39 Communities**
Allot-mentlists in Manchester and bike recycling in Newcastle.
- 40 Creative Kids**
- 41 Tomorrow's Vision**
A group of 16-17yr olds from Cumbria tell us their views on life, the universe and everything.
- 42 Events**
Mind, Body, Spirit Festival and events listings for the spring season.
- 44 Optimist World**
- 46 Classifieds**
- 48 Inspiring Individuals**
Wangari Maathai, the first African woman, and environmentalist, to win the Nobel Peace Prize.

