



Festival of Wellbeing

Sat 4 Oct 2025 • 10am–5pm BST, Online, Zoom

Speakers include:



Tickets: £25 per person (£15 concessions) • resurgence.org/wellbeing25

Information and linked shared during the event

The Resurgence Trust

Support our work: our heartfelt thanks for all of your support and donations to The Resurgence Trust, if you would like to you can donate: shop.resurgence.org/product/view/donation

Membership: If you are not already a member, please consider taking out a membership or gift membership. You can do this online here www.resurgence.org/eventsoffer. Use code Z83 to receive £6 off.

Earth Festivals: the next Earth Festival is on 28 October. Find out more and book a free space: <https://www.tickettailor.com/events/theresurgencecentre/1808634>

Sponsors for The Festival of Wellbeing

Please support our sponsors:

The Network of Wellbeing: <https://networkofwellbeing.org/>

Weleda: weleda.co.uk

Earthsong: <https://earthsongfoundation.com/>

Tony Juniper

Just Earth: How a Fairer World with Save the Planet

More information on Tony's work can be found here: <https://tonyjuniper.com/>

Follow Tony on socials:

<https://www.instagram.com/tonyjuniper/>

<https://www.facebook.com/tony.juniper.58>

<https://www.linkedin.com/in/tony-juniper-cbe-a2763b31/>

Books: <https://www.waterstones.com/book/just-earth/tony-juniper/9781399410700>

<https://www.waterstones.com/book/what-has-nature-ever-done-for-us/tony-juniper/9781846685606>

<https://www.waterstones.com/book/what-nature-does-for-britain/tony-juniper/9781781253281>

See Tony's article from Resurgence & Ecologist: <https://www.resurgence.org/magazine/article4353-warning-dont-take-the-bee-out-of-business.html>

Craig Jordan-Baker

A river pilgrimage: maps, memory and walking

Craig began his talk by paying tribute to Manchán Magan who died earlier this week. To find out about the work of Manchán Magan, who was a writer and documentary-maker: <https://www.manchan.com>

More information on Craig's work can be found here: <https://www.époquepress.com/craig-jordan-baker>

Follow Craig on socials: <https://www.instagram.com/craigjordanbaker/>

<https://www.facebook.com/craig.jordan2>

<https://www.linkedin.com/in/craig-jordan-baker-57432041/>

Books by Craig: <https://www.waterstones.com/book/brick-dust/craig-jordan-baker/9781068716232>

<https://www.waterstones.com/book/the-nacullians/craig-jordan-baker/9781999896072>

<https://www.waterstones.com/book/if-the-river-is-hidden/cherry-smyth/craig-jordan-baker/9781739188108>

Solène Wolff

Planetary Wellbeing

More information on Solène's work can be found here: <https://www.resite.org/speakers/solene-wolff>

Follow Solène on socials: https://www.instagram.com/solene_wolff/

<https://www.linkedin.com/in/solenewolff/>

Solène talks about Rewilding the Future in this film https://www.youtube.com/watch?v=wDfw5_Vry-0

Eco Anthem music

We invite you to explore the **Eco Anthem** project – a powerful musical collaboration between Artists Project Earth and The Resurgence Trust celebrating our connection to Nature. In this break we shared 'Our World' by Michael U. Listen and learn more: www.apeuk.org/ecoanthem

Sophie Wisbrun-Overakker

The sacred truth of Nature

More information on Sophie's work can be found here: <https://www.doingbusinessdoinggood.com>

You can follow Sophie on socials here: <https://www.instagram.com/sophiewisbrunoverakker/>

<https://www.facebook.com/sophie.wisbrun>

<https://www.linkedin.com/in/sophiewisbrun/>

Sophie wrote about her work in *Resurgence & Ecologist*. You can read her article here:

<https://www.resurgence.org/magazine/article6184-ripples-of-positive-impact.html>

Satish Kumar

Love First

You can find out more about Satish and his work here: <https://www.resurgence.org/satish-kumar/>

Socials: <https://www.instagram.com/resurgencetrust/>

<https://www.facebook.com/Resurgencetrust/>

<https://www.linkedin.com/company/the-resurgence-trust/>

Satish's books are available from the Resurgence online shop. <https://shop.resurgence.org/books>

Change the Story, short films by Satish Kumar <https://www.resurgence.org/satish-kumar/change-the-story.html>

Satish's book *No Destination* includes Satish's account of his 8,000-mile peace pilgrimage, walking from India to America without any money, through mountains, deserts, storms and snow. It was an adventure during which he was thrown into jail in France, faced a loaded gun in America, and delivered packets of 'peace tea' to leaders of the four nuclear powers. <https://shop.resurgence.org/product/view/REBK042/no-destination:-autobiography-of-a-pilgrim>

Satish has written about his thoughts on Love in one of his many articles published in *Resurgence & Ecologist*: <https://www.resurgence.org/magazine/article6340-the-meaning-of-love.html>

You can also see more interviews and videos here: <https://www.resurgence.org/satish-kumar/video-audio.html>

Robert MacFarlane's book *The River is Alive*: <https://www.penguin.co.uk/books/455147/is-a-river-alive-by-macfarlane-robert/9780241624814>

Diyora Shadijanova

The Right to Rest: The Lessons of Gardening

More information on Diyora's work can be found here: <https://diyorashadijanova.xyz/>

You can follow Diyora on socials here: <https://www.instagram.com/thediyora/?hl=en>

<https://www.facebook.com/diyora1995>

<https://www.linkedin.com/in/diyorashadijanova/>

Other: <https://www.instagram.com/hothousebookclub/>

Essays by Diyora, including a link to her article about falling in love with her allotment can be found here:

<https://diyorashadijanova.xyz/creative-writing-essays/>

<https://substack.com/@diyorashadijanova>

Nadia Colburn

Poetry, the Body and the Earth: and Interactive Reading

You can find out more about Nadia's work here: <https://nadiacolburn.com/>

Follow Nadia on social: <https://www.instagram.com/nadia.colburn/?hl=en>

<https://www.facebook.com/nadia.h.colburn>

<https://www.linkedin.com/in/nadia-colburn-ph-d-425b7968/>

Books: <https://www.waterstones.com/book/i-say-the-sky/nadia-colburn/9780813198644>

<https://nadiacolburn.com/the-high-shelf/>

Resurgence article: <https://www.resurgence.org/magazine/article6272-a-womans-story.html>

Mary-Ann Ochota

What the Old Folk Can Teach Us: Lessons from Archaeology

You can find out more about Mary-Ann's work here:

<https://www.instagram.com/maryannochota/>

Links to her books here: <https://www.maryannochota.com/books/>

You can follow Mary-Ann on socials here:

<https://www.facebook.com/MaryAnnOchota>

<https://www.linkedin.com/in/mary-ann-ochota-frgs-9234aa61/>

Books: Mary-Ann writes more about this in her book Secret Britain. "An Ice Age cannibal's skull cup, a hoard of Anglo-Saxon gold, a seventeenth century witch bottle... anthropologist Mary-Ann Ochota unearths more than 70 of Britain's most intriguing ancient places and artefacts and explores the mysteries behind them."

<https://www.waterstones.com/book/secret-britain/mary-ann-ochota/9780711288850>

<https://www.waterstones.com/book/hidden-histories-a-spotters-guide-to-the-british-landscape/mary-ann-ochota/9780711236936>

<https://www.waterstones.com/book/the-shortest-history-of-human-life/mary-ann-ochota/9781529083040>

<https://www.waterstones.com/book/britains-secret-treasures/mary-ann-ochota/9780755365739>

The Story of Tollund Man <https://www.museumsilkeborg.dk/welcome-to-the-story-about-tollund-man>

Fritjof Capra

A Systems View of Wellbeing

More information on Fritjof's work can be found here: <https://www.fritjofcapra.net/>

Follow Fritjof on socials: <https://www.instagram.com/conexionesocultas/>

Books: <https://www.waterstones.com/book/the-systems-view-of-life/fritjof-capra/pier-luigi-luisi/9781316616437>

<https://www.waterstones.com/book/web-of-life/fritjof-capra/9780006547518>

<https://www.waterstones.com/book/the-tao-of-physics/fritjof-capra/9780006544890>

<https://www.waterstones.com/book/uncommon-wisdom/fritjof-capra/9780006543411>

You can read Fritjof's article on 'Community is the way to Sustain Life' on The Ecologist:

<https://theecologist.org/2018/apr/30/way-sustain-life-build-and-nurture-community>

More on the Capra course here: <https://www.capracourse.net>

<https://www.resurgence.org/magazine/article6362-principles-of-life.html>

Our heartfelt thanks for all your support to The Resurgence Trust.

Keep up to date with news and hear about future events, sign up to our newsletter.

<https://www.resurgence.org/magazine/enews.html>