

# GREEN seminars AT THE LIVING SHOW

**REGISTER  
FREE  
ONLINE**

**SATURDAY 2<sup>ND</sup> JULY 2016**

BE INSPIRED!  
Healthy Lifestyle: Mind Body Wellness  
Be Fit Auckland

Ecobuild  
Clean Energy

**LIVE THE FUTURE**  
How to best build and renovate your home with energy saving and efficiency and practical information. How to choose and buy solar panels, insulation, hot water heat pumps and more for your home and buildings.

<b>SATURDAY 2<sup>ND</sup> JULY 2016</b>			
<b>TIME</b>	<b>SPEAKER</b>	<b>TOPIC</b>	<b>ROOM</b>
10:30am	Dr Helen Smith	Breast Cancer Prevention - What We Can Do To Help Keep Breasts Healthy That Work	1
10:30am	Jason Shon Bennett	How To Live A Long Healthy Life Free From Drugs Or Disease	2
10:30am	Steffan Browning	Why Auckland Streets Must Be Spray-Free	3
11:30am	Vivienne Kelly	Live A Life Of Purpose On Purpose!	1
11:30am	Christine Carter	A Balanced Immune System Is Key To Your Health	2
11:30am	Dana Darwin	Battery Ready Solar Power Systems	3
12:30pm	Jennifer Allen, Jayayoga	Sustainable Yoga	1
12:30pm	Melissa-Anne Smit	The Secret To A Younger, Healthier You	2
12:30pm	Dr Shane West	Creating A Healthy House By Lowering Relative Humidity	3
1:30pm	Jocelyn Oades	Healing Power Of Pure Essential Oils	1
1:30pm	Dr Sam Shay, DC	Reclaim Your Energy And Reverse Adrenal Fatigue	2
1:30pm	Henry Cassin	Maximizing The Benefits Of Solar	3
2:30pm	Simon Phillips	Mental "Illness" Or Mental "Skillness"?	1
2:30pm	Sharon Lane	Fast Fashion: The BIG Lie?	2
2:30pm	Neville Burt	Wastewater Management - Living Off The Grid	3
3:30pm	Tracey Bennett	How To Make A Raw Berry Cheesecake	1
3:30pm	Gillian McNicoll	Microwaves: An Unnatural Technology	2
3:30pm	Paul Waddell	Simple Ways To Live More Safely In A High Tech World	3

**FREE! REGISTER NOW**  
to avoid disappointments. Limited Seating.  
[www.thegreenlivingshow.co.nz](http://www.thegreenlivingshow.co.nz)

## saturday seminars

### **DR HELEN SMITH: BREAST CANCER PREVENTION ROOM 1, 10:30AM**

What are the things we can do to help keep breasts healthy that work? Dr Helen Smith is a medical doctor practising Holistic Medicine at the Auckland Holistic Centre, specialising in women's health.

### **JASON SHON BENNETT: HOW TO LIVE A LONG HEALTHY LIFE, FREE FROM DRUGS & DISEASE**

**ROOM 2, 10:30AM** Jason Shon Bennett, co-founder of The Exceptional Health Company, is a health researcher and best-selling author of "Eat Less, Live Long" and "My 20 Golden Rules". Inspired by the blue-zone Centenarians around the world, he is passionate about helping people transform their health, vitality and longevity by making simple changes to their diet, lifestyle and environment. Jason will share with you the key things you can do NOW to make the biggest difference to your health, energy and wellbeing

### **STEFFAN BROWNING: WHY AUCKLAND STREETS MUST BE SPRAY-FREE ROOM 3, 10:30AM**

Pesticide spokesperson for the Greens, Steffan Browning, has a deep understanding of the science and regulatory environment about pesticides. Auckland Council has chosen to ignore the WHO's cancer research group's warning that glyphosate is a probable carcinogen, and is spraying glyphosate on what once were 'spray-free' streets, playgrounds and parks. Steffan tells why glyphosate is so bad and why Auckland Council must change its pro-glyphosate stance.

### **VIVIENNE KELLY: LIVE A LIFE OF PURPOSE ON PURPOSE! ROOM 1, 11:30AM**

Join Transform Sponsor of Be Fit, our Keynote Speaker Vivienne Kelly from Momentum Life Coaching and Training. Vivienne leads an interactive session to help you discover your passion and purpose. It is a tool used by growing numbers of individuals and businesses to bring out the BEST in a person or situation, even when the going is good. Intrigued? Coaching is mind-shifting, thought-provoking and LIFE-CHANGING. Join Vivienne as she coaches you and lets you experience being the coach in this interactive, hour-long session. Discover whether this powerful process is right for you - to improve your life or leadership skills, or as a career opportunity or plan for your retirement job.

### **CHRISTINE CARTER: A BALANCED IMMUNE SYSTEM IS KEY TO YOUR HEALTH ROOM 2, 11:30AM**

Biopton Light is a Swiss Medical device that can be used as a life option to assist in your overall wellness. Daily light treatments regulates your immune system, elevates stress and enhances healing. Christine & Sam Carter your presenters of Biopton Light have been servicing the whole of New Zealand with Biopton Light for 8 years now and are amazed in the last few years, how many people are suffering from Auto Immune Disorders, Cancer being one of the many conditions that impact our health. Regular use of the Light assists our body to keep a healthy Immune System.

### **DANA DARWIN: BATTERY READY SOLAR POWER SYSTEMS ROOM 3, 11:30AM**

Solar power & Energy Storage - buy now or later? Hear about the key factors from which to decide and receive the most benefit from your solar power system. Find out about the latest in solar technologies, monitoring, energy management & storage. Dana Darwin, MD of Energy Alternatives explains in simple easy to understand steps how to determine if solar is right for you, how to maximise self-consumption and plan your pathway to energy independence. Learn about battery & other energy storage options and how and when to profitably invest in which energy smart products. Understand how to determine and develop your own personal pathway to solar powered independence without investing in the wrong technologies.

### **JENNIFER ALLEN, JAYAYOGA: SUSTAINABLE YOGA PRESENTATION ROOM 1, 12:30AM**

Enlighten Sponsor of Be Fit, Jennifer Allen, founder of Jayayoga NZ, will introduce you to the concepts of 'sustainability' with regard to the care, maintenance, and healing of your body. She will explore from a yoga perspective the principles of functional body movement, breath awareness, and mindfulness to allow you to function on all levels at your highest potential, with a minimum expenditure of energy. This seminar is appropriate for anyone, from the office worker, to the busy mum, you will leave with easy, accessible tools that can be easily applied to your daily life.

### **MELISSA-ANNE SMIT: THE SECRET TO A YOUNGER, HEALTHIER YOU ROOM 2, 12:30PM**

Melissa Smit, owner of 101 Fitness, has an amazing story and loves sharing it to help others also lead healthier lives. A qualified architect by trade, she at the young age of 21 was struck by some serious health issues and soon thereafter was involved in a major car accident. By age 25 Melissa lived life with daily pain and even simple activities for others her age was out of the question. How then, by the age of 28, had Melissa turned her life around? What is it that got Melissa into amazing shape and living life to the full again?

### **DR SHANE WEST: CREATING A HEALTHY HOUSE BY LOWERING RELATIVE HUMIDITY ROOM 3 12:30PM**

Dr Shane West will discuss Environmental Sciences New Zealand's (ESNZ) SkyVent™ technology and Ventalite™ technology, giving examples of the health and energy saving benefits of these low cost, low impact natural ventilation systems, which are capable of lowering relative humidity inside NZ housing, combating ventilation with the benefits of natural daylighting to create a Healthy House Environment. Shane will be presenting NZ case

studies of applying ventilation to bathrooms and laundries to lower relative humidity in accordance with NZ the Energy Efficiency and Conservation Authority (EECA) recommendations. Shane has been involved with building sustainability for 25 years. He was Head of the Unitec Applied Technology Institute, New Zealand, the Australian Capital Territory's Government Professorial Chair of Building and Construction Management and Manager of the Sustainability Office at the Australian National University. Shane has several patents and new innovative product developments in these fields such as the SkyVent superior naturally ventilating vertical skylight.

#### **JOCELYN OADES: HEALING POWER OF PURE ESSENTIAL OILS ROOM 1, 1:30PM**

Jocelyn Oades is the sponsor of Revolution: Heal Your Body and Mind at Be Fit Auckland. She is the founder of Do Terra NZ Certified Pure Therapeutic Grade Essential Oils, a director of several businesses; she empowers women in her workshops to excel. Her company is the distributor for the French Company Phyt's certified organic beauty and skin care products. She is a Reiki Master/Teacher and owns Earth Spa.

#### **DR SAM SHAY, DC – RECLAIM YOUR ENERGY AND REVERSE ADRENAL FATIGUE ROOM 2, 1:30PM**

Dr. Sam Shay helps the fatigued reclaim their energy, drop body fat, and feel great so they can live a vibrant, fulfilling life each day. Dr. Sam Shay is a holistic acupuncturist, chiropractor, and functional neurologist who has studied whole foods nutrition for over 15 years, offering personal coaching via Skype/phone and 5-week online transformational programmes to help individuals achieve optimal health. His "10 Pillar" of Health" program" uniquely identify the specific health needs of each client, allowing for tailor-made plans to restore function and health. Dr. Shay is a clinician by training, yet an educator at heart.

#### **HENRY CASSIN: MAXIMISING THE BENEFITS OF SOLAR ROOM 3, 1:30PM**

Henry Cassin is Pacific Business Development Manager of What Power Crisis. With the low tariffs from the electricity retailers, the demand for new innovated ways of maximising your self-consumption has arrived. Find out what latest products are now available, and future-proof for self-sustainability.

#### **SIMON PHILLIPS: MENTAL "ILLNESS" OR MENTAL "SKILLNESS"? ADHD, BI POLAR & SUCCESS**

**ROOM 1, 2:30PM** Simon Phillips, of Fitwear, Sponsor of our Be Fit FitCamp. Simon Phillips is a reasonably eccentric 24 y/o & the founder of Fitwear Ltd. Join him as he shares his story and explores a multi-dimensional subject through a mix of humour, positivity & personal experience. His seminar will address the way we use labels in the area of Mental Health and how this impacts a person's success. Looking at ADHD & bipolar as a potential gift, rather than a disability, allows the opportunity for people to learn about exemplifying the positives and minimising the negatives of these prevalent "illnesses". In this way we unlock the potential of brilliant minds that are otherwise told (directly or indirectly) that they can't achieve as much as someone with a 'normal brain'. "I wouldn't trade my gifts for anything in the world and I want to make sure a whole bunch of other people start feeling the exact same way."

#### **SHARON LANE: FAST FASHION: THE BIG LIE? ROOM 2, 2:30PM**

Sharon Lane is a passionate ethical fashion advocate. She has spent the past three years following developments in the fashion manufacturing industry and networking with ethical fashion brands and entrepreneurs. Sharon created Make It Ethical to educate and empower conscious kiwis to make the best buying choices when it comes to fashion and homewares. You can follow the Make It Ethical blog online at [www.makeitethical.com](http://www.makeitethical.com).

#### **NEVILLE BURT: WASTEWATER MANAGEMENT - LIVING OFF THE GRID ROOM 3, 2:30PM**

Water availability can be an issue when living off the grid. Considerable savings in water usage can be made by choosing alternatives such as composting toilets and recycling of grey water. Financial savings can also be gained by looking at alternatives to expensive high maintenance septic systems

#### **TRACEY BENNETT: HOW TO MAKE A RAW BERRY CHEESECAKE ROOM 1, 3:30PM**

Tracey Bennett, co-founder and wholefood chef for The Exceptional Health Company, is passionate about teaching people how to make nourishing healthy food that tastes amazing. She is committed to helping people cook and eat in a healthy and affordable way by introducing them to the wonderful world of plant-based wholefood and nourishing herbs and spices.

#### **GILLIAN MCNICOLL: MICROWAVES: AN UNNATURAL TECHNOLOGY ROOM 2, 3:30PM**

Gillian McNicoll, RGON, RM, Dip. Health Science and Andrew McNicoll, Registered Electrician

#### **PAUL WADDELL: SIMPLE WAYS TO LIVE MORE SAFELY IN A HIGH TECH WORLD ROOM 3, 3:30PM**

Paul began his working life as an Aircraft Engineer with Air New Zealand and has held senior management roles in Technical, Sales, Marketing and Information Technology and has also been a successful business owner. Several years ago Paul decided to bow out of the business world and focus on helping people to live more safely with modern technology. He completed a Certificate course in EMF Testing, part of the full Building Biology program from the Australian College of Environmental Studies and now operates a consultancy called SafeSpace.

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**SUNDAY 3<sup>RD</sup> JULY 2016**

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LIVE THE FUTURE  
How to best build and renovate your home with energy saving and efficiency and practical information. How to choose and buy solar panels, insulation, hot water heat pumps and more for your home and buildings.

<b>SUNDAY 3<sup>RD</sup> JULY 2016</b>			
TIME	SPEAKER	TOPIC	ROOM
10:30am	Kat McKay	Reframing Workplace Wellness: A Four Dimensional Approach	1
10:30am	Dr Sam Shay, DC	Quit Food Cravings And The "Eat To Cope" Cycle	2
10:30am	Laurie Dee	Diy Rain Water Harvesting	3
11:30am	Angeleen Lewers	How Eating Raw Benefits You, Make A Raw Orange Crème Brûlée	1
11:30am	Kim Knight	The 3 Steps To Stopping Bullies	2
11:30am	Nicholas Dalton	Built Environments - Sustainability Within New Houses, Alterations And Additions	3
12:30pm	Jenny Bates	Sweet Nightmares - Presentation and How to Make a Prune Brownie	1
12:30pm	John Coombs	Optimise Your Wellbeing With Epigenetics. Empowering Your Destiny	2
12:30pm	Dana Darwin	Battery Ready Solar Power Systems	3
1:30pm	Jennifer Allen, Jayayoga	The 'Mummy' Movement - Reclaiming Your Identity After Children	1
1:30pm	Shukul Kachwalla	Probiotics To Improve Digestion, Immunity, Prevent Disease. Plant Based Food For Good Health	2
1:30pm	Tania Barke	Creating A Garden That You Can Connect With	3
2:30pm	Jocelyn Oades	Live Demonstration - A Specialised Essential Oil Application Technique To Bring The Body Into Harmony	1
2:30pm	Pollin Kamell	Maximising The Potential Of Your Two Greatest Assets	2
2:30pm	Henry Cassin	Maximising The Benefits Of Solar	3
3:30pm	Kelly Samson	NLP - Harnessing Your Mind For Your Optimum Health & Happiness	1
3:30pm	Kim Knight	5 Top Techniques For De-Stressing Your Day	2
3:30pm	Ingo Ratsdorf	Insulation, Heating, Ventilation And How It All Connects	3

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## sunday seminars

### **KAT MCKAY: REFRAMING WORKPLACE WELLNESS: A FOUR DIMENSIONAL APPROACH ROOM 1, 10:30AM**

Kat McKay is a Success & Wellness Coach at Focus Coaching Hub talks about the four dimensions of health in the workplace. "We would be naive to assume that looking after our physical health is enough to sustain us in the workplace. Let's get passionate about our work and our relationships in order to prevent anxiety, burnout or depression from affecting our productivity, positivity and achieving our success.

### **DR SAM SHAY, DC: QUIT FOOD CRAVINGS AND THE "EAT TO COPE" CYCLE ROOM 2, 10:30AM**

Dr. Sam Shay frees those caught in the cycles of food cravings and 'eat to cope' cycle so that they effortlessly make wise food choices. Dr. Sam Shay is a holistic acupuncturist, chiropractor, and functional neurologist who has studied whole foods nutrition for over 15 years, offering personal coaching via Skype/phone and 5-week online transformational programmes to help individuals achieve optimal health. Dr. Shay is a clinician by training, yet an educator at heart.

### **Laurie Dee: DIY RAIN WATER HARVESTING ROOM 3, 10:30AM**

Rainwater harvesting has been a passion of Laurie Dee's for nearly 25 years. He has won several national and international awards for inventing and developing more effective rainwater harvesting systems. I find it hard to understand why Aucklanders should choose to pay Watercare for the water they use to irrigate their lawns and gardens when they could be utilising the free rainwater that comes off the roof.

### **ANGELEEN LEWERS: HOW EATING RAW BENEFITS YOU, MAKE A RAW ORANGE CRÈME BRÛLÉE ROOM**

**1, 11:30AM** Angeleen, owner of Petra Raw Cakes, will discuss eating raw for health. She will also compare raw desserts with "conventional" ones and talk about the good fats, proteins, nutrition and the benefits of raw desserts, how this can complement a meal. Angeleen will show you how to make a raw dessert, turning a traditional Crème Brûlée into a raw Orange Crème Brûlée. Testers required! She will talk on how making small or large changes to your diet can benefit you, your pocket, your country and the world.

### **KIM KNIGHT: THE 3 STEPS TO STOPPING BULLIES ROOM 2, 11:30AM**

Join multi-award nominated health and empowerment wellbeing coach, Kim Knight of KimKnightHealth.com. In her talk Kim will share the 3 steps you MUST take if you want to stop bullies, using the signature Mickel Therapy 'Boundary' Key. She will also share how not dealing with bullies can even lead to severe illness such as chronic fatigue or fibromyalgia if left unresolved. The good news is we can take back our power and health when we know how to look after ourselves, which is exactly what Mickel Therapy teaches people to do.

### **NICHOLAS DALTON: BUILT ENVIRONMENTS – SUSTAINABILITY WITHIN NEW HOUSES, ALTERATIONS AND ADDITIONS ROOM 3, 11:30AM**

Nicholas Dalton is a registered architect and the founder and director of Tāmaki Makaurau Office Architecture Limited, TOA Architects, located in Auckland's downtown Britomart. He will discuss his journey of bringing indigenous concepts to architecture, through his firm TOA Architects. His ambition is to see authentic representation of traditional ideas and architecture in a contemporary context on a global scale. As an architectural practice with a strong focus on sustainability, TOA strives to satisfy the wants and needs of our clients, while also creating a sustainable environment that brings structure and earth together as a single entity.

### **JENNY BATES: SWEET NIGHTMARES - PRESENTATION AND HOW TO MAKE A PRUNE BROWNIE ROOM 1,**

**12:30PM** Sugar overload: A guide to cutting down sugar, how it affects your health and can contribute to cancer, diabetes and cardiovascular problems. Learn about types of sugar, foods it is hidden in, and how to measure sugar amounts in foods. Jenny Bates has been a naturopath and nutritionist for the past 11 years. During this time she has encountered many people and helped them towards a healthier more wholesome lifestyle. She has written a cook book - Low on Sugar.

### **JOHN COOMBS: OPTIMISE YOUR WELLBEING WITH EPIGENETICS. EMPOWERING YOUR DESTINY ROOM 2, 12:30PM**

John Coombs is Director and Wellbeing Expert at Global Health, a new frontier Wellbeing group. Seize the Moment - new science shows your wellbeing is mainly in your own hands. Lifestyle changes for the better, rapidly affect your trillions of cells and this can lead to major improvements in your wellbeing with simple methods. Learn simple and effective skills to enhance both your biology and your psychology and how to master the environment you co-create every day. With hundreds of billions of new cells growing each day your lifestyle and daily habits primarily determine your future.

### **DANA DARWIN: BATTERY READY SOLAR POWER SYSTEMS ROOM 3, 12:30PM**

Solar power & Energy Storage - buy now or later? Hear about the key factors from which to decide and receive the most benefit from your solar power system. Find out about the latest in solar technologies, monitoring, energy management & storage. Dana Darwin, MD of Energy Alternatives explains in simple easy to understand steps how to determine if solar is right for you, how to maximize self-consumption and plan your pathway to energy independence. Learn about battery & other energy storage options and how and when to profitably invest in which energy smart products. Understand how to determine and develop your own personal pathway to solar powered independence without investing in the wrong technologies.

**JENNIFER ALLEN: THE 'MUMMY' MOVEMENT - RECLAIMING YOUR IDENTITY AFTER CHILDREN ROOM 1, 1:30PM** In this seminar Jennifer Allen, founder of Jayayoga NZ and Senior Facilitator for Bliss Baby Yoga will invite you to explore the reconnection to the self after the experience of birth and new motherhood. We will work together to build an accessible 'toolbox' of practices (yoga, breath, mindfulness) to help you find the woman within and re-establish connection to your true self. It is from this connection that we are able to be present in all other aspects of our life, as a wife, a mother, a co-worker, and a friend.

**SHUKUL KACHWALLA: PROBIOTICS TO IMPROVE DIGESTION, IMMUNITY, PREVENT DISEASE. PLANT BASED FOOD FOR GOOD HEALTH ROOM 2, 1:30PM**

Did you know your digestive system is just as complex as your brain? Most people suffer from poor digestion and think their symptoms are normal. Have you ever suffered from excessive gas, constipation, diarrhoea, burping, acidity, vomiting, indigestion, bloating or pain and just put up with it, because you thought that this is just what happens? Eventually these symptoms can transform into more serious issues such as IBS, Colitis, Crohns and even Cancer! He will de-mystify some of the misconceptions that exist around digestion and will explain some basic concepts and practical ideas, you can apply to achieve optimal digestion. Shukul Kachwalla, Health & Nutrition Expert, High Carb Health.

**TANIA BARKE: CREATING A GARDEN THAT YOU CAN CONNECT WITH ROOM 3, 1:30PM**

Tania Barke, Certified Horticulturist. B.A. Owner, Through the Garden Gate Landscapes. It is all very well having the intention to spend more time outside, be more eco-friendly, grow your own veggies. But why is it that some spaces are more appealing than others? How can you get the energy to feel right and flow? Come and listen and I will give you some ideas.

**JOCELYN OADES: LIVE DEMONSTRATION - A SPECIALISED ESSENTIAL OIL APPLICATION TECHNIQUE TO BRING THE BODY INTO HARMONY ROOM 1, 2:30PM**

Jocelyn Oades is the sponsor of Revolution: Heal Your Body and Mind at Be Fit Auckland. She is the founder of Do terra NZ Certified Pure Therapeutic Grade Essential Oils, a director of several businesses; she empowers women in her workshops to excel. Her company is the distributor for the French Company Phyt's certified organic beauty and skin care products. She is a Reiki Master/Teacher and owns Earth Spa.

**POLLIN KAMELL: MAXIMISING THE POTENTIAL OF YOUR TWO GREATEST ASSETS ROOM 2, 2:30PM**

When we know where we want to go, what should happen and what is needed to get there, it is only logical that if you have a Land Rover Discovery ... that you will drive that Land Rover the way it should be driven. Don't drive it like a sporty Ferrari or a practical family wagon. Discover what kind of mind you have, understand how it is to be driven and clear away the road blocks. As a Selfless Coach and Wellness Consultant, Pollin can dehypnotise the mind and free your innate potential right here, right now. No tricks! No hypnosis! Only you!

**HENRY CASSIN: MAXIMISING THE BENEFITS OF SOLAR ROOM 3, 2:30PM**

Henry Cassin is Pacific Business Development Manager of What Power Crisis. With the low tariffs from the electricity retailers, the demand for new innovated ways of maximizing your self-consumption has arrived. Find out what the latest products now available and future proofing for self-sustainability.

**KELLY SAMSON: NLP - HARNESSING YOUR MIND FOR YOUR OPTIMUM HEALTH & HAPPINESS**

**ROOM 1, 3:30PM** Kelly Samson, NLP instructor & Life/Business Coach. Kelly discusses harnessing your mind to achieve your optimum health & happiness. Enjoying happiness and health is not just luck of the draw. You can create your own health and happiness to feel more enjoyment, vitality and fulfilment in life. In this informative and entertaining presentation, you'll find out why 'it's not just the way I'm wired' to bust through limiting beliefs. Learn key steps in harnessing your mind to enjoy more health & happiness resonating in all areas of your life.

**KIM KNIGHT: 5 TOP TECHNIQUES FOR DE-STRESSING YOUR DAY ROOM 2, 3:30PM**

Never before have we led such busy, stressful, overscheduled lives. Would you like to know how it IS possible to get everything done whilst remaining calm, relaxed and in control, and that by living life in a more harmonious way, you can actually be even more productive than when you are stressed? Join stress and anxiety specialist Kim Knight as she shares her 5 top strategies for stress reduction for bringing immediate clarity, calm and relaxation to mind, body and soul.

**INGO RATSDORF: INSULATION, HEATING, VENTILATION AND HOW IT ALL CONNECTS ROOM 3, 3.30PM**

An interactive introduction to insulation, heating and ventilation and how it all interrelates. This will allow the participant to better understand the importance of all those factors and their inter-relationship and will enable them to create a better and healthier indoor climate and make informed decisions when upgrading or building a house. Ingo is a registered architect, engineer and building biologist with a passion for sustainability, not only in architecture but in a much broader sense. He loves hands-on building, particularly with timber, clay and lime and is a big fan of Life Cycle Assessment, open source software, hiking, mountaineering and scouting. He believes that Sustainability is not only about buying organic or having a solar hot water panel but about a different mindset. He is providing insight on that matter in an attempt to achieve true sustainability. Not by add-ons, but by creating a deeper understanding of the issues and ultimately a change in behaviour.