

Nurture the Farmer

As farmers we strive to be socially responsible members of the agriculture community. We want to provide consumers a product that supports sound environmental practices, strengthens the economy, and promotes the good health of our animals.

"To do this, we must nurture ourselves, the farmer." Robin Fowler

All too often, while on our mission to provide the best possible care to our animals, consumers and families, we neglect ourselves. When caring for our animals we understand that they must be nurtured in order to produce, and yet we do not always provide this balance for ourselves.

Nurture the farmer is a facilitated session that provides an opportunity for farmers of all types to come together to share experiences of difficulty to discovered paths of joy while living the life of a farmer. Through listening, discussion, relaxation techniques and compassion these sessions offer an opportunity to experience 90 minutes of you nurturing You!

Location- A quiet alpaca farm located in Unity Maine that offers beautiful healthy accommodations to 27 alpacas and provides an observational experience that is unmatched. Most visitors remark quickly on an overwhelming sense of peacefulness and joy when surrounded by these amazing creatures.

The Facilitator –Robin has been a teacher, mentor, life coach and facilitator for most of her adult life. For the past 30 years she has worked with large and small businesses and individuals in the areas of organizational change, career management, leadership training and the practice of mindfulness. Her work with others offers heightened self-awareness, self acceptance and a sense of well-being; improved goal-setting and goal attainment, life balance and lower stress levels; improved communication and problem-solving skills; enhanced quality of life and broader perspectives and insight. Today Robin continues her own development as a Modern Day Bodhisattva. Her teachers of many years, Ani Pema Chodron and Chogyam Trungpa Rinpoche along with the practice of meditation have helped her to cultivate maitri, loving kindness towards oneself. Her true gift is passing these teachings on to others. In her words, "I have finally found the perfect place and time in my life to do what I love most- sharing life's journey with others and together finding wonder and appreciation in the many joys that our world has to offer".



Sessions begin in March 2012 ~ Please call or email for additional details:
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