

Samskara

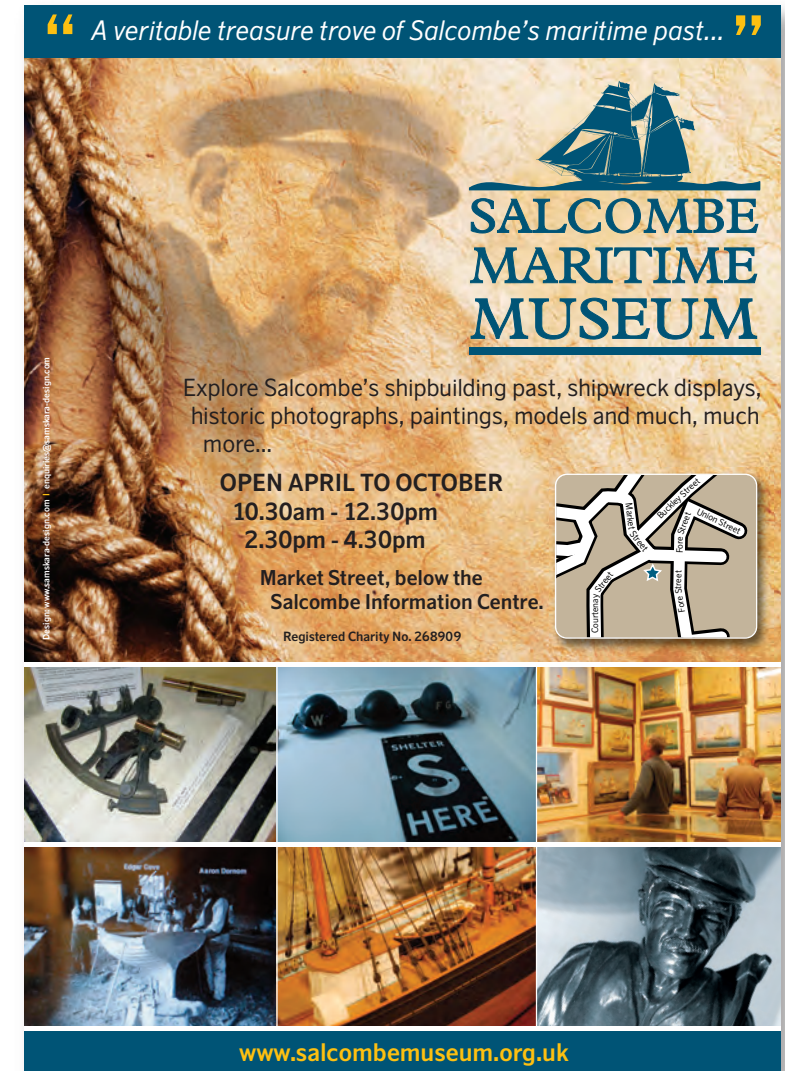
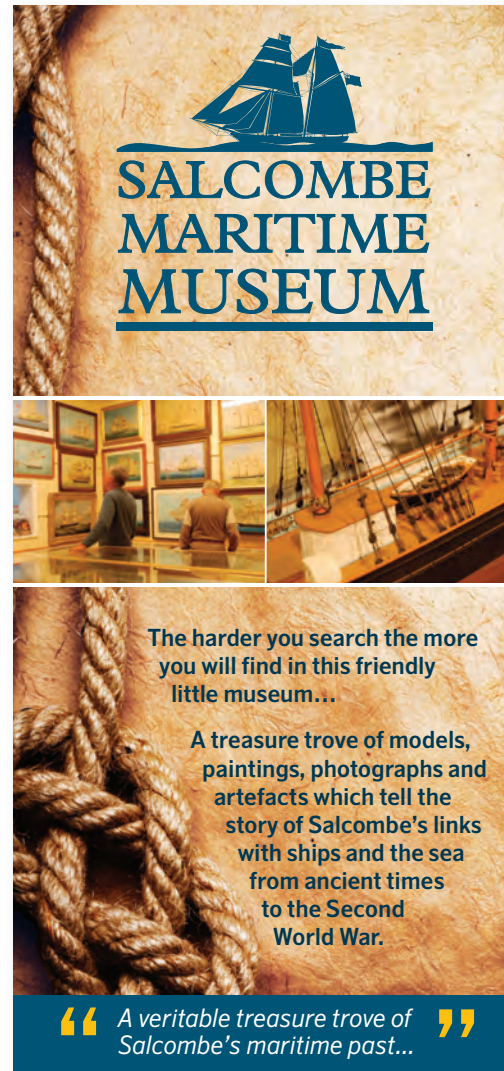


DESIGN

Creative Vision

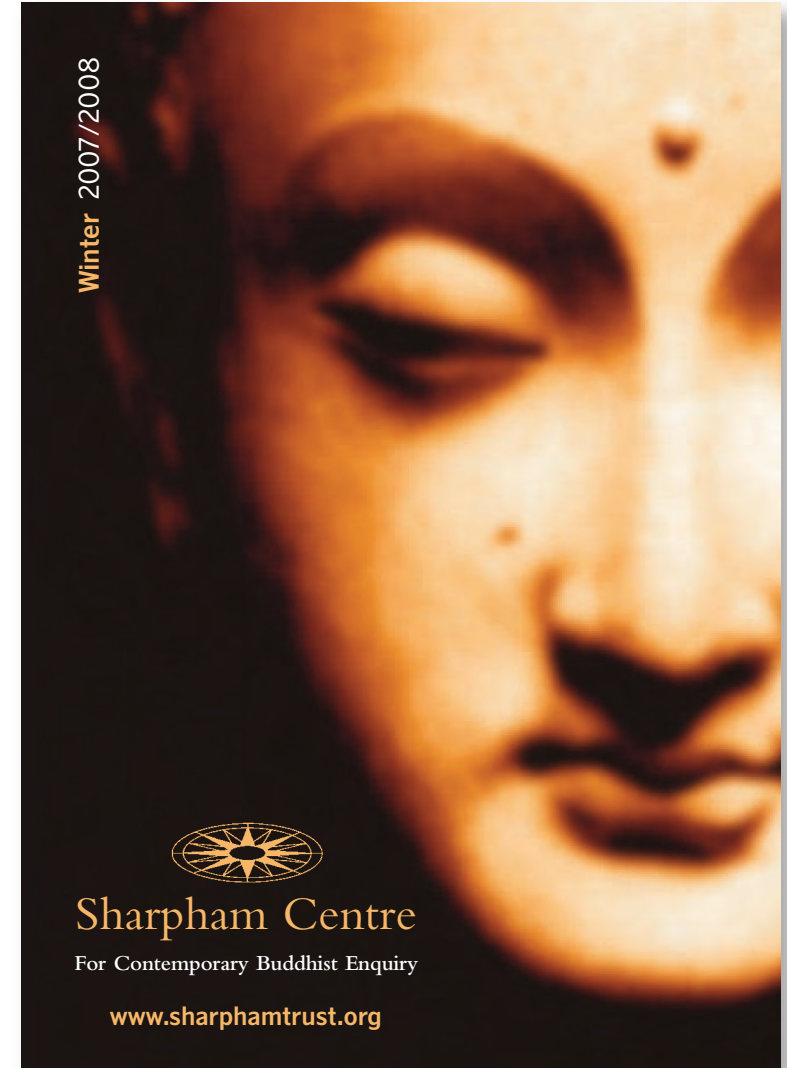
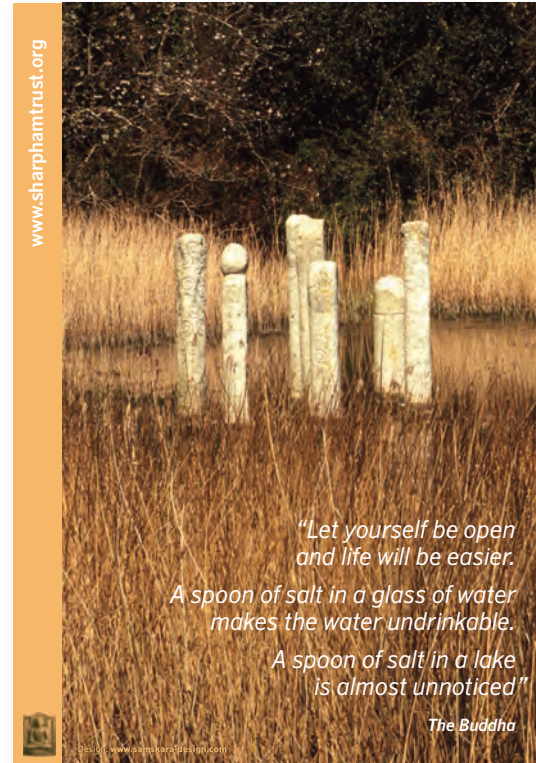
Flyers

Here are a selection of some of our flyers that we have produced to feast your eyes over.



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THE Sharpham PROGRAMME

The Sharpham Trust, established in 1984 by Ruth and Maurice Ash, comprises 550 acres of sustainably farmed land following a stretch of the River Dart for almost 3 miles between Totnes and Dartmouth.

Today as we seek to discover ways to live sustainably and meaningfully at Sharpham we invite you to participate in our charitable programme and to join us during our seasonal open events.

Sharpham House and gardens overlooking the river offers a range of talks and courses exploring ways of living in the contemporary world through mindfulness, art and nature. It is also possible to book the house for your own group. **01803 732542**

Sharpham Outdoors provides environmental activities, forest school, conservation education for groups in a rural setting as well as a public programme. **01803 732599**

The Barn Retreat Buddhist Meditation, gardening, and community living for periods of one week to six months in a converted barn on the estate. **01803 732661**

Seasonal forms on the estate include:

Sharpham Wine and Cheese producing high quality wine from its vineyard and cheese from the milk of its Jersey cows. **01803 732603**. The vineyard cafe is open from May - September. **01803 732178**

Robert Owen Community at Lower Sharpham Barton provides working opportunities for adults with learning disabilities on its bio-dynamic farm. **01803 732502**

Higher Sharpham Barton Farm is also bio-dynamic, rears cattle for beef and runs a family camp each summer. **01803 732334**

Further details of the Sharpham Estate can be found on our website or by contacting us.

The Sharpham Trust, Ashprington, Totnes, Devon, TQ9 7UT. Charity No.285767
Company No.3659601
www.sharphamtrust.org

SPRING 2011



Meditation | Gardening | Community

The Barn is situated in a beautiful part of South West England overlooking the river Dart. It provides a tranquil and supportive environment for meditation, contemplation and enquiry. We are a small centre offering retreats for up to 7 people. You are welcome to stay from one week to six months. Accommodation is in single rooms.

Barn retreats are a unique mixture of meditation, community living and working in our organic gardens. Experienced teachers facilitate discussions and offer guidance on meditation practice.

Our retreats are based on Buddhist traditions and are non-denominational. We welcome people from all faiths and none.

For programme details, please see our website or contact us at the Barn.

email: barn@sharphamtrust.org
Tel: 01803 732661
www.sharphamtrust.org/barn

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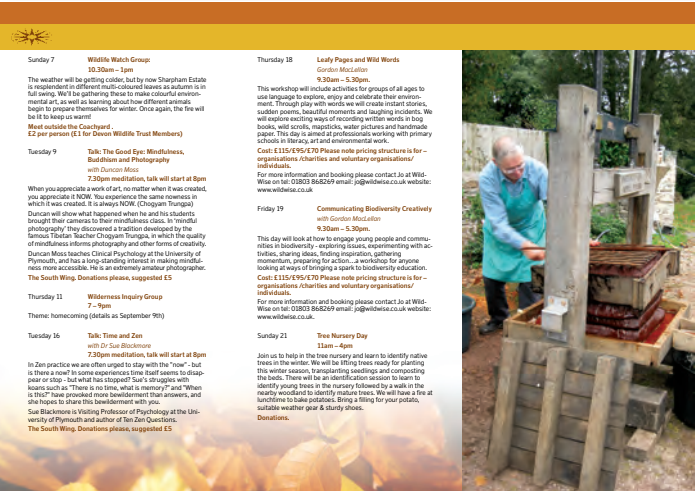
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The Barn Rural Retreat
Sharpham Programme

AUTUMN 2010



THE Sharpham PROGRAMME

Sunday 7 Wildlife Watch Group
10.30am - 1pm
The weather will be getting colder, but by now Sharpham Estate is brimming with different birds. Coloured banding is visible on all birds. We are getting ready to make colour environmental art, as well as learning about how different animals begin to prepare themselves for winter. Once again, the live will be it to keep us warm!
Meet outside the Coachshed.
£2 per person (£10 for Devon Wildlife Trust Members)

Tuesday 9 Talk: The Good Eye: Mindfulness, Buddhism and Photography
with Duncan Miles
7.30pm meditation, talk will start at 8pm
When you appreciate a work of art, no matter when it was created, you appreciate it NOW. You experience the same resonance in which it was created. It is always NOW (Chogyal Trungpa)
Duncan will show what happened when he and his students brought their cameras to their mindfulness courses. The quality of mindfulness informs photography and other forms of creativity.
Duncan Miles teaches Clinical Psychology at the University of Plymouth, and has a long-standing interest in making mindfulness more accessible. He is a professional photographer.
The South Wing. Donations please, suggested £5

Thursday 11 Wilderness Inquiry Group
7 - 9pm
Theme: homecoming (details as September 9th)

Tuesday 16 Talk: Time and Zen
with Dr Sue Blackmore
7.30pm meditation, talk will start at 8pm
In Zen practice we are often urged to stay with the "now". But is there a now? For some experiences stay itself seems to dissolve or slip. So what has happened? Stay? Or again with it seems such as "There is no time, what is memory?" and "When is Now?" has provoked more beautiful questions. Stay, present, and she hopes to share this bewilderment with you.
Sue Blackmore is a Visiting Professor of Psychology at the University of Plymouth and author of Ten Zen Questions.
The South Wing. Donations please, suggested £5

Thursday 18 Leafy Pages and Wild Words
Gordon MacCallan
9.30am - 5.30pm.
This workshop will include activities for groups of all ages to use language to explore, enjoy and celebrate their environment. Through play with words we will create instant stories, sudden poems, beautiful moments and laughing incidents. We will explore exciting ways of connecting written words to food, books, and objects, landscapes, water, pictures and handmade paper. This day is aimed at professionals working with primary schools in literacy, art and environmental work.
Cost: £15/£95/£70 Please note pricing structure is for organisations / charities and voluntary organisations / individuals.
For more information and booking please contact Ju at Wild. Wake on Tel: 01803 846299 email: jg@wildwake.co.uk website: www.wildwake.co.uk

Friday 19 Communicating Biodiversity Creatively
with Gordon MacCallan
9.30am - 5.30pm.
This day will look at how to engage young people and communities in biodiversity - exploring issues, experimenting with theories, sharing ideas, finding inspiration, gathering momentum, preparing for action - a workshop for anyone looking at ways of bringing a spark to biodiversity education.
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Sunday 21 Tree Nursery Day
11am - 4pm
Join us to help in the tree nursery and learn to identify native trees in the winter. We will be filling trees ready for planting this winter season, transplanting seedlings and composting the bins. There will be an identification session to learn to identify young trees in the nursery followed by a walk in the fields to identify trees to identify mature trees. We will have a tree to lunchtime to bake potatoes. Bring a filling for your potato, suitable weather gear & sturdy shoes.
Donations.



Enquiry | Contemplation | Poetry

Join us in this magnificent setting overlooking the River Dart to explore how we live and what it is that brings meaning to our lives. Build resilience into our communities by becoming part of the growing number of transition projects in our town.

Courses and events take place in Sharpham House and the South Wing Hall. Some classes / events are a donation basis - please help to sustain our programme of guest speakers. Please book in advance.

Sharpham House can sometimes be booked for outside groups and courses. Ask us for details.

Volunteering opportunities are also available at Sharpham.

Why not come by bike or on foot along the cycle path or by water taxi at high tide.
admin@sharphamtrust.org Tel: 01803 732542
www.sharphamtrust.org

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AUTUMN 2010

Design@



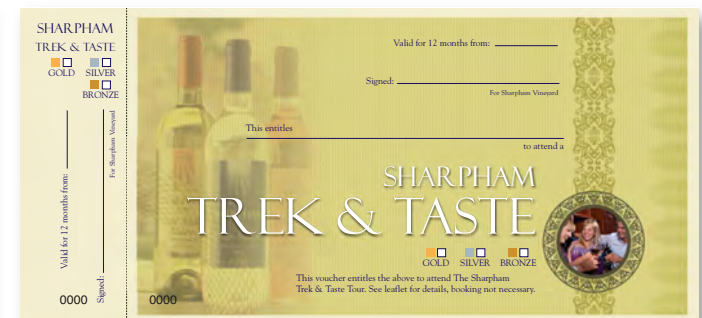
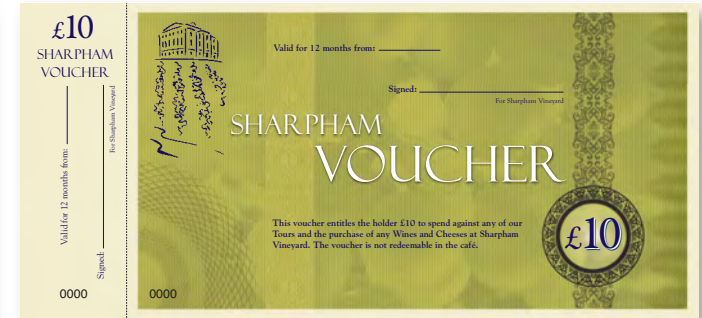
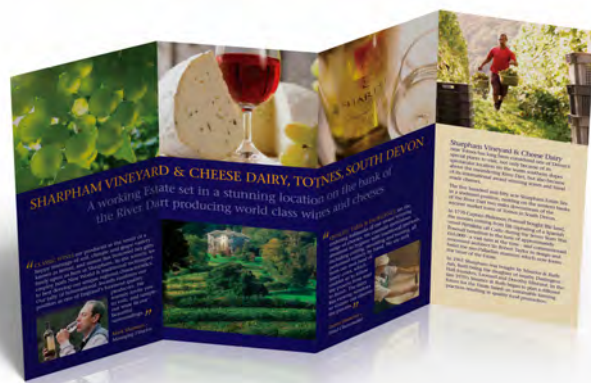
Flyers

Here are a selection of some of our flyers that we have produced to feast your eyes over.



Flyers - Vouchers

Here are a selection of some of our flyers and vouchers that we have produced to feast your eyes over.



Flyers

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I have used the creative talents at Samskara for many years and are always impressed by the time taken to understand both the brief and the business culture that must inform any imagery we produce.

“CLASSIC WINES are produced as the result of a happy marriage of soil, climate and grape variety known as terroir, and nature has bestowed her gifts freely upon us here at Sharpham. In the winery, we employ both New World & traditional techniques to best develop our unique regional characteristics. Our tally of International Awards confirms our position as one of England's foremost quality producers. We warmly invite you to visit, and sample our wine in our beautiful surroundings.”



Mark Sharman -
Managing Director



“QUALITY, TASTE & EXCELLENCE are the enduring hallmarks of our award winning range of cheeses. We combine meticulous attention to hygiene with traditional methods including cutting, moulding and turning, all performed entirely by hand. We use milk from our own herd of Jersey cows, which enables us to follow the process from start to finish. The dairy has viewing windows so visitors can observe the process.”

Debbie Mumford -
Head Cheesemaker



Sharpham Vineyard & Cheese Dairy near Totnes has long been considered one of Devon's special places to visit, not only because of its spectacular location on the warm southern slopes above the meandering River Dart, but also because of its international award winning wines and hand made cheeses.

The five hundred and fifty acre Sharpham Estate lies in a sheltered position, nestling on the western banks of the River Dart two miles downstream of the ancient market town of Totnes in South Devon.

In 1770 Captain Philemon Pownall bought the land, the monies coming from his capturing of a Spanish vessel *Hermione* off Cadiz during the Seven Years War. Pownall benefitted to the tune of approximately £65,000 - a vast sum at the time - and commissioned renowned architect Sir Robert Taylor to design and build the neo-Palladian mansion which now forms the heart of the Estate.

In 1961 Sharpham was bought by Maurice & Ruth Ash, Ruth being the daughter of nearby Dartington Hall founders, Leonard and Dorothy Elmhirst. In the late 1970's Maurice & Ruth began to plan a different future for the Estate based on sustainable farming practices resulting in quality food production.

The project management from start to finish makes the whole process enjoyable too.

Mark Sharman
Director of Sharpham Vineyard



SHARPHAM ESTATE
Rural regeneration in action

The Sharpham Estate is a unique blend of natural beauty and traditional craftsmanship. Our award-winning wines and hand-made cheeses are produced using only the finest local ingredients. We warmly invite you to visit and sample our produce in our beautiful surroundings.

WINE AND CHEESE
A perfect pairing for any occasion. Our award-winning wines and hand-made cheeses are produced using only the finest local ingredients. We warmly invite you to visit and sample our produce in our beautiful surroundings.

THE SHARPHAM SHOP
One stop for all your wine and cheese needs. We have a wide selection of our award-winning wines and hand-made cheeses, as well as a range of other local produce. We warmly invite you to visit and sample our produce in our beautiful surroundings.

SHARPHAM WINE & CHEESE
Set in the beautiful Dart Valley

TOTNES, SOUTH DEVON

Flyers

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Flyers

Here are a selection of some of our flyers and DVD's that we have produced to feast your eyes over.



Tai Chi Nation

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Experience Tai Chi and Qigong with one of the South West's leading Schools.

Relax, find balance in life, energise and dissolve stress...

FREE TASTER CLASS
Monday 15th Sept 2008
3.30-4.45pm (Qigong and Simple Tai Chi) and 5-6pm (Intermediate Tai Chi)

St Johns Church Hall, Bridgetown, Totnes
12 week course starts 21st September
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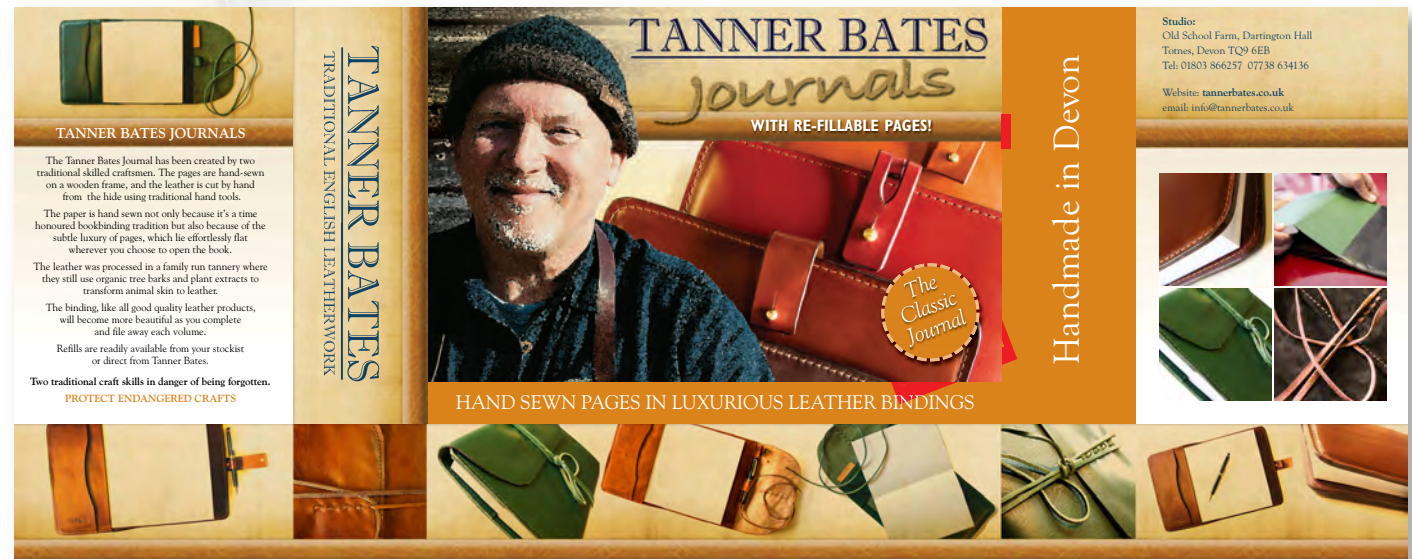
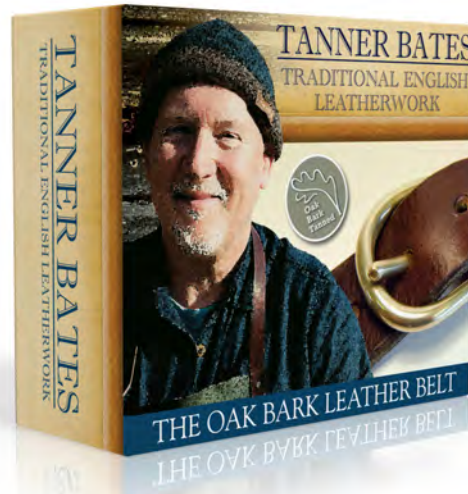
Tai Chi Nation Ltd aims to bring the benefits of Tai Chi and Qi Gong to as many people as possible in an ethical, relevant and contemporary way. Search for us on Facebook, MySpace and YouTube.

Interact with us: www.taichination.com | 0845 257 2142 | talktous@taichination.com

Packaging

Samskara has created the whole rustic feel of the Tanner Bates brand with great success, with a wide range of material ranging from leaflets and posters through to signage and packaging.

Tanner Bates have been so successful with their products they have even been adopted by Dragons Den's entrepreneur Deborah Meaden for one of her personal businesses.



We have been blown away with what Samskara has achieved for us, from creative inspiration and direction to a total rebrand creating a very beautiful feel to our products.

Samskara has overseen every step in our creative process. I cannot recommend them more highly.

John Hagger
Founder of Tanner Bates