## Owen's Bio

Owen Ingley Director, Plenitud Iniciativas Eco-educativas Farm and Teaching Center: Las Marias, PR www.plenitudpr.org

Plenitud Eco-Educational Initiatives is a non-profit organization that supports individuals and communities in their sustainable development by providing workshops, demonstrations and consulting services in organic farming, bio-construction, and other sustainable and permaculture practices. Plenitud also host volunteers, internships and "alternative breaks" at the farm and teaching center in Las Marías, Puerto Rico, and seeks to collaborate with other farmers, students, and researchers from the academic community in order to explore appropriate technology and design practices.

Owen will give an introduction to Permaculture, an ethical and holistic approach to designing and maintaining human settlements that provide for society's needs in a sustainable manner, benefiting the human inhabitants as well as the environment. He will also discuss how these principles can be applied to structures and housing- an approach to architecture and building construction that is often referred to as "Natural Building" or "Bio-Construction." Participants will be exposed to diverse and proven natural building methods, and special focus will be given to Super-Adobe and Stuctural Bamboo. Furthermore, participants will be invited to continue to explore appropriate technology, permaculture, and bio-construction in collaboration with Plenitud and other associates.