

## Asia Biodynamic Conference and Trainers Meeting 2025

Review, written by Maria Paz Bernaschina as a part of the organization group with Narayan Wagle, Ritman Gurung, Putri Mirayanti, Chik Ying Chai, Walter Siegfried Hahn Alex Edleson Sarah Sommer.



**With the support of the Section for Agriculture at the Goetheanum, the Biodynamic Demeter Federation, and multiple regional biodynamic and farmer organizations, the third Asian Biodynamic Conference, with its theme “Healing Himalayas,” took place in Pokhara, Nepal in November 2025.**

At a time when we are experiencing erratic weather, diminishing snowfall on the peaks, rising temperatures, extinction of glacier lakes and immense visible and invisible biodiversity loss, the question, “how do we heal the Himalayas?”, is more urgent than ever.

With a pick of almost 200 people, representing 20 countries, the conference and multiple pre-conference activities held in different regions of Nepal, was a unique opportunity for the Asia Biodynamic community to meet, network and learn together. The Asian assembly was energized by Eduardo Rincon, co-leader of the Agriculture Section, who from the very beginning took charge of many activities. These included public talks that highlighted the call to reconnect with nature and humanity’s role in healing the land.

The pre-conference journey began with a two days introduction to Biodynamics workshop led by Eduardo Rincon, at a biodynamic farm on the northern edge of the Kathmandu Valley. After that, we traveled west from the capital to a preparation-making workshop. Tanahun Farm hosted the three-day course, with experienced Biodynamic practitioners like Eduardo Rincon, Binita Shah from India, and Peter Kearney from Australia, leading meaningful practical learning experiences about making the biodynamic preparations. As emphasized by Eduardo, the farmer in this era has lost dignity, and we must regain it. At moments when we shared some guffaws, he calmly reminded us that “preparation making is a holy moment.”



After these introductory and deepening workshops, we were joined by trainers and multipliers from across the Asian region, to begin the Biodynamic Trainers and Multipliers Workshop. The event was facilitated by Maria Paz Bernaschina, co-coordinator of the Community Development Area at the Biodynamic Demeter Federation, and Alex Edleson, a trainer and member of the Indonesian Biodynamic Association, over a three-day intensive program which brought together more than 40 trainers and multipliers.

The main focus of the workshop was to explore ways to continue building biodynamic training capacity across Asia. It offered opportunities to raise awareness of the different training realities in different countries, to exchange methodologies and training approaches, and to delve deeper into the foundations of adult education based on anthroposophy. Concrete proposals on how to move forward, such as the building of a train-the-trainers network across Asia, emerged from this participatory process.



All these events and workshops only built momentum to lead up to the conference, which was inaugurated by the Finance Minister of the provincial government, Takaraj Gurung, who assured support for future biodynamic initiatives there. “For too long, short-term farming pressures have harmed our soil and ecosystems,” he said. “Your presence affirms our shared belief that we must go beyond merely sustaining the earth; we must help it regenerate and thrive once again.”

The conference offered insightful panel discussions, and it was remarkable to see voices from Himalayan regions such as Uttarakhand, Manang, Chum Valley, Sikkim, China and Bhutan take center stage with regenerative hopes and stories of survival for a watershed that supports the livelihood of 1.5 billion people. The message was clear: healing the Himalayas requires a much-needed, collaborative approach.

In addition to the Himalayan panels, the discussions were complemented by a dozen core biodynamic workshops running simultaneously over those two core days. In addition, four farm tours were organized, where community farmers expressed—sometimes with both pride and concern—that they consider themselves the last generation of traditional farmers. Their reflections strengthened the resolve to ask: How can we inspire future generations to enter this field, and how can we regenerate and heal our landscapes?



