

EcoTraining features in the recently released ORIGINS film

A thought-provoking film about man's origin has just been launched. It is for all those that see themselves as part of nature. Wildlife education group, EcoTraining, features in the first chapter which provides insight into a privileged and rare opportunity to learn from the raw nature that remains in Africa. The film demonstrates how we can reach a new level of being as we revive our past origins and become at one with nature.

Summary from above:

EcoTraining provides a privileged and rare opportunity to learn from the raw nature that remains in Africa. Within their one year, two and one month and 1 and 2 week courses, EcoTraining facilitates a solution for the universal yearning of people all over the world to escape the intense demands of modern day life. By enabling them to experience how it is to live in the wild, they find their inner peace again and they fall back into the rhythm of pure nature. *"Then I realised what changed. I changed. EcoTraining taught me not only to see nature for what it is, it taught me to see life for what it is."* commented a former EcoTraining student, Jaap van Dijk from Holland.

The Origins movie, produced by Dr. Pedram Shojai (founder of Well.Org) and South African filmmaker Mark van Wijk, examines some issues of modern society which have surprisingly only been in existence for the past 100 years!. "Today we don't move enough, we don't know how to take care of ourselves, and we've become disconnected from what makes us thrive as the super-animals we once were. We're getting sicker, weaker and more infertile. We're spending billions on healthcare to stay healthy, and it's not working," state the producers.

Well.Org chose EcoTraining to be part of their movie to demonstrate how one can blend into the animals' habitat and live in harmony with them. With EcoTraining's programmes, you are up with the sun and out in the bush all day, observing the animals and learning their behaviour. Birds, tracks, watching, listening... you begin to connect with your inner bushman. You learn to become aware of the language of nature and with that, you learn that symbiosis and survival are both critically important to life itself.

A wilderness experience such as EcoTraining's gives most people a clearer understanding of themselves and their place in the world. Priorities change with a simple backpack, water, basic clothing and you realise that you don't need a lot of "stuff" to make you happy. It provides rejuvenation, being able to remove yourself from what is driving and stressing you in the modern world. You can take away your watch and your constant check of the time.

Wilderness Trails Skills Course participant, Hugh Prettijohn, commented, "Wow, what an experience. I am sitting out here in the middle of the night on guard duty, but it is no duty, it is a privilege. The bush, the game, the walking, the camaraderie and the sense of adventure have all been incredible but the one thing that I will treasure from this experience is EcoTraining's appreciation for reflection in nature, uninterrupted by the stresses of time, phone and other influences that seem to dictate our lives. It has taken me a while but the sense of freedom is fantastic and I can now hear all the sounds so much more clearly. I will take forward this experience as a profound influence on a very hectic life.

When you read testimonials from their past students, you read over and over again how they have emerged to an entire new level of being. It's no wonder Well.Org chose EcoTraining to convey their message. For more information visit www.ecotraining.co.za or call them on +27 13 752 2532.

Issued on behalf of:	EcoTraining
Issued by:	The Little Marketing Company
PR Contact:	Anine van der Westhuizen
Tel:	079 517 0579
Email:	pr@littlemarketing.co.za