

## PRACTICE EXEMPLAR

### *Land & Sea Project: Community and Ecosystem Reconnection*

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[https://bcstudies.com/podcasts\\_new\\_media/land-sea/](https://bcstudies.com/podcasts_new_media/land-sea/)



**O**UR TIME TOGETHER WAS confessional, vulnerable, uncomfortable, hopeful. Some people shared powerful stories of connecting with the land, and the healing that they received; others shared the healing that they've seen in the ecosystems, such as chum salmon runs returning to Vancouver's Still Creek. Some reconnected with their ancestors from distant lands, and it brought happiness, fulfillment, and also awareness of loss.