



## What we do:

We offer a **range** of creative workshops **inspired by nature** and suitable for **absolute beginners** with *no prior experience*.

Our **workshops** promote and help **forge a deeper connection to the natural world**. Infused with **mindfulness**, you can expect a **calm creative atmosphere** with **expert tuition**.

We can teach **indoors** or **outdoors** and are **happy to travel to you**, or to a **local venue** to deliver a workshop.

The **workshop length** and **materials provided** can be **tailored** to support the needs of your group / organisation:

You can **pick from a menu** of mindful creative workshops designed to soothe, focus or totally relax both body and mind.

Choose from **45 minute** or **90 minute** workshops via **Zoom** or **1.5 hour** and **2.5 hour** workshops **in person** with *some materials included* and **optional extras**.

## For small groups:

**Make memories:** Curate a **unique** and **memorable experience** for your friends / community group that will bring you together for a common goal.

**Feel confident:** Develop your **creative skills** and confidence and create artwork that you can feel proud of and want to share with others

**In our Nature:** Connect to **nature** in a *gentle meditative way* that will make you feel **calmer** and more **'in tune'** with your surroundings

## For companies:

**Nurture:** Booking our workshops is a great way to look after your staff's **health & well-being** whilst designing a **memorable experience** to help your team to **connect**.

**Innovation:** Inspire your staff / encourage them to try something new- enabling you to **assess individual potential / group dynamics** and encourage **'out of the box'** thinking

**Break the Mould:** Create a **supportive community culture** within your company and stand out from the rest!



# Mindful I-Phoneography Workshop

- from £17.50 / head

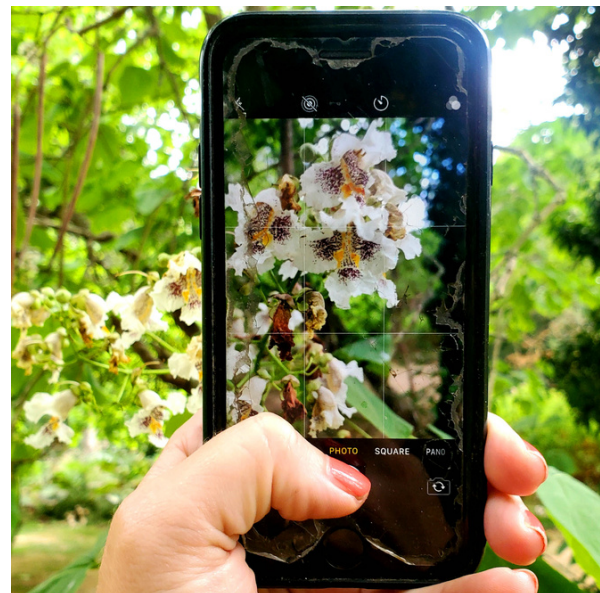


**Level:** Beginners

**Workshop Length:** 1.5 hours

**Benefits:** Mental and Physical Well-being, Connection to Nature, Meditation, Group Activity, Accessible to all

This workshop is an **outdoor workshop** and can be run all year round.



This creative workshop is **accessible to all** – all you need is a **phone/device** and an open mind. It is a great lesson in **up-levering** your **android** or **iphone photography**.

Tune in your '**attentional aperture**' learning to look at the world with new eyes as we **slow down** and notice the small things - the **little changes in the light**, the **colours**, the textures, in our **surroundings**.

You'll learn some **basic shooting options** on your device as well as how to create **compelling photographic compositions**.

Mindful Photography is a **moving meditation** – a grounding lesson in slowing down and **connecting to space** in a **calming** natural environment.



# Mindful Doodling Workshop

- from £22.50 / head

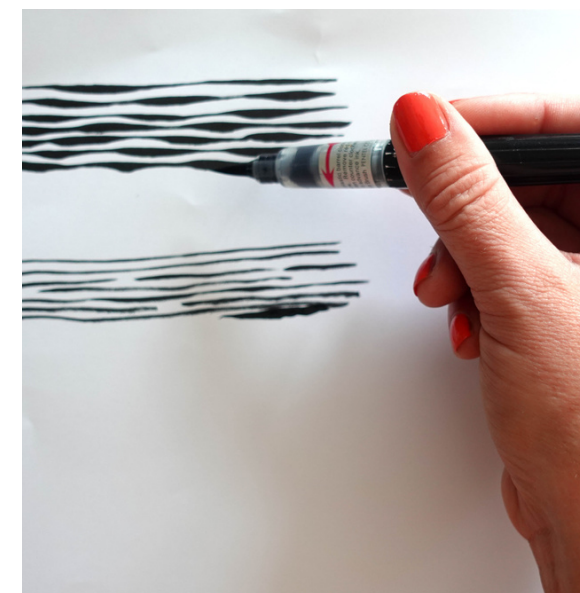


**Level:** Beginners

**Workshop Length:** 1.5 hours

**Benefits:** Mental and Physical Well-being, Focus, Meditation, Decompression / Stress Relief, Accessible to all

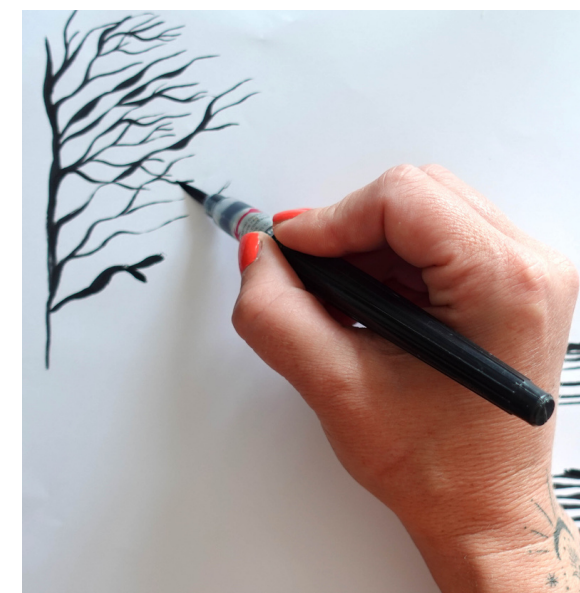
This workshop is an **indoor or outdoor\* workshop** and no previous art skill is required.



In this **drawing for well-being workshop** your team will learn some simple mindful tips on how to use doodling as a way to slow down the body and quiet the mind.

**Edge to edge**, dot to dot, line to line, we'll engage in some gentle **repetitive drawing exercises** that are calming, soothing and **ever so satisfying** to create.

Using just a fine-liner (or brush pen\*), discover how drawing in this way can help you feel **calmer and more connected**, whilst also building up **hand-eye coordination** and **technical skill**.



**\*Basic materials are provided;** however, should your team wish to add a little more variety to this workshop the addition of a brush pen, at an additional cost, can be included.



\*Weather permitting - tables / shelter must be provided



## Nature Journaling - from £27.50 per head



**Level:** Beginners

**Workshop Length:** 1.5 hours

**Benefits:** Physical & Mental Well-being, Connection to Nature, Morale, Group Activity, Creativity and Inspiration

This workshop is **nature-based**, takes place **outdoors\*** and is about *slowing down* and connecting to the *pace of nature*, through creativity.

Working with **artist-quality materials** and a **nature journal (provided)** – we'll learn how to capture the **'essence'** of our surroundings.

**This workshop includes:** A guided nature walk with **plant and birdsong ID**, a guided journaling exercise, simple drawing and painting techniques and the experience of working 'plein air' rather than in a classroom.

A lesson in **slowing down** and noticing the small things – nature journaling helps us **deepen our connection** to the natural world and so to ourselves - understanding the language of nature, through creativity.

It is also a tool for being **'present'** in the moment and feeling more **attuned** to our surroundings.



\*Weather permitting - shelter must be available

## Botanical Printing Workshop - from £27.50 / head



**Level:** Beginners

**Workshop Length:** Either 1.5 Hours or 2.5 Hours

**Benefits:** Physical & Mental Well-being, Connection to Nature, Morale, Group Activity, Creativity and Inspiration

This workshop is an **indoor or outdoor\*** workshop and **no previous art skill is required.**

**Your team** will learn how to create **stunning prints** from natural objects such as leaves and feathers that can either be foraged from the space around your workshop venue or provided by Surrey Art School.

Learn how to **capture and keep** the textures of the season through print-making in this beginner kind, mindful workshop. Create beautiful **hand-made-prints** from leaves, feathers and other natural objects. You'll be working with **vegetable oil based inks** that are totally **non-toxic** and create **stunning photographic results.**

You'll come away with **multiple prints** from leaves, feathers and whatever else you can find in your surroundings

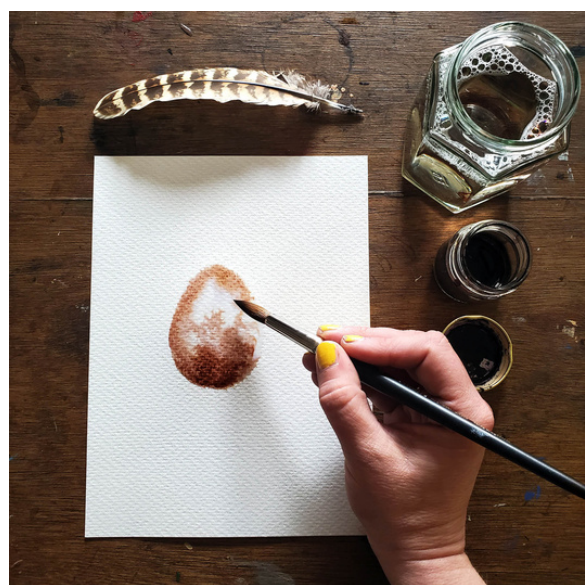
**1.5 hours includes:** 1 colour (black), 1 colour change (green): basic paper supplied in a range of formats (musical score, book pages etc)

**2.5 hours includes:** in addition to the materials for a 1.5 hour workshop: 3 additional colours, premium print making paper





## Seasonal Inks Workshop - from £35 per head



**Level:** Beginners

**Workshop Length:** Either 1.5 Hours or 2.5 Hours

**Benefits:** Focus and Concentration, Creativity and Inspiration, Resilience, Mental Well-being.

This workshop is an **indoor** or **outdoor\*** workshop and **no previous art skill** is required. Your team will learn **soothing techniques** such as – drawing with the brush and dip pens, **wet on wet techniques** using inks and **magical pigment powders**.

A world away from Art at school, discover your **'inner artist'** with our **beginner-friendly** tricks and techniques.

This workshop is a **'moving meditation'** and you will leave feeling **calmer** and **more confident** in your creative abilities.

### Choose from the following topics:

- Eggs & Nests (Spring)
- Flowers and Herbs (Spring / Summer)
- Mushrooms (Autumn)
- Trees (Summer, Autumn, Winter)
- Badger and Moon (Winter)
- Gilded Inks (Winter)



## Beginners Botanical Watercolour- from £35 per head



**Level:** Beginners

**Workshop Length:** Either 1.5 Hours or 2.5 Hours

**Benefits:** Creativity & Inspiration, Relaxation/ Meditation, Mental Well-being, Resilience, Focus & Concentration

This workshop is an **indoor workshop or outdoor\*** workshop and no previous art skill is required. Your team will learn **soothing watercolour techniques** such as – drawing with the brush and **wet on wet watercolour** working with **artist quality paints**.

A world away from Art at school, you'll explore different paint colours, paper and brushes – discovering your **'inner artist'** with our **beginner-friendly** tricks and techniques.

This workshop is a **'moving meditation'** and you will leave feeling **calmer** and **more confident** in your creative abilities.

Choose from a **menu of seasonal themes** to suit your event / the time of the year including:

**Spring Flower Painting** (Primroses, Bluebells); Spring Wreath Painting; **Summer Wildflower Painting** (Lavender, Poppies, Seasonal Wildflowers); **Autumn Leaves**, Mushrooms or Pumpkins; **Winter Botanicals**; Mini Winter Wreath Painting.

**Note:** If you have a **specific theme** you'd like to explore, we can tailor the workshop to suit your needs.



\*Weather permitting - tables / shelter must be provided