



Discover the transformative power of Ikebana for emotional resilience and self-discovery.

Learn to craft beautiful Japanese Ikebana flower arrangements.

This hands-on therapeutic and creative workshop teaches you to connect with and express your emotions, cultivating a deeper and more meaningful approach to life through self-awareness, Eastern philosophy, and nature.

This unique, integrated approach offers individuals a holistic experience that nurtures emotional resilience, inner peace, creativity and reduces stress in a busy life. Under the expert guidance of Jenny, participants will explore the beautiful world of Japanese Ikebana, Eastern Philosophy, and Mindfulness living through nature.

Benefits and Outcomes include:

- Emotional Resilience
- Self-Discovery and Expression
- Stress Reduction
- Creativity
- Inner Peace
- Connection with Nature
- A Simple Yet Profound Approach to Living

By the end of the workshop, attendees will have not only learned the technical skills of Ikebana but also gained a toolkit for emotional wellbeing. They will leave feeling more connected to themselves, better equipped to navigate life's challenges with resilience, and more attuned to the beauty that surrounds them.

BOOK NOW or RESERVE YOUR SEAT IN ADVANCE (via CONTACT page)

Join our waiting list for upcoming workshops and be the first to secure your place when new dates are announced.