

# Plants as guides: coming home into nature

with Claire Loussouarn and Sandra Reeve

2 - 4 June 2023, Slad Farm, Stroud



The workshop mixes intuitive herbalism and outdoor movement to explore what plants can teach us about being part of the environment and about ourselves.

How do we move with a singular plant without losing awareness of the wider ecological context that it is part of?

As a group and individually, you will be invited to explore various ways of moving with different plants, to feel how plants move, how they are a door to connect with the land and to move with the wind, the birds, the trees, the earth - with an awareness of the natural movements all around you.



We will mainly move outdoors whatever the weather condition with short moving sessions in a yurt.

Arrival on Friday evening at 6pm

Closing on Sunday at 4pm

£150 (£80 deposit)

£10 per night per person for camping

To book or for more info contact Claire Loussouarn  
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