

# Plant Spirit Medicine Workshop

Sunday, July 13<sup>th</sup> 10 am till 4 pm

Spend a day in nature exploring and discovering the world of the plant spirits. Connect to the dream world and learn to hear what the plants are telling us.

Maria and Bex, both Plant Spirit Medicine healers, wish to share the experience of encountering nature in the liminal Space. They will teach you how to sit and be with a number of plants; how to safely journey to meet the spirit of the plants and to listen to the messages you are given.

This will be a day spent outside, listening and working with the plants.

Cost for the day: £75 including refreshments and a light lunch

A £25.00 deposit is required

For further information and to reserve a place, please call: Maria on 07778912521 or Bex on 07875742522. Places are limited to 8 people.