

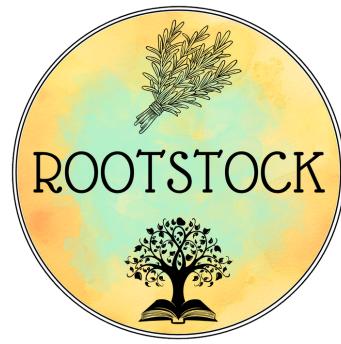
Ecospiritual Workshops & Life Coaching by Herbal Hegemone

.....

Herbal Hegemone offers a range of bespoke ecospiritual workshops and life coaching sessions where groups and individuals can reconnect with the vitality of the plant world, create moments of enchantment, and work through life experiences via the power of plants and art.

Workshops typically begin with an exploration of British plant folklore followed by gentle interactive practices designed to stimulate reflection and connection.

Participants can then opt to blend herbal teas and aromatherapy oils, or create an ecospiritual collage-based artwork such as the Entangled Garden Word Cloud, Tree Ring Aura, Within the Leaf, or the Tree of Becoming.



These workshops and sessions can be tailored to specific audiences and needs. All materials are provided. Please email me to discuss pricing and any personalisation.

For community groups and charities, I can offer a limited number of free art-based workshops known as Rootstock. In addition to learning more about the folklore of plants growing in Britain, these workshops can foster a sense of balance and could help reduce stress while cultivating mindfulness. Please contact me for more details.

Dr Clare Lesley Hughes is a Spiritual Ecologist, Wortcunner, and founder of Herbal Hegemone. She explores plant–human enchantments, and delivers engaging, accessible workshops and sessions blending plant folklore, creativity, and more-than-human connections.

.....