

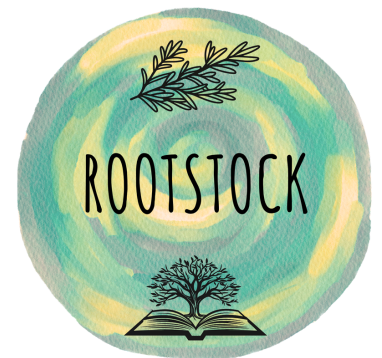
# Entangled with Plants

## Ecospiritual Workshops by Herbal Hegemone

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Herbal Hegemone offers a range of bespoke ecospiritual workshops and sessions where groups and individuals can reconnect with the vibrancy of the plant world, create moments of enchantment, and engage in invisible learning via creative art-based practices.

Workshops and sessions typically begin with an exploration of British plant folklore followed by non-compulsory interactive practices designed to stimulate reflection and connection. Participants can also opt to blend herbal teas, aromatherapy oils, or create ecospiritual artworks.



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 belonging, cultivate mindfulness and encourage invisible learning.

All workshops and sessions can be tailored to specific audiences and all materials are provided. Please email for more info and to discuss pricing and personalisation.

Dr Clare Lesley Hughes is a Scholar and Wortcunner, and the founder of Herbal Hegemone. She explores more than-human entanglements and delivers engaging, accessible workshops/sessions blending plant vibrancy and creativity.

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