# Corporate Workshops



### **Willow Creations**

Crafting simple but thoughtful creations using willow and other natural materials. An immersive experience where people can create and chat, or drift away into a quiet focus and enjoy the atmosphere.

Minimum numbers: 10 Maximum Numbers: 60

£30 pp

### **Natural Cordage**

Forage for certain stems and learn the processes to turn them into cordage. This experience really connects people to nature and can surprise people with what they are able to achieve.

**Minimum numbers: 10 Maximum Numbers: 40** 

£30 pp

### **Hapa Zome with Natural Dyes**

The ancient art of leaf printing. Forage flowers and leaves from the extensive meadows and create stunning prints which can be enhanced with natural dyes.

**Minimum numbers: 10 Maximum Numbers: 60** 

£30 pp

## Whittling

Learn the basics of creating simple artworks from green wood using bushcraft knives. Enjoy the connectivity of learning a new craft together using a variety of woods.

**Minimum numbers: 10 Maximum Numbers: 12** 

£30 pp

# Knots and tarps / furniture

Enjoy thinking in a new way, learning knots which have been used for centuries. Use your new knot knowledge to make shelters or simple frameworks and structures.

**Minimum numbers: 10 Maximum Numbers: 12** 

£30 pp



Based in Sheffield, Woodland Wellbeing facilitates courses and workshops for businesses, communities and families - designed to encourage a deeper connection to nature for positive mental health and to encourage a deeper care for the environment.

www.woodland-wellbeing.com