

MINDFUL FLORAL WORKSHOPS

# *Wildside*

LONDON



## Mindful Floral Workshops

*Flowers represent kindness. Giving, displaying or self-gifting flowers can cover many sentiments and occasions, all driven by kindness.*

Working with flowers has so many benefits to our wellbeing. From the pleasure we get from their aesthetic appeal, the calming effect we have from connecting with nature, the mindful process of building an arrangement through to the buzz we have from creating something wonderful and learning a new skill.

It's an immersive, stress-busting process - in fact studies have shown that exposure to nature lowers our cortisol levels, blood pressure and heart rate. Flowers literally make people happy.

For co-workers, a big night out or a trip to the pub is a great idea, but increasingly this doesn't work for everyone. As we seek new ways to team build or celebrate an occasion, a floral workshop presents a perfect opportunity with the added bonus of building a sense of wellbeing, boosting our creative energy and being kind to ourselves.

It's something different, it's something fun!



## Workshop Themes

### Hand-tied Bouquet

The starter-pack of any floristry lesson is the creation of a hand-tied bouquet. Starting with selecting and conditioning a range of stems and moving on to mastering the spiralling technique used by the professionals to create a gorgeous arrangement. There are lots of floristry hints and tips and flower hacks to pick up on the way and we finish by learning how to wrap the bouquets for everyone to take home to enjoy.

We can start the experience with a guided trip to New Covent Garden market to choose your flowers or we can select and source them for you. We work with the best seasonal flowers available and we can work with you to build on a particular theme.

### Spring Bulb Planters

Creating a long-lasting indoor container garden of fragrant spring narcissus, hyacinth and muscari bulbs, alongside lush living moss and supportive branches. Learn how to build your display, refresh and re-use annually. Perfect for you to enjoy at your desk or at home throughout the Spring season.



## Workshop Themes (continued)

### Tablescape – Floristry & Calligraphy combined

Learn how to build a spectacular tablescape to give your entertaining extra wow factor. Focusing on seasonal flowers, we will learn different techniques for arranging functional but fabulous table flowers; including massed bud vases, lush foliage garlands, meadow arrangements and elevated displays.

Learn some basic calligraphy techniques to create your own name cards along with ways of introducing various props to display them to complement your theme plus a few hacks for napkin display. This workshop can be tailored to a season or celebration theme. We can also arrange a chef to cater the dinner for you to enjoy at your table after the workshop.

Everyone will make a bud vase and a section of the floral meadow that will be combined to build the display but for them to take home, along with their own name cards, a cheat sheet for future script reference and a calligraphy pen.

### Floral Installation

Your office - In Bloom! The workshop with the big wow factor. We team together to build a large scale installation on site which can remain on site for as long as you wish. Embracing a corporate theme, be it a new product launch, sales initiative or your brand identity we design a floral installation and get together to build it. Your brief, your budget and your installation.



### Sustainable and Home Grown

This workshop is all about supporting the British flower industry and how to enjoy flowers without the global carbon footprint, boosting our environment rather than damaging it. We learn how to use blooms from your garden and how to source home-grown flowers moving to using a foam-free, reusable display technique to create a table centre.



### Flower Crowns

Create a lush flower crown with a maximalist statement, featuring a selection of large and small stems and using fresh or dried flowers, seasonal or tropicals. We learn how to wire all our stems, creating shapes that make a fabulous bold and beautiful flower crown. Fabulous for a summer party or festival season.



### Christmas Wreaths

A fantastic alternative to a Christmas party. Kick off the festive season by getting creative. Learn the technique of mossing and then wiring lush seasonal foliage, flowers and berries together to build a gorgeous wreath. We supply loads of materials and trimmings and provide lots of direction to enable you to create the festive decor vibe you're after.



\*Please note - we can also tailor our installations workshop to a Christmas theme.

## Where and Who

We have all the equipment to set up a floral workshop in your office. We set up a mock florist stand using vintage zinc buckets to display your flowers, supplying all the scissors, aprons and tools required. We just need a water source nearby.

We can source branded floristry kits and packaging on request.

We also have use of a bespoke workshop space in SE21 at the lovely neighbourhood cafe West 16th which we can arrange use of on request.

West 16th can also provide a wonderful catering service for your event.

## Pricing

Prices are subject to theme, location and attendee numbers. We can teach a solo masterclass through to a group of 25 attendees, depending on space available. All themes can be tailored to a brief - please get in touch to discuss.

## About Us.

More info and testimonials are to be found at:

[www.wildsidelondon.com](http://www.wildsidelondon.com)

