

Nature

Here, in the Nature workshop, we're going to centre ourselves in understanding and interact with all that surrounds us: plants, trees, elements, our bodies... to get to know how to keep a healthy way of life during our whole life. We're going to learn about the very simple and essential, being able to appreciate and take advantage of everything that the Nature gives us.

· Studying the Plants: identify the plants through their smell, shape, color and learn their characteristics to develop all our senses.

· Essential Oils: We're going to see how to create an essential oil, a basic oil and create our own oil for massages.

· Massages: Learning how to do a massage is as important as receiving it.

· Mandalas: Introducing some mathematics, we're going to learn the importance of each number, line and color when creating our own mandala.

· And much more: Tibetan bowls, The 4 Elements, mantras, animals and totems, dreamcatchers, shapes in the nature, orienteering and creation of a solar compass..

Workshop Objective: To find an utility in everything that surrounds us.