

A Hildegard Morning

Hildegard von Bingen was a visionary medieval abbess with strong opinions about how to live life to the fullest, in deep connection with nature, inside and out.

Start your weekend with intention, step out to breathe in the sweet spring air and join Tamara for a nourishing morning ritual inspired by Hildegard's monastic practices, favourite herbs and holistic approach to self-care.

We will share Hildegard stories, activate our senses by foraging for Hildegard herbs in the garden, prepare a wholesome communal breakfast, eat together in mindful silence and clean up after ourselves, ready to continue the day with a joyful bounce in our steps.

Participants should bring: a bowl and a spoon to eat with, a mug to drink from, a paper bag for foraged herbs.

Aanmelden: info@annastuinenruigte.nl

Anna's Tuin & Ruigte

April 13

10.30 - 12.30 h.

Max. group size

11 people, all ages

Costs

€ 10-25 (pay what you feel like)

Language

English

About Tamara Last

Tamara Last's emerging herbology practice is motivated by a desire to (re)connect adults with the wild and to nurture in children a profound and gentle connection with the natural world. Plants are the golden thread that help her integrate her work as a birth doula, a gardener, a cook, a craft-maker, a mother, a community organiser and an interdisciplinary social scientist.



www.annastuinenruigte.nl