

sacred²⁰²⁵edge

stories of the edge

Profile : Kelly Skilton

Kelly Skilton brings **Moss and Me** to Sacrededge. This workshop invites participants to explore the world of moss in connection with their spiritual lives. Through hands-on projects and spiritual reflection, we'll take a look at moss as a quiet, resilient force in nature that reminds us to stay present in the moment. This workshop will see you participating in mindfulness activities, and dabbling with faux moss as a creative possibility - think faux moss terrariums, fibre art embellishments and seeing moss create life in words, story and art. Whether you're an experienced creator or a beginner, this workshop is an opportunity to slow down, tap into your inner peace, and enjoy explore all things moss..

