



## Earth Walkers' Programs

### **Art of Nature**

Create works of art and stories from the various discarded natural materials gathered during a walk in the woods or on the beach.

### **Create a Garden Journal**

Keeping a garden journal is a fun and rewarding activity. In this session, participants will learn about the benefits of garden journals and create their own simple journal. A garden journal is a personal diary of what happened in your garden. It is a record of achievements and changes from year to year. Empty seed packets, plant tags and simple garden sketches are all it takes to start a journal.

### **Gardening for Mindfulness – 3 week class**

Gardening can be a way to find a release from the daily stress and tension we tend to face. It can bring simplicity to our lives, if only for a few moments. Gardening and mindfulness connect us to the natural world around us, which can bring us pleasure and peace.

Sessions –

1- *What is Mindfulness* – This session describes the concept and background of mindfulness; the compatibility of gardening and mindfulness practice; and the benefits of incorporating mindfulness and gardening into your life.

2- *Designing a Mindful Garden* – This session reviews design tricks and plants that enhance the possibilities of mindful gardening.

3- *Mindful Gardening Practice* – This session considers the main gardening tasks for each season and how to apply mindfulness to each task. We will also discuss a variety of projects that provide an opportunity to take a break from everyday stressors and do a hands-on activity.

### **Herbs in the Woods**

Learn about common herbs you might encounter while walking through the woods.

### **Insect Hotels**

Insect hotels provide safe areas for insects to hibernate during the winter. They are created with found or upcycled materials and consist of rooms designed to meet a variety of insect habitats.

**Landscape for Life**

Landscape for Life is based on the principles of the Sustainable Sites Initiative™ (SITES™), the nation's first rating system for sustainable landscapes. Topics covered include the roles of soil, water and plants in a sustainable garden; selecting materials for sustainability; and sustainable garden design.

**Miniature Indoor Gardens**

Participants would learn about and create their own small fairy or windowsill herb garden.

**Nature Walks**

Slow down and become immersed in the natural environment and tune into the smells, textures, tastes and sights.

**Tussie Mussies**

Tussie mussies are small bouquets made with flowers and herbs that have symbolic meanings. Participants will learn the history behind these "talking bouquets" and have a variety of flowers and herbs to choose from so they can make their own bouquet.

**Wildflower and Tree Identification Walks**

Participants would meet in a public natural space and learn how to identify various trees or wildflowers.

I also offer a variety of **other garden programs** including:

- Benefits of Eco-friendly Gardening
- Creating Pollinator Gardens
- Gardening for Wildlife
- Gardening in Small Spaces
- Native and Invasive Plants
- Vegetable Garden Planning 101

\*\* If you are interested in hosting a program that does not appear on the list, please let me know and I would be happy to work with you to set it up.

**Instructor**

*Programs are taught/lead by Amy Melissa Witt. Amy is an educator, Maine Master Naturalist, and horticulturist with many years of experience developing, coordinating and providing educational programs and events in southern Maine. She is the Founder and Director of Earth Walkers, a company based in Cape Elizabeth that provides nature based educational programs, event planning, and garden consulting services.*

**Prices are determined based on the type of program and preparation time. Material costs are separate.**