



# Mindful Bubble Blowing and Zen Soap Sculpting

**Instructor:**

Professor Sudsy

**Location:**

Canterbury

**Course Type:**

Mindfulness

**Cost:**

£65.00

## Learning Objectives

- Learn the art of crafting perfect bubbles using mindfulness techniques
- Understand the calming principles of soap sculpting
- Develop a deeper connection with nature through bubble meditation
- Master the skills of creating intricate soap carvings
- Cultivate a sense of joy and playfulness through creative activities

## Provided Materials

- Bubble wands of various shapes
- Organic soap bars
- Carving tools for soap sculpting
- Essential oils for aromatherapy
- Mindfulness guidebook

## Skills Developed

Mindfulness

Creativity

Meditation

Crafting

Relaxation

## Course Description

Join Professor Sudsy for a delightful exploration into the world of bubbles and soap, blending mindfulness with creativity in a class that will leave you both relaxed and invigorated. In "Mindful Bubble Blowing and Zen Soap Sculpting," students will immerse themselves in the art of blowing bubbles with intention and crafting soap sculptures with focused serenity, right in the tranquil setting of Canterbury. Begin with a serene bubble blowing session where each participant learns the art of crafting the perfect bubble using mindfulness techniques. Students will practice breathing exercises to enhance their focus and deepen their appreciation for the gentle art of bubble meditation. Taking it up a notch, participants will engage in Zen Soap Sculpting, crafting intricate designs from organic soap bars, using provided carving tools, all while embracing the calming scents of essential oils. Throughout the session, Professor Sudsy—an expert in playful mindfulness—will guide you through techniques to cultivate joy and creativity. You'll learn how to connect with nature through bubble play, appreciating the ephemeral beauty of each moment, and master the skills needed to create your very own soap carvings. By the end, you'll take home your creations and a newfound sense of peace and playfulness, ready to bubble over into your everyday life with joy.

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