



Cloud Appreciation & Sky Story Weaving

Instructor:

Skylar Nimbus

Location:

Cotswolds

Course Type:

Mindfulness

Cost:

£80.00

Learning Objectives

- Identify ten different types of clouds and their characteristics
- Understand the role of clouds in weather patterns and climate
- Develop creative storytelling based on cloud shapes
- Practice mindfulness through observational techniques
- Enhance relaxation skills through directed breathing exercises

Provided Materials

- Sky identification booklet
- Dreamy cloud journal
- Set of watercolour paints
- Cloud-shaped meditation cushion
- Portable telescope for sky observations

Skills Developed

Mindfulness

Meteorology

Creative Writing

Relaxation Techniques

Storytelling

Course Description

In the enchanting hills of the Cotswolds, join us for a whimsical yet insightful journey into the world of clouds with "Cloud Appreciation & Sky Story Weaving." Led by the ever-enthusiastic Skylar Nimbus, this class beckons adults yearning for a pause from the mundane to explore the skies above in a playful yet profound manner. This class begins with a leisurely stroll through the lush meadows, where participants will learn to identify a variety of cloud formations, from majestic cumulonimbus to delicate cirrus. Each cloud type will be linked to its role in weather patterns and climate, providing a grounding (or should we say 'sky-high'?) understanding of meteorological basics. As you lie back on cloud-shaped meditation cushions, you'll be encouraged to let your imagination soar, weaving tales inspired by the shapes above. This creative exercise not only enhances storytelling skills but also cultivates mindfulness and presence, as you'll practice being truly present and observant of your surroundings. With the help of a portable telescope, you'll be guided in sky observations, learning how to appreciate the subtleties of the heavens. Throughout the session, directed breathing exercises will be interspersed to help deepen relaxation, ensuring you leave with both a calm spirit and a head full of dreamy stories. This session blends the art of observation with creative expression, promising to leave you floating on a cloud of serenity and inspiration.