



Cloud Gazing and Whimsical Weather Writing

Instructor:

Professor Nimbus Cloudsworth

Location:

Exeter

Course Type:

Mindfulness

Cost:

£65.00

Learning Objectives

- Understand the different types of clouds and their formations
- Learn techniques for mindful observation of weather patterns
- Develop creative writing skills through weather-inspired storytelling
- Enhance imagination and creativity through playful exercises
- Cultivate a deeper appreciation for the natural world

Provided Materials

- Cloud classification guidebook
- Weather observation journal
- Colourful pens and pencils
- Pocket-sized magnifying glass
- Tea and biscuits for creative tea breaks

Skills Developed

Mindfulness

Creative Writing

Weather Observation

Imagery

Creative Expression

Course Description

Join Professor Nimbus Cloudsworth in a whimsical journey through the skies with "Cloud Gazing and Whimsical Weather Writing". Set in the picturesque city of Exeter, this unique class merges the tranquility of mindfulness with the creativity of storytelling, offering adults a playful escape from the everyday hustle and bustle. Participants will start their experience with a gentle introduction to the world of clouds, learning to identify various formations such as cumulus, stratus, and cirrus. Professor Cloudsworth will guide you on a mindful observation session where you will learn techniques to focus on the natural beauty above, fostering a sense of calm and presence. Following cloud gazing, students will be encouraged to let their imaginations soar as they engage in creative writing exercises inspired by the weather. Using the provided journal and colorful pens, attendees will craft whimsical stories, poems, and narratives that capture the essence of their skyward observations. The class will also include playful imagery exercises designed to expand creative expression, with tea and biscuits provided to fuel inspiration during brainstorming sessions. By the end of the day, participants will have developed a deeper appreciation for the natural world, enhanced their creative skills, and found joy in the simple act of watching the clouds drift by. Embrace this opportunity to let your creativity and mindfulness flourish in a supportive and slightly silly environment.