



*Jill Manson*

FLOWER JOURNEYS

# CREATIVE PLAY:

FLOWER WORKSHOPS FOR  
WELLNESS, JOY, AND HEALING

2026



*Discover the Healing Power of Flowers &  
Unlock Your Inner Artist with Jill Manson*





Step into a world of colour, fragrance, and creativity with our Creative Play flower workshops. These 3-hour, hands-on sessions are designed to immerse you in the soothing and transformative energy of flowers, offering a unique opportunity to explore the art of flower arranging, while tapping into the wellness benefits of nature.

These creative workshop style sessions are for creative-minded flower enthusiasts functioning at all skill levels who wish to enjoy a fun morning decompressing from the work week or a soulful session immersed in flowers.

These experiences are held in a non-competitive creative environment and are informal classes aimed at sparking creativity and allowing a relaxation and escape into the beauty of the botanical kingdom. A moment away from the stress and pressure of daily life.

## WHAT TO EXPECT

- Each session has a surprise theme guaranteed to bring you a giant dose of flower energy and joy, as well as great floral design concepts.
- Leave with a stunning floral design with which you can adorn your own spaces, or those of a loved one.
- An excellent experience to enjoy with friends, family or a partner, and create memories of together time.



## SOUL INVESTMENT

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### Session fees cover:

- Flowers, containers & floral equipment required for each session.
- Refreshments

### What to bring:

- Floral scissors/secateurs. These can be purchased from us upon booking, if required.
- Container/box/bubble wrap/towel to transport your masterpiece home.

## DETAILS

- Held on a Saturday morning from 10:00am – 1:00pm.
- Capped at a maximum of 20 participants, so early booking is essential.
- Venue: THE FLOWER HOUSE, 22 Mackay Avenue, Blairgowrie, JHB.

## DATES

- Saturday 21 February
- Saturday 11 April
- Saturday 25 July

*Book all, or one at a time.*

## GIFT THIS EXPERIENCE

These sessions are the perfect gift for a loved one and personalized **GIFT VOUCHERS** are available on request.

## WHY FLOWERS?

Flowers have long been celebrated for their beauty, healing properties, and ability to uplift the spirit. The vibrant colours and gentle fragrances of flowers are more than just pleasing to the senses - they have the power to:

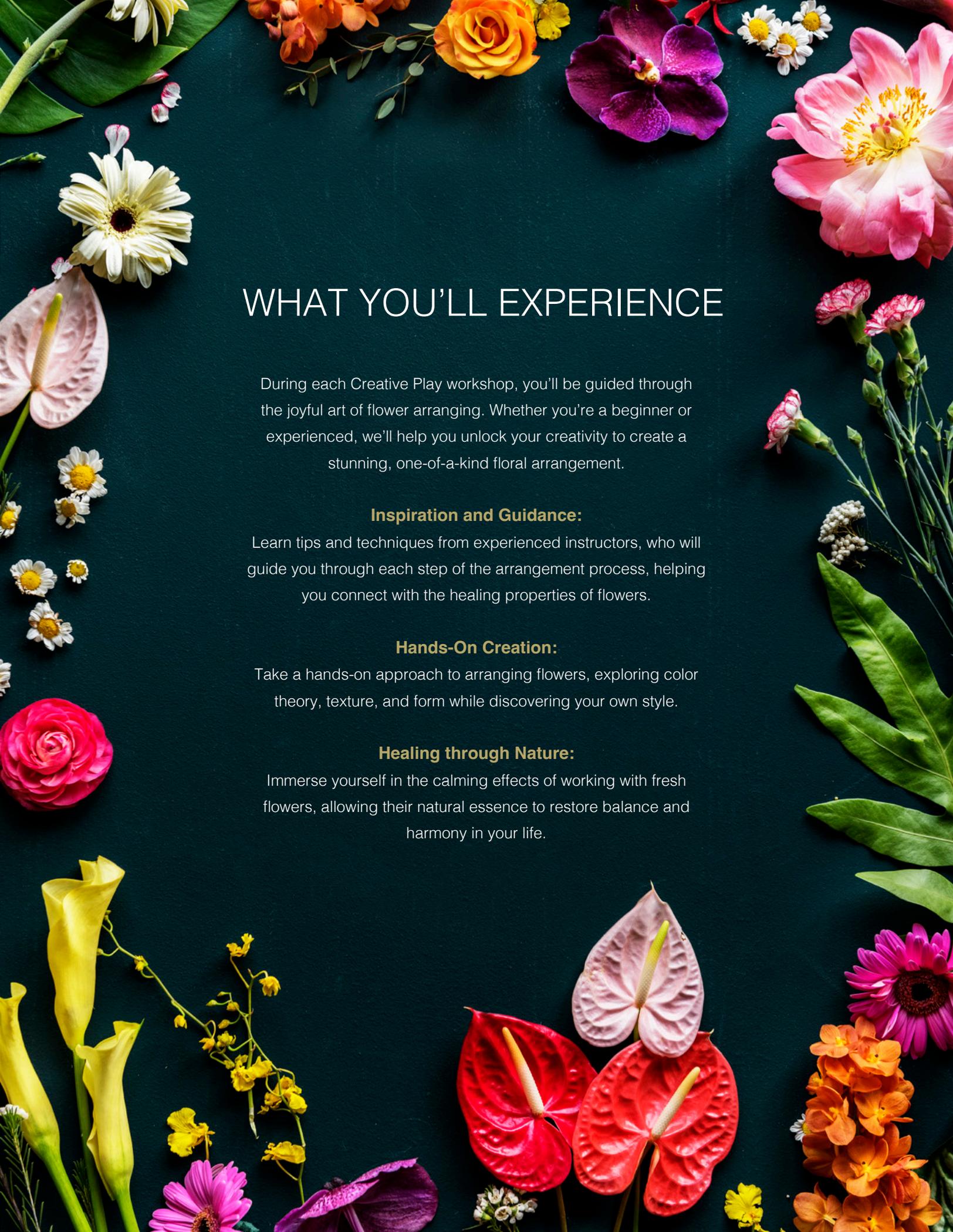
**Promote Relaxation:** The presence of flowers helps reduce stress, calming the mind and restoring balance.

**Activate Creativity:** Engaging with nature's palette enhances creative expression, boosting your mental well-being.

**Foster Mindfulness:** Flower arranging encourages focus and presence, helping you reconnect with the moment.

**Increase Happiness:** The act of creating something beautiful from nature has been shown to enhance mood and increase satisfaction.





# WHAT YOU'LL EXPERIENCE

During each Creative Play workshop, you'll be guided through the joyful art of flower arranging. Whether you're a beginner or experienced, we'll help you unlock your creativity to create a stunning, one-of-a-kind floral arrangement.

## **Inspiration and Guidance:**

Learn tips and techniques from experienced instructors, who will guide you through each step of the arrangement process, helping you connect with the healing properties of flowers.

## **Hands-On Creation:**

Take a hands-on approach to arranging flowers, exploring color theory, texture, and form while discovering your own style.

## **Healing through Nature:**

Immerse yourself in the calming effects of working with fresh flowers, allowing their natural essence to restore balance and harmony in your life.

# THE BENEFITS OF BEING CREATIVE

Did you know that engaging in creative activities like flower arranging can offer profound benefits for your well-being? Here's how:

## **Reduce Stress:**

Working with your hands and focusing on a creative task helps divert your mind from daily worries, lowering stress and anxiety levels.

## **Boost Mental Health:**

Creative expression through art, even in small ways, releases endorphins and improves mood, fostering a sense of achievement and contentment.

## **Increase Focus and Presence:**

Flower arranging requires concentration, helping you be present in the moment and quieting the mind.

## **Nurture Emotional Well-Being:**

The act of creating something beautiful from nature connects you to your emotions, offering a sense of fulfillment and inner peace.



# WHY JOIN US?

**Relax and Recharge:** Give yourself the gift of time and space to recharge and relax in a nurturing, creative environment.

**Build Connections:** Meet like-minded individuals in a warm and supportive community where you can share ideas and inspiration.

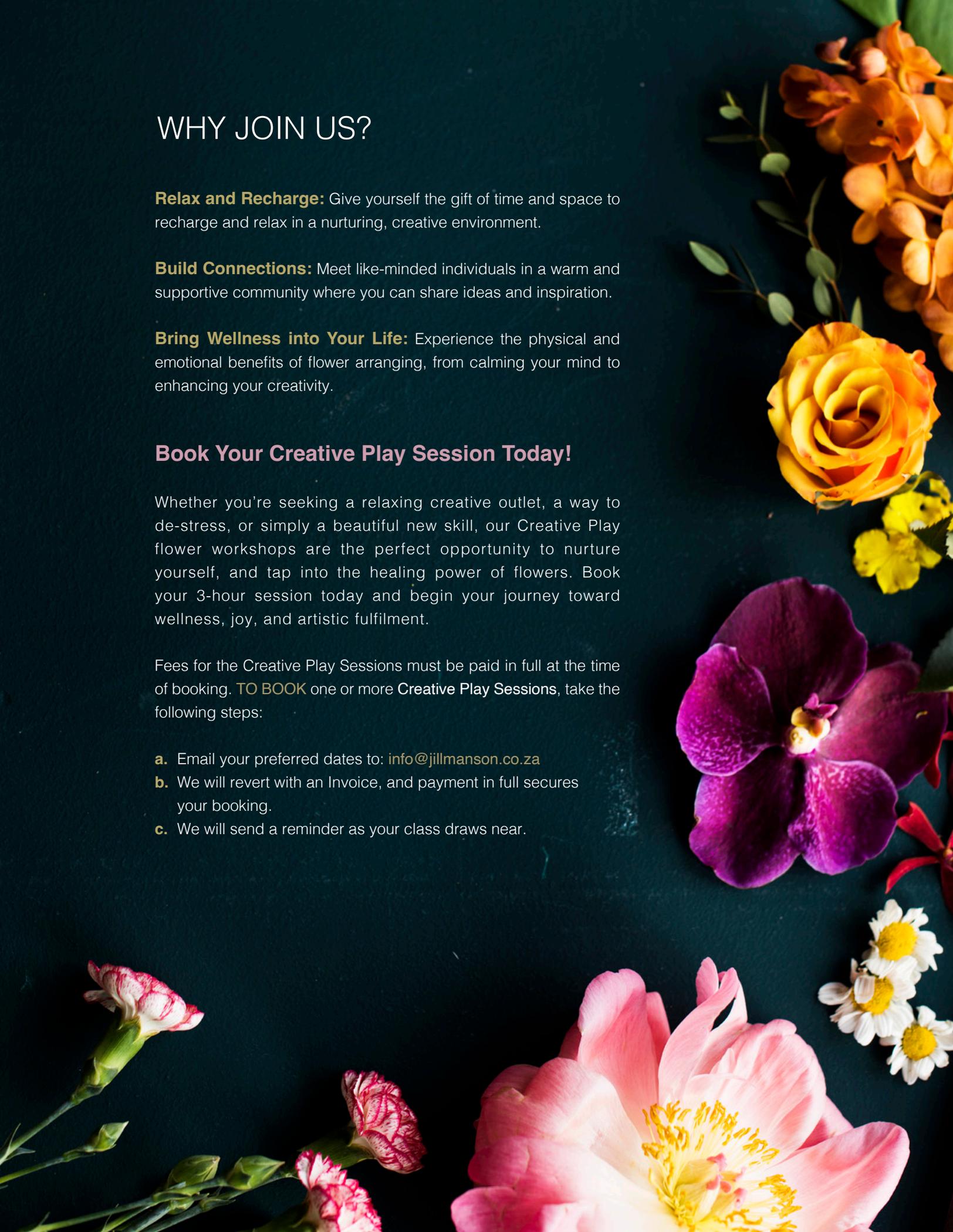
**Bring Wellness into Your Life:** Experience the physical and emotional benefits of flower arranging, from calming your mind to enhancing your creativity.

## Book Your Creative Play Session Today!

Whether you're seeking a relaxing creative outlet, a way to de-stress, or simply a beautiful new skill, our Creative Play flower workshops are the perfect opportunity to nurture yourself, and tap into the healing power of flowers. Book your 3-hour session today and begin your journey toward wellness, joy, and artistic fulfilment.

Fees for the Creative Play Sessions must be paid in full at the time of booking. **TO BOOK** one or more **Creative Play Sessions**, take the following steps:

- a. Email your preferred dates to: [info@jillmanson.co.za](mailto:info@jillmanson.co.za)
- b. We will revert with an Invoice, and payment in full secures your booking.
- c. We will send a reminder as your class draws near.



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