



Discover Highland Moss Workshops

Relaxing & Creative



BENEFITS OF WORKSHOPS

Participating in workshops such as terrarium creation, kokedama, succulent gardening, preserved moss art, and carnivorous gardens offers a multitude of benefits that extend beyond the joy of crafting. It's a sustainable alternative to traditional nights out, team-building activities or birthday parties.

Scientific studies have shown that engaging with plants and nature-based activities can significantly enhance physical and mental well-being. For instance, a study published in the Journal of Health Psychology found that indoor gardening can reduce stress levels, with participants reporting significant decreases in stress after potting plants.

Furthermore, the act of caring for plants has been linked to improvements in mood, reduced feelings of anxiety, and enhanced concentration and creativity.

Our crafty workshops not only provide participants with the knowledge and skills to create their own green spaces but also promote mindfulness and a sense of accomplishment.

By fostering an environment where individuals can connect with nature and express their creativity, Highland Moss workshops offer a therapeutic escape from the hustle and bustle of daily life, proving to be a valuable investment in one's mental health and overall well-being.



WORKSHOPS



TERRARIUM WORKSHOPS

WE WILL TAKE YOU STEP-BY-STEP THROUGH THE PROCESS OF CREATING YOUR TERRARIUM. THIS IS A PERFECT OPPORTUNITY TO LEARN ABOUT THE FASCINATING WORLD OF MINIATURE ECOSYSTEMS AND EMBRACE YOUR CREATIVITY WITH OUR SUPPORT.



MOSS ART WORKSHOP

MOSS ART IS A GREAT WAY TO ADD A PLANT FEATURE TO YOUR HOME THAT REQUIRES NO MAINTENANCE AT ALL. MAKE A SPECIFIC DESIGN OR JUST GET LOST IN THE MOMENT AND SEE WHAT HAPPENS. WE GIVE YOU TOTAL FREEDOM TO CREATE YOUR ARTWORK.



SUCCULENT GARDEN WORKSHOP

SUCCULENTS ARE SUN LOVING PLANTS THAT DON'T NEED A LOT OF WATER. THEY COME IN AN ARRAY OF SHAPES, SIZES AND COLOURS. THIS MAKES THEM IDEAL TO CREATE A LOVELY, VIBRANT INDOOR GARDEN THAT IS EASY TO CARE FOR.



101 PLANT CARE FOR BEGINNERS

WE ALL LOVE PLANTS BUT THERE IS SO MUCH TO LEARN! THIS IS WHY WE HAVE CREATED THESE WORKSHOPS WHERE WE WILL FOCUS ON ONE PARTICULAR GENUS OF PLANT. LEARN WITH US ALONG WITH GETTING YOUR OWN PLANT SO YOU CAN KEEP LEARNING LONG AFTER OUR WORKSHOP.

WORKSHOPS



KOKEDAMA JAPANESE MOSS BALL WORKSHOPS

LEARN ALL ABOUT THE JAPANESE ART OF THE KOKEDAMA MOSS BALL, A WAY OF GROWING YOUR PLANTS ENCASED IN SOIL AND MOSS. MAKE YOUR OWN WITH US WHICH YOU CAN HANG OR PLACE ON AN ELEGANT STAND.



CARNIVOROUS GARDEN

GET RID OF THOSE PESKY FUNGUS GNATS AND FRUIT FLIES THE NATURAL WAY - AND THE MOST BEAUTIFUL WAY! LEARN ABOUT HOW CARNIVOROUS PLANTS WORK, AND CREATE A STUNNING BOWL THAT INCLUDES OUR VERY OWN HANDPICKED SCOTTISH MOSS.





Various members of the CNOOC team recently attended three separate terrarium-building workshops hosted by Highland Moss and they were an absolute delight!

The passion of both Pam and Craig for all things plant and nature was contagious and their expertise made the entire experience both enjoyable and educational.

The hands-on approach, diverse plant selection, and emphasis on sustainability made the experience a great one overall. We all left with beautifully crafted terrariums, a new appreciation for plant care and a sense of community with fellow enthusiasts. I highly recommend Highland Moss for a wonderful and enriching botanical experience and we will definitely be doing more in the future!





Human beings have a fundamental desire to be connected with nature, called biophilia. Working with plants and being surrounded by greenery, creates a comfortable and relaxing atmosphere.

Pricelist

| WORKSHOP | PRICE |
|--------------------|-------|
| Terrarium - Medium | £60 |
| Terrarium - Large | £75 |
| Moss Art | £35 |
| Succulent Garden | £40 |
| 101 Plant Care | £40 |
| Kokedama | £40 |
| Carnivorous Garden | £45 |



Price per person, VAT included. 6 people per session. The workshop duration varies from approximately 60-90 minutes. Workshops are generally held in the evening from 7pm.

Book by emailing us: contact@highlandmoss.com





FAQ

WHERE ARE WORKSHOPS HELD?

Our workshops are held at our shop which is located at 61 Constitution St, Aberdeen, AB24 5ET.

DO YOU OFFER OFFSITE WORKSHOPS?

We do occasionally do this, however we prefer to hold them at our shop where we can offer the best experience

WHAT DO I NEED TO BRING?

Nothing at all! We provide everything you need. If you like you can bring your own drinks, snacks or decorations

PARKING AND ACCESS

We are on the ground floor so we are wheelchair accessible. There is on street parking available.

CAN I BRING A FRIEND?

Unfortunately due to the size constraints of our shop we can only allow the 6 workshop participants to attend.

CAN I MAKE A SPECIAL REQUEST?

Absolutely! If you have a certain kind of workshop in mind, want to add something special from your company or anything else just ask us and we will work with you.