



Mossing Around is a 45 minutes program where we guide our participants to create a terrestrial moss scape with a plant of their choice on top of it. The result is a unique creation that is easy and inexpensive to maintain.

### **Why engage in the Mossing Around?**

- (1) It allows participants to have a piece of nature in the comfort of their immediate surrounding
- (2) It helps participants to destress as they go through the **therapeutic process** of using nature to co-create their own signature plant
- (3) It gives participants a sense of **paying it forward as a portion of the net proceed** goes into Recovery program for injured migrant workers at **Salvation Army's Sojourn Care Center.**

### **Details:**

Cost: \$18/pax (10 participants : 1 instructor ratio)

Email in to [aquaticeden1@gmail.com](mailto:aquaticeden1@gmail.com)

Session is in person and all materials are provided. Materials include the creation of substrate using akedama, sphagnum moss and sand.