

## What is Earth Art?

*By Ruth Joy*

The Solstice Weekend at Holy Rood House will include time spent with Earth Art facilitated by Ruth Joy.

Connecting with nature is at the very heart of the summer Solstice. You will be invited to bring your sense of curiosity to collect nature treasures and create your own pieces of Earth Art. Ruth will gently guide and support you through this beautiful 7 step process. No creative experience or ability is needed, everyone is welcome.

Optional items to bring: A small bag for gathering nature treasures, something to sit or kneel on if you want to create your Earth Art on the ground rather than at a table, a notebook if journaling feels supportive, and a camera or phone if you'd like to photograph your Earth Art once it's complete.

