Kew

Courses

Spring – Summer 2019
Welcome
to our programme of courses for adults at Kew Gardens.

All profit from these courses and events contributes to the vital work of the Royal Botanic Gardens, Kew.

Adult education
For course information or enquiries please contact us:
Tel: 020 8332 5641
     020 8332 5626
Email: adulted@kew.org
Visit our website at: kew.org/adult-education

Gift vouchers
If you would like to give a place on one of our courses as a gift we are more than happy to arrange for a special card to be sent, whatever the occasion. Birthday, anniversary or just to say thank you – leave the arrangements to us! Please contact us for more details.

© 2019 The Board of Trustees of Royal Botanic Gardens, Kew
### March

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>6</td>
<td>Orchids for beginners</td>
<td>3</td>
</tr>
<tr>
<td>14</td>
<td>Paper flowers: daffodils</td>
<td>31</td>
</tr>
</tbody>
</table>

### April

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>9</td>
<td>Plant propagation</td>
<td>4</td>
</tr>
<tr>
<td>30</td>
<td>Photo walk: spring woodland</td>
<td>13</td>
</tr>
</tbody>
</table>

### May

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>9</td>
<td>Tai chi</td>
<td>33</td>
</tr>
<tr>
<td>30</td>
<td>Paper flowers: poppies</td>
<td>31</td>
</tr>
</tbody>
</table>

### June

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>13</td>
<td>Designing small gardens</td>
<td>9</td>
</tr>
<tr>
<td>20</td>
<td>A midsummer’s evening in Kew Gardens</td>
<td>14</td>
</tr>
<tr>
<td>29–30</td>
<td>Botany for botanical illustrators</td>
<td>11</td>
</tr>
</tbody>
</table>

### July

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>Right plant, right place</td>
<td>5</td>
</tr>
<tr>
<td>18</td>
<td>Designing a summer border</td>
<td>6</td>
</tr>
<tr>
<td>20</td>
<td>Planning a herb garden</td>
<td>7</td>
</tr>
<tr>
<td>24–25</td>
<td>Drawing and painting a nature tableau</td>
<td>19</td>
</tr>
<tr>
<td>27</td>
<td>Creative writing</td>
<td>29</td>
</tr>
</tbody>
</table>

### August

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>13–15</td>
<td>Introduction to painting with acrylics</td>
<td>20</td>
</tr>
</tbody>
</table>

### September

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>Gardening for beginners</td>
<td>7</td>
</tr>
<tr>
<td>9</td>
<td>Kew Certificate in Botanical Illustration</td>
<td>22</td>
</tr>
<tr>
<td>9–13</td>
<td>Botanical illustration for beginners</td>
<td>20</td>
</tr>
<tr>
<td>10</td>
<td>Mindfulness</td>
<td>33</td>
</tr>
<tr>
<td>19</td>
<td>From paper to iPad</td>
<td>21</td>
</tr>
<tr>
<td>21–22</td>
<td>Pen and ink: leaves</td>
<td>23</td>
</tr>
<tr>
<td>25</td>
<td>Drawing trees</td>
<td>24</td>
</tr>
<tr>
<td>26</td>
<td>Drawing trees</td>
<td>24</td>
</tr>
</tbody>
</table>

### October

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>1–3</td>
<td>Watercolour workshop: painting on vellum</td>
<td>25</td>
</tr>
<tr>
<td>10</td>
<td>Designing your own personal garden</td>
<td>9</td>
</tr>
<tr>
<td>12</td>
<td>Autumn photography masterclass</td>
<td>17</td>
</tr>
<tr>
<td>15</td>
<td>Photo walk: Kew in autumn</td>
<td>15</td>
</tr>
<tr>
<td>19–20</td>
<td>Coloured pencil drawing</td>
<td>26</td>
</tr>
<tr>
<td>23–24</td>
<td>Photographing trees</td>
<td>17</td>
</tr>
<tr>
<td>24</td>
<td>Gardening for beginners</td>
<td>7</td>
</tr>
<tr>
<td>28–8 Nov</td>
<td>Intermediate botanical illustration</td>
<td>27</td>
</tr>
</tbody>
</table>
Orchids for beginners

Wednesday 6 March
Time: 10.30am – 3.30pm
Tutor: Laurence Hobbs
Venue: Kew Gardens

This one-day course aims to give you the knowledge and confidence to grow orchids successfully in your own home. Beginning with an introduction to the wonderful world of orchids, the tutor will then advise you on the best kinds to grow and the steps to take to keep them looking their best.

Course fee: £70 (£60 Concessions, Kew members)
(maximum capacity 30 places)
Plant propagation

Tuesday 9 April
Time: 10.30am – 4.30pm
Tutor: Christine Lavelle
Venue: Kew Gardens

This course will provide a helpful introduction to the methods you can use to increase your plant numbers. Learn how to propagate vegetables, shrubs, herbaceous plants, house plants and all types of bedding. We’ll discuss the time of year when the cuttings should be taken or seeds sown, types of pots required and suitable compost to use. We’ll also cover the environment and care that each type of plant needs after propagation.

Course fee: £80 (£70 Concessions, Kew members) (maximum capacity 25 places)
Right plant, right place

Thursday 4 July
Time: 10.30am – 4.30pm
Tutor: Christine Lavelle
Venue: Kew Gardens

Plant selection for the garden can be difficult. This course aims to give you lots of ideas for plants that will thrive in different situations and soil conditions, either in sun or shade. You’ll also get inspiration for different planting combinations. Learn how to match your garden environment to the plants’ needs to ensure a successful, healthy planting scheme.

Course fee: £80 (£70 Concessions, Kew members)
(maximum capacity 25 places)
Designing a summer border

Thursday 18 July
Time: 10.30am – 4pm
Tutor: Richard Wilford
Venue: Kew Gardens

From the beginning of June to the end of September, the summer garden can be a riot of colour. But when starting to plan a summer border, knowing what to plant where can be daunting. This course is run by the designer of the magnificent Great Broad Walk Borders in Kew Gardens, Richard Wilford. He will introduce you to basic concepts of planting design to help you create your own beautiful summer border. Focusing on planting styles, structure, form and the huge range of colourful, summer-flowering herbaceous perennials, there will be plenty to inspire you. The course will include a walking tour around parts of Kew, including the Great Broad Walk Borders.

Course fee: £80 (£70 Concessions, Kew members)
(maximum capacity 20 places)
Planning a herb garden

Saturday 20 July
Time: 10.30am – 4.30pm
Tutor: Christina Stapley
Venue: Kew Gardens

If you’ve ever dreamt of having your own herb garden, why not come on this popular one-day introductory course and explore the medieval ideals of beauty, usefulness and pleasing aromas in the garden. Take the opportunity to learn what might work in your own space from both the point of view of design and harvesting. Examples of growing both decorative and useful herbs for small urban settings or larger country gardens will offer inspiration for planting schemes. Explore use of colour, form, foliage texture, perfume and usefulness to gain the best effect.

Whether your aim is a wildflower garden with a natural appearance, an ordered knot garden or a selection of potted herbs to brighten and transform a balcony or patio, there will be something for everyone. You’ll get to know the herbs involved through images, herbarium samples and an all-important walk to the Queen’s Garden in Kew to see the plants growing – and literally smell the roses!

Course fee: £80 (£70 Concessions, Kew members)
(maximum capacity 15 places)

Gardening for beginners

Tuesday 3 September or Thursday 24 October
Time: 10.30am – 4.30pm
Tutor: Christine Lavelle
Venue: Kew Gardens

A gardening course aimed at keen amateurs who wish to improve their knowledge of planting and maintaining plants in their garden. You’ll begin by learning about the essential conditions to ensure good growth, followed by a talk and demonstration on how to prepare soil before planting. You’ll be given hints and tips on selecting plants, and how and when to plant trees, shrubs and herbaceous species. The second part of the course will cover maintaining established plants in the garden including elements such as pruning, feeding and identifying pests and diseases.

Course fee: £80 (£70 Concessions, Kew members)
(maximum capacity 25 places)
Designing small gardens

Thursday 13 June
Time: 10.30am – 4.30pm
Tutor: London School of Garden Design
Venue: Kew Gardens

With considered design and thoughtful planting, the smallest of gardens can deliver maximum impact and still meet all your requirements. On this one-day course, you’ll explore how these techniques and tricks of the trade can help make sure your own small space makes a big impression.

The course is run in collaboration with the London College of Garden Design, the leading training college for professional garden design

Course fee: £100 (£80 Concessions, Kew members) (maximum capacity 20 places)

Designing your own personal garden

Thursdays 10 and 17 October
7 and 14 November
Time: 10.30am – 4.30pm
Tutor: London School of Garden Design
Venue: Kew Gardens

The aim of this four-day course is to help you on the first steps to designing your own garden. We’ll look at how you can get to know the particular constraints of your space, to develop ideas and an outline plan. We’ll then look at how you put that plan into action with sessions on how to approach construction and developing a planting design.

Week 1: Getting to know your garden
Week 2: Developing a plan
Week 3: Detailing and building your garden
Week 4: Planting for your new garden

This course is aimed at amateur gardeners who are keen to develop their own gardens. It will be classroom based and provide useful design tools and approaches. Some knowledge of garden plants will be useful but is not essential.

The course is run in collaboration with the London College of Garden Design, the leading training college for professional garden design

Course fee: £480 (£430 Concessions, Kew members) (maximum capacity 25 places)
Botany
Botany for botanical illustrators

Saturday 29 – Sunday 30 June
Time: 10.30am – 4pm
Tutor: Anne Bebbington
Venue: Kew Gardens

A two-day course for botanical artists who want to know more about their subjects. The practical sessions will demonstrate how the study of a plant can become an integral part of the excitement of producing botanical illustrations, informing your artwork by helping you understand its structure and how it works.

The emphasis in these workshops will be on practical botanical work. There will be an opportunity to do some drawing, so please bring sketchbooks and pencils.

Course fee: £150 (£130 Concessions, Kew members)  
(maximum capacity 15 places)
Photo walks
Spring woodland

Tuesday 30 April
Time: 1.30pm – 4.30pm
Tutor: Heather Angel
Venue: Kew Gardens

Springtime at Kew Gardens is magical. It’s the perfect time to visit with a camera, tablet or smartphone to capture an array of woodland flowers.

On this new walk, award-winning photographer, Heather Angel, will show you the best spots for woodland flowers, providing tips and hints along the way. With luck, the walk will coincide with the glorious azure carpets of one of London’s finest bluebell woods.

This walk will appeal to photographers and artists, as well as anyone who has a passion for plants and wants to capture memorable images in a dynamic season.

Course fee: £90 (£70 Concessions, Kew members)
(maximum capacity 12 places)
A midsummer’s evening in Kew Gardens

Thursday 20 June
Time: 5.30pm – 9pm
Tutor: Marcus Clackson
Venue: Kew Gardens

Don’t miss this rare opportunity to accompany experienced photographer and tutor, Marcus Clackson, on an evening of outdoor photography. Let Kew Gardens stimulate your creativity, in all its midsummer beauty with the advantage of low, soft light.

Marcus will cover a wide range of photographic techniques from macro to landscape. Grow your portfolio and see your photography skills blossom!

Suitable for photographers of all abilities looking to improve their digital camera technique.

Course fee: £100 (£80 Concessions, Kew members) (maximum capacity 10 places)
Kew in autumn

Tuesday 15 October
Time: 10.30am – 1.30pm or 2.30pm – 5.30pm
Tutor: Marcus Clackson
Venue: Kew Gardens

Join us as we celebrate the splendour of autumn with a seasonal photo walk devoted to improving your photography and capturing the delights of Kew Gardens at this special time of year. Experienced photographer and tutor, Marcus Clackson, will cover a wide range of photographic techniques from macro to landscape. Capture everything from the iconic buildings and glasshouses, the inspirational Gardens and landscapes, to the spectacular autumn colour, all under his expert tuition and guidance. Grow your portfolio and see your photography skills blossom! Suitable for photographers of all abilities looking to improve their digital camera technique.

Course fee: £80 (£60 Concessions, Kew members)
(maximum capacity 12 places)
Photography
Autumn photography master class
Saturday 12 October
Time: 10.30am – 4.30pm
Tutor: Clive Nichols
Venue: Kew Gardens

Be part of a small group on this course devoted to outdoor practical photography amid the autumn delights of Kew Gardens, with instruction from one of the world’s most successful flower and garden photographers. After an introductory talk, you’ll spend the day in the Gardens (and possibly in one of the glasshouses) taking on a wide variety of photographic challenges. The tutor will draw your attention to the trees, plants and views making up the autumn picture at Kew, while sharing hints and tips for the best ways to capture them. Suitable for proactive improvers. Sandwich lunch provided.

Course fee: £170 (£150 Concessions, Kew members)
(maximum capacity 12 places)

Photographing trees
Wednesday 23 – Thursday 24 October
Time: 10.30am – 4pm
Tutor: Edward Parker
Venue: Kew Gardens

This popular course is designed to explore ways to produce superb photographs of trees. It will include tuition on how to photograph the whole tree as well as details of bark and leaves. In addition, it will look at how using different techniques – such as directional and soft lighting, colour and composition – can enhance the final image, as well as teaching you how to get the most out of your digital equipment.

We’ll start with an illustrated introductory talk, including tree and forest photographs from around the world, before heading out into the Gardens to gain inspiration among Kew’s impressive arboretum. The first day will be spent exploring the capabilities and limitations of your equipment. As the course progresses, we’ll evaluate your images and find out how to work with camera limitations, making them part of the image making process.

During the course, you’ll be given basic instruction on how to download, store and enhance digital images.

Course fee: £180 (£160 Concessions, Kew members)
(maximum capacity 14 places)
Arts
Drawing and painting a nature tableau in the style of Jan van Kessel

Wednesday 24 – Thursday 25 July
Time: 10.30am – 4pm
Tutors: Rebecca Jewell and Sandy Ross Sykes
Venue: Kew Gardens

This exciting new two-day course will be inspired by the nature studies of 17th century Flemish painter, Jan van Kessel. Fresh flowers will be provided as source material, as well as Sandy and Rebecca’s unique and extraordinary collection of natural history specimens and curios (including tropical bird feathers, butterflies, whales’ teeth, nests and seed pods).

Watercolour techniques will be explored and developed as well as looser pen-and-ink drawing styles, combined with watercolour washes.

Course fee: £150 (£130 Concessions, Kew members) (maximum capacity 12 places)
Introduction to painting with acrylics

Tuesday 13 – Thursday 15 August
Time: 10.30am – 4pm
Tutor: Stuart Simler
Venue: Kew Gardens

Come on this fun three-day course and discover the versatility of this easy to use, quick drying, vibrant medium. Learn what acrylic paints are and how to work with them – considering composition, line, tone and colour.

There will also be an opportunity to explore the different media, materials and painting surfaces that using acrylics presents in the creative process.

Course fee: £210 (£180 Concessions, Kew members)
(maximum capacity 15 places)

Botanical illustration for beginners

Monday 9 – Friday 13 September
Time: 10.30am – 4pm
Tutor: Lucy T Smith
Venue: Kew Gardens

This entry-level course introduces you to the range of skills and techniques required for this highly specialised expression of the illustrator’s art. You will learn about the materials, techniques and equipment used by botanical illustrators. Using pencil, pen and ink and watercolour in a series of small exercises, you will begin to learn how to accurately draw and paint plant material.

This course is suitable for beginners and those with different art backgrounds looking to find out more about botanical illustration.

Course fee: £400 (£350 Concessions, Kew members)
Deposit payable on enrolment: £50
(maximum capacity 15 places)
From paper to iPad®

Thursday 19 September
Time: 10.30am – 4pm
Tutor: Jan Lee Johnson
Venue: Kew Gardens

Come and discover digital painting and drawing techniques on this new one-day course designed for all levels, whether beginners or those with previous experience.

Explore new technology with your iPad® and Apple Pencil® (or other stylus pen) to discover exciting ways to create subtle washes, light touches, delicate and bold mark-making.

Using both Brushes XP and Procreate apps, this drawing-based course will show you how to select and mix colours and navigate the tools to create dexterity of line in pencil, charcoal, paint, pastel and watercolour. You’ll also learn how to import your own drawings to develop them further.

You will need to have the apps downloaded and ready to use on your iPad®, which should be fully charged for the session. A preliminary course note sheet will be issued after enrolment.

*Please be aware that if you don’t already have the Brushes XP and Procreate apps there is a charge to download each of them.

*This is an independent course and has not been authorised, sponsored or otherwise improved by Apple Inc.

iPad® (mobile digital device) is a trademark of Apple Inc.

Course fee: £80 (£70 Concessions, Kew members) (maximum capacity 12 places)
Kew Certificate in Botanical Illustration

2019/20 programme begins September 2019

A variety of short courses in the study and practice of botanical illustration have been successfully established at the Royal Botanic Gardens, Kew over the past 20 years. We’re now proud to include the addition of an annual programme of study, leading to the Kew Certificate in Botanical Illustration.

The programme gives comprehensive knowledge of all aspects needed for botanical illustration, botanical art and sketching, and observing nature closely. You will learn through course modules taught by professional botanical illustrators and self study coursework, while benefiting from the unique surroundings and collections at Kew.

Please contact us for details of the September 2019 – July 2020 Certificate programme and the full prospectus.

Certificate fee: £3,000 (£2,800 Concessions, Kew members) Deposit payable on enrolment: £500 (maximum capacity 6 places)
Pen and ink: leaves

Saturday 21 – Sunday 22 September
Time: 10.30am – 4pm
Tutor: Hazel Wilks
Venue: Kew Gardens

This new course will provide an in-depth look at leaves and the various ways of depicting them in ink. Observation techniques and mark-making to capture the essence of the botanical subjects will be the focus of the course. We’ll start by looking at various botanical artists, from the Victorian to the more modern, to see the different ink techniques and styles they used to show plant structure and form. You’ll choose a preferred artist and render a ‘simple’ leaf in a similar technique.

Then, you will make a technical study of a ‘more complex’ leaf with hairs, glandular colorations, complex margins or heavy venation.

You’ll learn how to choose a subject, draw it accurately and to scale, and finally how to ink it in with confidence, in a way that is both technically aware and artistically pleasing.

Course fee: £150 (£130 Concessions, Kew members) (maximum capacity 15 places)
Drawing trees

Wednesday 25 September or Thursday 26 September
Time: 10.30am – 4.30pm
Tutor: Stuart Simler
Venue: Kew Gardens

This one-day course is an introduction to drawing trees with a focus on composition, scale, experimentation, and texture.

After an outdoor icebreaker using sketchbooks or paper on board, the morning continues with composition studies using viewfinders to look closely at trees. This focuses on the structure of branches and using negative space to create balance within a composition. The day continues with sessions on experimental drawing and working with a range of materials to create marks and texture to communicate the fluidity and organic nature of trees, while maintaining traditional elements of drawing from nature.

Course fee: £80 (£70 Concessions, Kew members)
(maximum capacity 15 places)
Watercolour workshop: painting on vellum

Tuesday 1 – Thursday 3 October  
Time: 10.30am – 4pm  
Tutor: Penny Price  
Venue: Kew Gardens

Painting on vellum requires different methods to those used for working on paper. It is very rewarding, as colours have a different quality to them.

We’ll use watercolours, preferably Winsor and Newton (or other artist/professional quality paints, see materials list for recommendations). The work will be small scale, studying autumn fruits to paint.

The vellum will be provided for you.

All abilities welcome as some individual help will be given as well as general teaching of the whole group.

Course fee: £255 (£225 Concessions, Kew members) (maximum capacity 15 places)
Coloured pencil drawing

Saturday 19 – Sunday 20 October
Time: 10.30am – 4pm
Tutor: Hazel Wilks
Venue: Kew Gardens

This new course will explore the depiction of fruits and flowers in coloured pencil. We’ll cover the observation techniques and accurate drawing methods used in botanical illustration. We’ll start with an exercise in layering, blending and burnishing to help you become familiar with colour pencil techniques and colour theory. You’ll then draw a large petalled ‘blousy’ flower (a hibiscus or similar), learning how to capture the soft colours in the petals and internal structures.

The second day of the course will be devoted to depicting dark, shiny fruits such as cherries, nectarines or plums, which require a more solid build-up of colour.

You’ll learn how to choose a subject, draw it accurately and to scale, and finally how to colour it in with confidence, in a way that is both accurate and artistically pleasing.

Course fee: £150 (£130 Concessions, Kew members)
(maximum capacity 15 places)
Intermediate botanical illustration

Monday 28 October – Friday 8 November
Time: 10.30am – 4pm
Tutor: Lucy T Smith
Venue: Kew Gardens

This ten-day course provides a unique opportunity to learn about the work of botanical illustrators at Kew and the methods and materials they use.

Precision is the hallmark of the best botanical illustration and a range of relevant techniques will be demonstrated and taught. Accurate drawing is emphasised, as is the art of capturing the true essence and colour of a plant. Techniques include drawing in pencil, pen and ink work and watercolour painting using wash and dry brush.

Individual attention to participants will allow students to work at their own pace and skill level.

Included in the programme is a tutored visit to Kew’s remarkable collections of botanical illustration in the Herbarium and the Shirley Sherwood Gallery of Botanical Art.

While this course is designed to follow on from ‘Botanical illustration for beginners’, it can also be taken as a stand-alone course.

Please note that there is no weekend tuition during this course.

Course fee: £750 (£695 Concessions, Kew members)
Deposit payable on enrolment: £150
(maximum capacity 15 places)
Creative writing
Creative writing

Saturday 27 July
Time: 10.30am – 4.30pm
Tutor: Julie Garton
Venue: Kew Gardens

What greater muse could a writer ask for than the organic wonders of the planet that surrounds them? Immerse yourself in the beauty of Kew Gardens and learn how to capture the majesty of nature on the page with this exciting new course in partnership with City Lit.

For more details and booking information contact City Lit: 020 7831 7831 (quoting course code HW610) or infoline@citylit.ac.uk (maximum capacity 20 places)
Crafts
Paper flowers: daffodils

Thursday 14 March
Time: 10.30am – 4pm
Tutor: Nikita Crocker
Venue: Kew Gardens

This one-day course will introduce you to the intricate art of paper flower making. Tutor Nikita Crocker will take you through the step-by-step process to make a daffodil, starting with the tiny stigmata and the shaping of the colourful flute, before adding the petals and realistic paper foliage.

This is a meditative art which allows for infinite scope and creativity. Once you learn the basic method of structure you’ll be able to explore and practise your new-found skills to design daffodils as you wish. And of course, you get to take home all the daffodils you make. All materials will be provided for you in the class including a variety of richly-coloured crepe paper of exceptional quality.

Course fee: £70 (£60 Concessions, Kew members)
(maximum capacity 12 places)

Paper flowers: poppies

Thursday 30 May
Time: 10.30am – 4pm
Tutor: Nikita Crocker
Venue: Kew Gardens

This one-day course will introduce you to the intricate art of paper flower making. Tutor Nikita Crocker will take you through the step-by-step process to make a poppy starting with how to create a realistic stigma and stamen with pollen-laden anthers. Then we’ll look at how to perfect the crumpled, wrinkled look of the petals, finishing with the wonky stem to complete the playful look of these bright beauties.

This is a meditative art which allows for infinite scope and creativity. Once you learn the basic method of structure you’ll be able to explore and practise your new-found skills to design poppies as you wish. And of course, you get to take home all the poppies you make.

All materials will be provided for you in the class including a variety of richly-coloured crepe paper of exceptional quality.

Course fee: £70 (£60 Concessions, Kew members)
(maximum capacity 12 places)
Wellbeing
Tai Chi

**Thursdays 9, 16, 23, 30 May and 6, 13 June**  
**Time:** 2pm – 3pm  
**Tutor:** Mirilee Pearl  
**Venue:** Kew Gardens

Often called moving meditation, Tai Chi Chuan is a traditional Chinese art practised by many people around the world for its health-promoting qualities, including physical and mindfulness benefits. Regular practice leads to improved posture, balance, muscle tone and circulation. The meditative quality of the practice promotes the development of feelings of calmness and wellbeing.

Our sessions are outdoors amid the beautiful surroundings of Kew Gardens. Guided by an experienced instructor through traditional tai chi movements, this is a low-impact, full body workout that leaves you feeling refreshed, relaxed, energised and mentally alert. Tai chi offers the opportunity to acquire a skill for life.

The course takes place over six weekly sessions. It includes warm up exercises, exploration of tai chi postures and movements, and meditative breath and movement training. If you have any health doubts regarding the suitability of this course for your needs, please do consult your doctor before enrolling.

**Course fee:** £150 (£120 Concessions, Kew members)  
(maximum capacity 15 places)

Mindfulness

**Tuesdays 10, 17, 24 September and 1, 8 and 15 October**  
**Time:** 2pm – 4.30pm  
**Tutor:** Karen Liebenguth  
**Venue:** Kew Gardens

Mindfulness is now recognised as a useful life skill to improve focus and clarity, listening and decision-making skills and perhaps most importantly, overall wellbeing. Practising mindfulness can help to completely shift how we experience life. It can change how we notice and respond to day-to-day challenges as well as the good things which happen.

Come on this six-week course, amid the beauty of Kew Gardens, and learn mindful practices from an accredited teacher, in a supportive and enjoyable outdoor setting.

**Course fee:** £240 (£210 Concessions, Kew members)  
(maximum capacity 12 places)
Terms and conditions

Bookings
To reserve a place on any of the courses please call 020 8332 5641 or email adulted@kew.org with a contact telephone number. We’ll call you back during office hours to take your booking. We can also forward our bank details if you prefer to pay via transfer.

For one-day courses, the full course fee is due at the time of booking. For certain courses, a non-refundable deposit is due at the time of booking (see course description for details). The balance of payment is then due four weeks before the course begins. No reminder will be sent.

The course fee listed already includes admission to the Gardens enabling you to attend your course. Please note the minimum age for course participants is 18.

Concessions
Concessions on our courses are offered where possible. Senior citizens (60+), students in full-time education, people who are unemployed, and Kew members can claim the concessionary rate listed for each course. Proof of concession is required before your application can be dealt with, so this should accompany your booking.

Confirmation
A confirmation will be sent for each booking on receipt of the course fee or deposit. Course confirmations will normally be sent by email if an address is supplied.

Waiting lists
All courses are limited in number and will fill up quickly so please book early to avoid disappointment. If a course is fully booked, your name will be added to the waiting list. If a place becomes available, we will contact you.

Gift vouchers
Gift vouchers may be purchased for either a place (or places) on a specific course (subject to availability) or for a certain amount to cover or partially cover the cost of a course. In each case they will be valid for two years from the date of issue.
Refunds
As the booking is made for a specific date and time, it is not possible to issue a refund or exchange once you have confirmed your purchase. Please make certain that you can attend a course before booking a place.

Course materials
Please note that course materials are not provided unless stated in the course description. Materials lists will be issued to participants where appropriate.

Cancellation of courses
Royal Botanic Gardens, Kew reserves the right to cancel any course if it becomes necessary to do so. Students who have booked places will be notified as soon as possible and may then transfer to other courses, dependent on availability, without loss of course fee or deposit. If they prefer to withdraw their bookings, course fees and deposits will be refunded in full.

Personal information
We respect any personal data you share with us. For more details on how we use your information, see our privacy policy at kew.org/privacy.

Accommodation
Courses at Kew Gardens are non-residential. For details of accommodation in the Kew area, please visit www.visitrichmond.co.uk.

Access
We want you to enjoy your visit to Kew Gardens. Please contact the adult learning coordinator, before booking your course, if you are mobility impaired or have any special needs or requirements.

Adult education enquiries
Email: adulted@kew.org
Tel: 020 8332 5641
020 8332 5626
Visit our website at: kew.org/adult-education

If you would like to give a place on one of our courses as a gift we are more than happy to arrange for a special card to be sent, whatever the occasion. Please contact us for more details.
About Kew Gardens

Awarded World Heritage site status in 2003, Kew Gardens is one of the most beautiful and historic gardens in the country. Its 300 acres contain a wealth of living plant material as well as comprehensive collections of preserved plant specimens, ethnobotanical products and artefacts, botanical paintings and books. It is situated 10 miles from the centre of London and is served by mainline trains from Waterloo or by underground (District Line).

The majority of Kew courses are held in the Education Centre based in Museum No. 1. This grade II listed building, opened to the public after refurbishment in 1998, is superbly equipped for our varying courses and overlooks the magnificent Palm House.
The tutors

**Heather Angel** is perhaps best known as a highly versatile nature photographer whose pictures have a strong artistic appeal as well as scientific authenticity. After reading for a zoology degree, she took up photography whilst undertaking research in marine biology. When her first book – *Nature Photography: Its Art and Techniques* – was published in 1972, Heather’s photographic career took precedence. She has produced 50 titles on photographic techniques, natural history or gardening topics including *Kew – A World of Plants, How to Photograph Flowers* and *Natural Visions*. Since 1994 she has been a special Professor within the School of Biology at Nottingham University.

**Anne L. D. Bebbington** gained wide teaching experience in her career as a botanist and ecology tutor for the Field Studies Council. She specialised in wild flower courses for adults, both in Britain and further afield in Europe, Canada and Australia. In retirement as a Natural History Illustrator she works mainly in pen and ink. Over the past four years she has been running a series of very popular botanical workshops for artists. Her book *Understanding the Flowering Plants – A practical guide for botanical illustrators* was published in November 2014. She is a founder member and past President of the Institute for Analytical Plant Illustration.

**Marcus Clackson** is now based in Twickenham riverside. With a successful commercial career spanning over 25 years, he is also an Ambassador for Olympus cameras and runs regular workshops and events covering many aspects of photography and photographic technique. Coming from a fine art education, Marcus draws inspiration from many sources, which can be seen in the passion and excitement with which he approaches every project.

**Nikita Crocker** has always been a lover of nature and found the art of paper flower making perfectly married this love with her creative passions. She uses real specimens from the natural world to study and break down the structure of each variety of flower and then pieces together her paper creations. She is the founder of Wild Paper Florist, a business making paper flowers for wedding bouquets and decorations. She thoroughly enjoys teaching people the art of paper flower making and seeing the delight of pupils when their own hand-made flower suddenly comes together before their eyes.

**Julie Garton** studied at the University of Essex, the Central School of Speech and Drama, and Dartington College. She has written several plays for young audiences for, among others, the Unicorn Theatre for Children. She currently writes articles about landscape, heritage and nature. Julie won the 2014 British Czech and Slovak creative writing prize for her personal essay about the Czech poet and dissident Ivan Blatny.
Laurence Hobbs gained an honours degree in plant biology before setting up business as an orchid grower. Laurence Hobbs Orchids Ltd, of which he is managing director, has been established in Sussex since 1987.

Christine Lavelle is a lecturer in horticulture and ecology at Writtle College, Chelmsford, UK, and an external examiner for the School of Horticulture at the Royal Botanic Gardens, Kew. She trained at the National Trust for Scotland’s Threave School of Practical Gardening and the Royal Botanic Gardens, Kew. Christine was assistant Head Gardener at Levens Hall topiary gardens in Kendal and Hardy Ornamentals Team Leader at Askham Bryan College in York. Her main areas of work are in organic growing and wildlife gardening. Together, Christine and her husband Michael Lavelle won the Garden Media Guild Practical Book of the Year Award in 2003 and 2008 for their books Organic Gardening and How to Create a Wildlife Garden (both published by Lorenz Books).

Rebecca Jewell is a print-maker and collage artist. She has a PhD in ‘feather art’ from the Royal College of Art and is an artist in residence in the Oceanic Department of the British Museum. Her work is held in the British Museum, the Natural History Museum and Royal Museums Greenwich, as well as many private collections. She has taught natural history drawing and painting in numerous colleges and museums, including the Royal College of Art, the Royal Drawing School and the Linnean Society. Rebecca is a Fellow of the Linnean Society and a Member of the Art Workers’ Guild.

Jan Lee Johnson is a sessional tutor for foundation, drawing and painting programmes. With much experience teaching drawing techniques with software and layers, iPad® art is one of her passions.

Karen Liebenguth is an accredited mindfulness teacher and qualified coach. She offers one-to-one mindfulness training and courses to help people better deal with the ups and downs of life, to foster health and wellbeing. Karen specialises in practising mindfulness in nature and in offering coaching while walking in London’s parks and green space tapping into the benefits nature has on our psychological, emotional and physical wellbeing. She has been practising mindfulness for ten years and her practise has greatly influenced her life. It is one of her passions to share the benefits of mindfulness with others. Karen follows the Good Practice Guidelines set out by the UK Network for Mindfulness-Based Teacher Training Organisations.
Clive Nichols is one of the world’s most successful flower and garden photographers. He has won many awards for his work and in 2005 was voted ‘Garden Photographer of the Year’ by the Garden Writers Guild. His work has appeared in countless magazines, books and calendars throughout the world and he is in constant demand as a lecturer and teacher. He has appeared on British and Japanese TV, sits on the RHS Photographic Committee and is a judge for the ‘Garden Photographer of the Year’ competition.

Edward Parker is a specialist tree and forest photographer who, over the last 20 years, has worked in more than 40 countries around the world. He is co-author and photographer of the major book Ancient Trees – trees that live for a thousand years and has worked on numerous tree and forest related projects for organisations such as WWF, Tropical Forest Trust, and The Tree Council of the British Isles. In addition, he has written more than 30 educational books and his photographs have been on exhibition at Kew Gardens, Downing Street, and The Horniman Museum, as well as having been used at both the Earth Summits.

Mirilee Pearl is an Advanced Instructor registered with the Tai Chi Union for Great Britain and the International Wu Style Federation (HQ in Hong Kong), and has a PhD in human physiology. She also qualified as a personal trainer, specialising in helping middle aged people who wish to retain or regain functional fitness. Mirilee has been teaching Tai Chi Chuan for over 15 years, and now primarily teaches Tai Chi Chuan and Qi Gong (breath work underpinning tai chi practise), in both class settings and to private students. Her deep training as a scientist and life-long interest in sport and exercise – both Western world and Eastern approaches – complement and enhance each other, enabling her to tune in to clients’ needs and offer a wider range of strategies to support people to find lifestyle and fitness choices that work for them.

Penny Price is a botanical artist, having initially trained as a teacher and then as a professional lettering artist. Having painted all her life, she decided to become more specialised in the art of botanical painting, and trained for the Diploma in Botanical Art and Illustration (EGS) gaining a Distinction in 2013. She was awarded a Silver Gilt medal by the Royal Horticultural Society in 2014. She presently teaches part-time at the Chelsea School of Botanical Art and runs courses in Cambridge University Botanic Garden. She is an artist member of three Florilegium Societies, including one in Sydney, Australia, where she has also exhibited her work. Her mission is to help others achieve pleasure and skills in the art of botanical painting.
Stuart Simler trained at Leeds University as part of the Fine Art BA (Hons) course, graduating in 1997. His early experiences as an artist were based around drawing – the idea of draftsmanship excited him, in particular its versatility and range of mark making possibilities. From here he has gone on to exhibit both internationally and at roots level in local events and community exhibitions. He maintains his connections with two collectives: Collect Connect and Sunbury Working Artists (SWA).

Lucy T Smith is a freelance botanical artist at the Royal Botanic Gardens, Kew. She has received many awards for her work, including the 2004 Jill Smythies Award for Botanical Illustration, awarded by the Linnean Society of London. She won first prize in the Margaret Flockton Award for Scientific Illustration, at the Royal Botanic Gardens Sydney (2017), as well as Highly Commended awards in the 2005, 2006 and 2008 competitions. She has also received two Gold Medals from the Royal Horticultural Society. As well as her freelance work, Lucy also produces paintings for private commissions and exhibitions.

Christina Stapley has been growing, studying and using herbs for 40 years. She has a degree in phytotherapy and as a member of the College of Practitioners of Phytotherapy practised as a medical herbalist for many years. She is an RHS lecturer and lectures to a wide variety of groups, guilds and societies on all aspects of growing and using herbs, including in crafts.

Sandy Ross Sykes is a graduate and prize-winner of the Royal College of Art and is a trained botanical artist who has spent the last ten years illustrating the vanishing species of flora in the rainforests of SE Asia. Her work is held in the Natural History Museum, Royal Botanic Gardens Kew, Singapore and the US. Sandy has taught botanical painting in many institutions, including the British Museum, Singapore Botanical Gardens, and the Linnean Society. Sandy is a Fellow of the Linnean Society and a Member of the Art Workers’ Guild.

Richard Wilford has worked at Kew since 1989 and is now the Manager of Garden Design. He designed the Great Broad Walk Borders, which opened in June 2016. He has a diploma in garden design from the London College of Garden Design and over 29 years’ experience at Kew, where he has worked on the Rock Garden, Alpine House and managed the herbaceous and grass collections. He has also written books on alpines and bulbs and writes regularly for Kew Magazine. He is a member of the RHS Bulb Committee and judges Floral Marquee exhibits at RHS shows.

Hazel Wilks was born in Zimbabwe and completed a BSc degree at Rhodes University, South Africa, in 1994. While at the University of Hong Kong she found a way to combine her twin passions, art and science, and started publishing her botanical illustrations. She now lives in the UK and has been a freelance illustrator at the Royal Botanic Gardens, Kew since 2002, specialising in black and white plant depictions.
To protect our living collections, plant material supplied for practical classes will be drawn from a variety of sources and may not be from Kew or Wakehurst.

We use fresh and dried plants or plant-derived materials on many of our courses. If you think you may have an allergy to any of these please contact your doctor for advice before enrolling on the courses.