

The Mental Health Magic of Bonsai



Caring for bonsai can be a calming practice that encourages mindfulness, as the slow and deliberate process of pruning and wiring helps reduce stress. The patience required to see results fosters a sense of long-term focus and acceptance, teaching you to appreciate progress over time.

Additionally, the creative freedom in styling your bonsai offers a therapeutic outlet for self-expression, making it a rewarding way to nurture both the tree and your mental well-being.

Bonsai Crafting 101 Instructor: Adam Mitchell

Adam loves the outdoors and began learning about bonsai over 10 years ago. He has 15 trees in his collection and growing, and has found it to be a fantastic hobby, turning regular plants and trees into styled and more eye-pleasing pieces around his garden. Even large succulents can be made to look like little trees with a few pruning techniques.

He has visited Japan where most of the trees in people's backyards are styled and was inspired by this to replicate it as best he could. Adam isn't an expert, he's just a guy who likes bonsai.

Remember, to always approach a hobby as a long-term plan... everyone wants their bonsai to start out looking amazing and this is understandable, but the reward of having a vision for your tree and taking it season by season to build towards that vision is awesome.

Good Luck



99C

99C

THE ART OF BONSAI

THE ART OF UNWINDING

WORKSHOP INSTRUCTOR:
Adam Mitchell



Welcome to Bonsai Crafting 101!

What is the art of Bonsai?

Bonsai is the art of growing ornamental artificially dwarfed varieties of trees and shrubs in pots. In other words, it's a living art form that can be applied to almost any tree or plant. Bonsai is a method, it's not a type of tree.



Why Should you Start Bonsai Crafting?

The world of bonsai can be very relaxing & rewarding. Watching your vision for your bonsai come to life is extremely satisfying.

With that said here are a few benefits you can enjoy from bonsai:

- Mindful Relaxation
- Creative Expression
- Connect with Nature
- Cultural Heritage



FUN FACT:

Bonsai trees are not genetically dwarfed plants; they are regular trees that are meticulously pruned and shaped to maintain their small size.

What to Expect

Prepare for an enriching experience! In this workshop, you'll explore the fascinating world of bonsai while discovering the therapeutic benefits of nurturing these miniature trees. Through hands-on exercises, like styles and shapes, key principals and approaches, basic pruning and training/styling, repotting and bonsai soil. Our friendly atmosphere invites both beginners and experienced enthusiasts to share this journey together, leaving you with a beautiful bonsai creation and newfound skills!

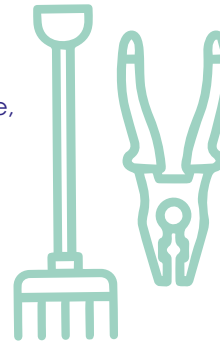
DID YOU KNOW?

The art of bonsai requires patience & dedication, as it takes years to shape and train a tree into the desired form.

Your Bonsai Toolbox

To embark on your bonsai adventure, gather these essential tools:

1. Bonsai scissors
2. Wire cutters
3. Branch cutters
4. Soil rake / chopstick
5. Small flat-nose pliers to assist with wiring



Pro tip for beginners: Start with inexpensive material to get practice and build confidence before going onto more expensive trees.

Let's get Hands-On!

Now that you've grasped the essential techniques, it's time to bring them to life! In these exercises, you'll create your very own bonsai tree.

Grab your tools, and let's dive in!

1. Pruning for Perfection: The First Trim

Objective: Learn how to shape your bonsai tree through careful pruning.

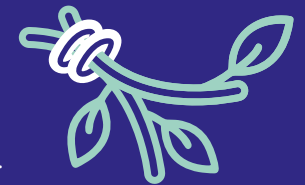
Exercise: Select a young tree and assess its structure. Begin by removing any dead or unhealthy branches, then focus on shaping the tree by selectively trimming to encourage a balanced canopy. This exercise teaches you to see the tree's potential and sculpt it into a beautiful form.



2. Wiring Wonders: Guiding Growth

Objective: Master the art of wiring to shape your bonsai.

Exercise: Carefully wrap wire around the branches you wish to guide. Bend the branches gently into your desired shape, being mindful not to apply too much pressure. This technique helps you understand how to direct growth and maintain the aesthetic of your bonsai.



3. Watering wisdom: Nurturing your Bonsai

Objective: Learn how to properly water and fertilise your bonsai to promote healthy growth.

Exercise: Water your bonsai thoroughly, ensuring that water drains out of the bottom of the pot. Avoid watering every day; instead, check the soil moisture by feeling the top layer and water when it feels dry. For Spekboom, which we'll be using in this workshop, watering twice a week is ideal. Additionally, apply a balanced fertiliser during the growing season to keep your bonsai thriving. Understanding the balance of watering and feeding is key to maintaining a healthy bonsai.

