

BELIEVE IN THE POWERS OF ART AND NATURE TO HEAL

“As an artist, poet, and nature advocate, my mission is to guide people back to the wisdom of the Earth and their inner landscapes—especially those navigating grief, trauma, anxiety, or life transitions.

Through curated, sustainable workshops aligned with seasonal rhythms, I invite participants into meaningful, embodied encounters with the natural world. Using collage, poetic writing, and contemplative photography, my approach fosters creative expression as a path to presence, deep listening, and emotional release.

This process reflects the essence of **NeuroArts**: when creativity is supported by nature, it nurtures the nervous system, restores balance, and opens space for healing and meaning.

What makes my work unique? It is spontaneous, holistic, cultural, and contemporary—rooted in ancestral cycles and myths, yet attuned to the emotional and spiritual needs of the present. Each experience is intentionally crafted to be accessible, symbolic, and transformational.

You don’t need to be an artist—all humans are creative. You only need the desire to reconnect. If you’re seeking clarity, grounding, or beauty in the moment, I’ll meet you there.”

With love and gratitude,
Clara-Julia

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Clara-Julia Peru is a poet, photographer, eco-collagist, and nature guide from Marseille, France, based in Oregon since 2017. She is the founder of **CIIPI**, an initiative at the intersection of art, nature, and healing.

Her work draws from a background in literature, art history, and trauma-informed care, blending nature-based practices with a syncretic, cross-cultural approach to emotional resilience and creative empowerment. She is certified in aromatherapy and integrates methods from Emotionally Focused Therapy, Psychological and Mental Health First Aid, and Wilderness First Response into her workshops, guiding participants with trust, care, and a deep respect for each individual's process.

Following the loss of her husband and her own transformative grief journey, Clara-Julia has centered much of her work around ritual, remembrance, and reconnection—creating spaces where grief can be metabolized through art and nature.

She is featured in the [NeuroArts Resource Center](#) (NRC) for her innovative contributions to the growing field of arts in health and nature therapy.



SEASONALITY, CREATION, GROWTH WITH NATURE AND ART

“EVERYBODY NEEDS BEAUTY...
PLACES TO PLAY IN AND PRAY IN WHERE NATURE MAY
HEAL AND CHEER AND GIVE STRENGTH
TO THE BODY AND SOUL ALIKE.” — JOHN MUIR

Nature & Art Workshops

A Fall-Winter workshop series | September to December 2025



Sundays | 10:30 AM–1:00 PM



Hoyt Arboretum, Portland OR

Rediscover the vibrant beauty of Fall and Winter through the lens of nature, creativity, and seasonal reflection.

In this immersive series at Hoyt Arboretum, we'll explore seasonal highlights of the Pacific Northwest through guided sensory walks, and artistic exploration.

Each session combines:

Seasonal ecological insights & grounding nature practices
An art class using techniques such as watercolor, collage, or photography
Gentle invitations to reflect, connect, and create from the heart

You will:

Deepen your connection with the season through its ecological and cultural meanings
Learn how to translate observation into creative expression
Explore composition, spatial techniques, and intuitive art-making
Leave each session with an original artwork or a seasonal photographic series
Reconnect with natural rhythms as a source of personal and creative renewal

Duration: 2h or 2h30

Price : \$50 per session

Bundle: 10% off when booking 2+ sessions



Fall Equinox - Mixed media eco-collage, Sept 2024

September 21st: Fall Equinox – Watercolor, Poetry, & Liminality | 2h30

As light softens and leaves changes color, this workshop invites you to honor the equinox as a threshold. Through grounding practices and expressive watercolor, we'll explore the theme of liminality—the space between—and give voice to our inner harvest with poetic reflection.

You will learn:

Techniques for intuitive watercolor blending and abstract composition
Poetic writing prompts inspired by nature and seasonal transitions
How to recognize and honor liminal spaces in creative expression

You will leave with:

A personal watercolor artwork representing your seasonal transition along with a short poem or set of reflective words for Fall
Renewed grounding and clarity for the season ahead

October 26th: Maple Season – Photography, Colors, & Composition | 2h

Celebrate the vibrance of Fall in Hoyt's maple collection. This session invites participants to practice nature photography with a focus on color, form, and mindful observation. We'll also integrate breathing techniques and explore cultural celebrations of Fall.

You will learn:

Foundational photography skills: framing, lighting, and seasonal color
How to attune your eye to pattern, texture, and fleeting beauty
Gentle breathing techniques to enhance presence and observation

You will leave with:

A curated collection of your own Autumn photographs
Practical tools to continue nature photography on your own
A deeper appreciation for the cultural and emotional resonance of Fall

November 16th: Giving Season – Eco-Art Collage, Gratitude, & Reciprocity | 2h30

As we move into the season of giving, this workshop centers around themes of gratitude and reciprocity. Using natural elements like leaf prints or mushroom stamps, we'll create collages that become meaningful gifts or meditative keepsakes.

You will learn:

How to use eco-art and collage as expressive and sustainable art forms
Ways to infuse gratitude and intention into handmade art
The value of reciprocity—both in nature and creative acts

You will leave with:

A handmade eco-collage or print to gift or keep
Tools to continue sustainable art-making at home
A renewed sense of connection and appreciation for the season's gifts

December 7th: Winter Magic – Card-making of love, light, & hope (Family Friendly) | 2h30

Step into winter's wonder and mist among Hoyt's holly and evergreen collection. In this warm, family-friendly session, we'll craft cards with intention—celebrating what we're releasing, what we're carrying forward, and what we hope to invite in the return of the light.

You will learn:

Techniques for creative card-making using seasonal themes
How to embed intention, gratitude, or affirmations into your creations
A gentle reflection on solstice energy and winter stillness

You will leave with:

A set of handmade cards for the holiday season
A clearer vision of your hopes and intentions for the new year
A sense of togetherness and warmth in community