



MOTHER-DAUGHTER BAKE & BLOOM

Join us for a magical day
of connection, creativity,
and gut-loving goodness at our
Bake & Bloom
Mother -Daughter workshop!
A hands-on baking experience
designed to nourish both your
relationships and your
digestive health.

Take home not just a loaf of **fresh-baked goodness**, but tools to support your gut health and deepen your connection!

This is more than baking — it's an opportunity to bloom together, nourish your bond, and explore the joy of real, whole food.

Led by **Hay House Author and Compassion Coach Cara**, founder of *The Mindful Gut*.

This unique workshop invites mothers and daughters of all ages to come together in the kitchen and **create traditional soda bread with a gut-healing twist**.

- Discover the gut-brain connection and **how food impacts your mood and well-being**
- Learn to bake delicious, gut-supportive bread from scratch - and beat the bloat!
- Share laughter, learning, and **mindful moments** with your daughter or mother
- 🌿 Spaces are limited to keep the experience personal and hands-on.
- ✨ All baking levels welcome — come as you are!

£98

Let's Rise Together!

Summer Dates

- 📍 Location: 23 Moor Green Lane
- 📅 Date: Monday 31st August
- ⌚ Time: 2.5hours
- 🎫 Tickets: £98 per mother & daughter or any parent -child combo!

