

EMPOWERING WOMEN MINDS & HEALTH
THROUGH FLORAL THERAPY

F-Cycling

*Eco-psychology rehabilitation
course for women experienced
violence*

Online Course



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CYCLING

*fearless flexible
flourishing*



F-cycling course mission:

Psychological restoration and a reconnection with nature for women experienced violence, providing a safe and empowering environment for healing and resilience.

Online course will be accessible to women who may not be able to attend in person and can still create a strong sense of safety, connection, and ecological mindfulness.



Expected outcomes:

- Increased sense of calm, self-connection, and empowerment
- Improved understanding of ecological cycles as metaphors for healing
- Strengthened community bonds and mutual support
- Practical ecological skills and inspiration for sustainable living



General description

Through guided virtual workshops, reflective exercises, and creative use of natural materials (such as recycled flowers or plants participants can collect locally), the course will create a safe, empowering, and trauma-sensitive digital space for healing, self-expression, and ecological awareness.

Inclusivity



nationality



age



sex



location

Design principles

- **Safety and privacy** first: Small groups (max. 8–10), confidential sessions, and clear participation guidelines.
- **Accessibility:** Low-tech tools (Zoom/Teams + digital workbook); recorded meditations for offline use.
- **Embodied nature connection:** Participants bring natural elements from their local surroundings (flowers, leaves, stones) for activities.
- **Hybrid ecology:** Combining digital facilitation with real-world sensory experiences.

Description of activities

- *Participants will engage in interactive online sessions that combine ecological education, mindfulness, and creative flower recycling activities.*
- *Participants will receive structured self-care and nature-connection practices to do between sessions (e.g., mindful walks, home nature observation, journaling).*
- *Participants will build community and resilience through small group sharing and guided reflection circles conducted in a secure online setting.*



Element of the module:

Online Session Example: “Transforming with Flowers: From Fragility to Strength”

Format: 2-hour live session (Zoom or Teams)

Participants: 6–10 women

Facilitators:

- 1 trauma-informed psychologist or art therapist
- 1 environmental educator / eco-psychology guide

Objective: To help participants process emotional pain and rediscover inner resilience through a symbolic and sensory eco-psychological activity: recycling and transforming wilted or discarded flowers. The session connects personal healing with ecological renewal, offering participants a sense of agency, calm, and beauty-making.



Therapeutic & Ecological Objectives:

- Support emotional regulation and gentle self-expression.
- Foster mindfulness and grounding through contact with natural materials.
- Create a symbolic act of transformation — turning “waste” (wilted flowers) into renewed beauty.
- Increase awareness of circularity and renewal in nature and self.





Activities



Sensory immersion

Play a nature-sound track via Naturespace www.naturespace.org or Flow www.flow.app during the creative activity time to enhance the feeling of being connected with nature

Safe sharing

Use breakout rooms (in Zoom) for small-group check-ins, and the whiteboard tool Miro miro.com/apps for optional anonymous or non-verbal sharing (e.g., participants can draw rather than speak).

Co-creation of visulas using recycled flower photographs

Use a co-creative approach with miro.com/apps/ and demonstrate photographs of recycled flowers



Evaluation

*Brainstorming and Voting Amazingly Easy. Free
Online Tool | tricider*

www.tricider.com

www.mentimeter.com

www.freewordcloudgenerator.com

