

Ikebana

Japanese Flower Arrangement



Is your life busy, stressful, and wearisome?
Let the simple beauty of flowers replenish your energy.
Try ikebana and feel your spirit being restored.

What is Ikebana?

Ikebana, one of the traditional arts of Japan and has been practiced for more than six hundred years. The first teachers and students were priests and members of the nobility, but as time passed, many schools arose, styles changed, and ikebana came to be practiced at all levels of Japanese society. The varying forms of ikebana share certain common features, regardless of the period or school. Any plant material - branches, leaves, grasses, moss and fruit, as well as flowers - may be used. While a work may be composed of only one or of many different kinds of materials, the selection of each element demands an experienced eye, and the arrangement requires considerable technical skill in order to create a kind of beauty that cannot be found in nature.



Class Schedule 2009: Everyone is Welcome! **Meets in University Inn Room 507**

Tuesday, October 27, 12-1 pm

Friday, October 30, 5-6 pm

Tuesday, November 10, 12-1 pm

Tuesday, December 8, 12-1 pm

Friday, December 11, 5-6 pm

First Class: \$20 (includes vase, kenzen, and fresh flowers)

Additional Classes: \$7 (includes fresh flowers)

Register Online at: www.usu.edu/wellness

Listed under "Wellness: Relaxation"

Payment due 2 days prior at the Wellness Center, HPER 109
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