



THE KARMACY

Herbal Workshops

Workshop offerings for the multi-dimensional woman ready to tap into her magick

Tamar Siegel

Meet the Karmacist

Plant enthusiast and women's wellness advocate, Tamar Siegel is the founder of The Karmacy, an adaptogenic lifestyle brand that offers plant-powered solutions for the modern working woman.

Her M.A. in Clinical Psychology, training in several yoga therapy modalities, and study of herbalism gave birth to her passion to create a space where women could learn simple and effective ways to protect their mental health while supporting their careers and awakening their best Self.





*Workshops are experiential, engaging,
educational and empowering.*



Magick Mornings

SELF-CARE RITUALS FOR ENERGY AND FOCUS

WORKSHOP BY THE KARMACY



Calm, Cool, Collected

self-care rituals for better sleep + relaxation

♦ A KARMACY WORKSHOP ♦

MAY 18TH, SHRADDHA YOGA STUDIO



DETOX & GLOW

SELF-CARE RITUALS FOR PHYSICAL AND ENERGETIC CLEANSING

The Karmacy Workshop

SATURDAY, JULY 6

SHRADDHA YOGA STUDIO TLV



Ignite & Inspire

Self-Care Rituals for Passion and Creativity

a Karmacy Workshop

JUNE 11, SHRADDHA YOGA STUDIO

Self-Care Rituals with Plants Series

- Workshop series:
- Focus +Energy
 - Better Sleep + Relaxation
 - Passion + Creativity
 - Detox + Energy Reset

Each workshop offers women the opportunity to explore the importance of self-care and stress reduction, and how that translates to their own life. We have a range of workshops that will show you how to make your own products from herbs and natural ingredients. We run workshops for corporate wellbeing days, parties, and celebrations and in collaboration with brand for launches and events.

Herbal Skin Care //

An introduction to herbal skincare and how to create natural products, covering:

- how to make a botanical face tonic to suit your skin
- how to make bespoke face oil for your skin type
- how to make a clay and herb-infused face mask

Self-Care with Plants

An introduction to herbal self-care utilising natural ingredients to alleviate stress and create tranquility.