



# INTO THE MYSTIC

*“We are all connected in the sparkling energy of life”*

**INTO THE MYSTIC** showcases an alternative future, one in which we give ourselves back to the natural world, connecting to our ecosystem and the mycelium networks beneath our feet. Through using folk traditions and ancient herbalism in an attempt to heal our beautiful minds and souls from the corruption that mankind has bestowed on our beloved earth.

**EIRINN HAYHOW** presents **INTO THE MYSTIC AW/23**, part of a positive world she envisions; an experimental performance set amongst organic sculptures made from plants, mushrooms and natural materials, glistening with haunting soundscapes that capture the sound frequencies from the plants in the surrounding garden space and the biomaterial used to create garments, overlaid with natural sounds taken from walks foraging in the forests.

Deeply connected with our natural world and its synchronised patterns, **EIRINN HAYHOW** carefully explores the foraging of wild plants, herbs and bark. The gathering of such natural resources for ceremonial activities and herbal medicines has occurred since ancient times; cultural practices which were aware of nature’s power in relation to the human body and mind. **EIRINN** is fascinated by the potential frequency of psychological energy waves emitted from plants and trees, and how these natural frequencies are synchronous with our hearts.

She makes all the material for her collections using a combination of intuition and research-led processes. Her playful exploration of natural material has seen her recently exploring the use of living moss, incorporated into knit from foraged nettles and banana yarn. From the array of different plants, barks and flowers she collects, inks, pigments and natural dyes are made before then reusing the waste plant matter and water from the dye baths. Extracting every potential from the material, she turns it into self-made biomaterial and plant leather. The plant leathers are infused with specific healing powers from plants and

barks, learnt from her research into herbalism and ancient wisdom. Her plant leather puffers are stuffed with dried grass, lavender and valerian root for anti-anxiety properties.

The Performance will take place at London's most beautiful community garden, The Phoenix Garden. The Phoenix Garden opened to the public in 1984, and is the last of the Covent Garden community gardens. The Space is flourishing with the most beautiful wild plants and foliage. All guests will be welcomed, and encouraged to donate a suggested donation of £10 to the garden. Guests to arrive between 1:30 and 2:00 pm on Friday the 15th September, Performance will begin at 2:30pm.

# CREATIVE TEAM

EIRINN HAYHOW - Designer, Director, Textile Innovator and Materials Scientist

KATY GOTHAM ( SeamPixie ) - Seamstress and Studio Assistant

SAM GILES - Art Director

HAKAN KEPPLER - PR, Marketing and Director, LOVE ME STUDIOS

JESS DADDS - Videography

DR MARK SELBY - Artist and Technologist (soundscapes, installation and speakers)

CHLOE DAS NEVES - Movement Choreographer

DAVID BABAIAN - Photographer

JEN HUNTER Lead Makeup Artist - LUSH

HAYLEY EDWARDS (Hair Artist)

CHLOE FRAME (Femme De Feu) - Jewelry collaboration

KATY PAIGE MCLEAN - Artist (sculpture)

ROBERT MCHUGH - Creative Assistant (sculpture)

ZAMBUR FERMENTS - Foraged Drinks

GEO KNITS SLOW, GABRIEL MALINOWSKA and ADAM HANDFORD  
Creative Assistants (Fashion)

OLYMPIA LLEWELLYN JONES, XIN YA FENG AND LESLEY KERRY - assistant styling and dresser

PHOENIX GARDEN (community garden)

SPONSERS - LUSH / LUSH BEAUTY / CLEAN COMPANY (vegan non alcoholic drinks)

ZEBEDEETALENT - MODELLING AGENCY

MODELS :

SALLY BROWN  
FINN COLLINS  
ALAN GOODMAN  
VIOLET

ZIYAN QIU  
MIKAYAH NOAH  
AAILYAH AILERU  
KASHU MASRANI  
RIANKA GILL  
AAMANI FAHIYA