

2023 Syllabus

March 18-19

	<i>Morning</i>	<i>Late am</i>	<i>Lunch</i>	<i>Afternoon</i>	<i>Late pm</i>
Saturday 10-6	Welcome/ Equinox Ceremony	Herstory of Herbalism		Spring Plant ID	Art of Tea & Proving
Sunday 9-4	Yin/Yang & the 3 Treasures	Materia Medica & Zoom Balls		Five Seasons & Flavors	Safe Travels

April 15-16

	<i>Morning</i>	<i>Late am</i>	<i>Lunch</i>	<i>Afternoon</i>	<i>Late pm</i>
Saturday 10-6	Intro to Ayurveda	Kitchari & Churnas		Spring Tonics & Seasonal Detox	Wood Element
Sunday 9-4	Digestive System	Medicine- Making: Bitters		Materia Medica/ Beltane Ceremony	Safe Travels

May 20-21

	<i>Morning</i>	<i>Late am</i>	<i>Lunch</i>	<i>Afternoon</i>	<i>Late pm</i>
Saturday 10-6	Kidney/Water Element	Reproductive System with Elizabeth		Herbal Baths & Steams	Herbs for Moontime
Sunday 9-4 (Sacred Roots)	Aphrodisiacs & Fertility Herbs	Plant Journey		Intro to Biodynamics & Permaculture	

June 17-18

Morning Late am Lunch Afternoon Late pm

Saturday 10-6	Fire Element & Cardiovascular System	Materia Medica		Heart as organ of perception; plant journey	Flower Essences & Solstice ceremony
Sunday 9-4	Healthy fats & Cholesterol	Sun Smarts, sunscreen & infused oils		Inflammation & mechanisms of balancing	Safe Travels

July 15-16

Morning Late am Lunch Afternoon Late pm

Saturday 10-6 (Sacred Roots)	Harvesting & Drying Techniques	Botany for Herbalists		Botany continued	Essential Oils & Hydrosols
Sunday 9-4	Herbal First Aid	Salves, Poultices & Liniments		Lyme Mini Lesson/ Lammas celebration	Safe Travels

August 19-20

Morning Late am Lunch Afternoon Late pm

Saturday 10-6	Earth element & Digestion	Sweet & Sour: Honeys Vinegars & Oxymels		Fermented Foods with Diane Blust	Materia Medica
Sunday 9-4	Endocrine system & the chakras	Thyroid & Diabetes		Adaptogens & Adrenal Fatigue	Safe Travels

September 16-17

Morning Late am Lunch Afternoon Late pm

Saturday 10-6	Metal element & Large Intestine	Vata season Nervous system		Grounding practices: Abhyanga, alt. nostril breathing	Menopause & andropause with Hillary
Sunday 9-4 (Sacred Roots)	Harvesting Roots	Fire Cider & broths		Plant Journey Equinox ceremony	Safe Travels

October 21-22

Morning Late am Lunch Afternoon Late pm

Saturday 10-6	Air Element, Respiratory System, Allergies	Materia Medica		Syrups, Cold & Flu protocols	Samhain Ceremony
Sunday 9-4	Immune System	Intro to Tongue/Pulse Diagnosis with Meaghan		The Art of Intake	Safe Travels

November 18-19

Morning Late am Lunch Afternoon Late pm

Saturday 10-6	Ether Element & Entheogens	Making Incense & Smudges		Guided Plant Journey with Katie Randall	Winter Solstice/Yule Ceremony
Sunday 9-4	Presentations	Presentations		Closing ceremony & celebration	Safe Travels