

## 2023 Syllabus

### March 18-19

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

### April 15-16

	<i>Morning</i>	<i>Late am</i>	<i>Lunch</i>	<i>Afternoon</i>	<i>Late pm</i>
<b>Saturday</b> <b>10-6</b> <b>Tonic</b>	Intro to Ayurveda	Kitchari & Churnas		Spring Tonics & Seasonal Detox	Spring Plant Walk
<b>Sunday</b> <b>9-4</b> <b>Tonic</b>	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>
<b>Saturday</b> <b>10-6</b> <b>(Soul Food Farm)</b>	Kidney/Water Element	Kidneys & Lymph		Women's Reproductive System with Elizabeth	Herbal Baths & Steams
<b>Sunday</b> <b>9-4</b> <b>(Soul Food Farm)</b>	Plant Journey & starting plants from cuttings	Herbs for Moontime		Aphrodisiacs & Fertility Herbs- tasting party	

## June 17-18

*Morning*

*Late am*

*Lunch*

*Afternoon*

*Late pm*

<b>Saturday 10-6 (Soul Food Farm)</b>	Fire Element & Cardiovascular System	Flower Essences, blindfolded plant journey		Hydrosol distillation	Finish flower essence; solstice ceremony
<b>Sunday 9-4 (Soul Food Farm)</b>	Healthy fats & Cholesterol	Sun Smarts, sunscreen & infused oils		Cardiovascular materia medica; mechanisms of inflammation	Safe Travels

## July 15-16

*Morning*

*Late am*

*Lunch*

*Afternoon*

*Late pm*

<b>Saturday 10-6 (Foxhaven Farm)</b>	Harvesting & Drying Techniques	Botany for Herbalists		Botany Continued (Plant Families)	Intro to Permaculture
<b>Sunday 9-4 (Foxhaven Farm)</b>	Herbal First Aid	Salves, Poultices & Liniments		Lammas celebration	Safe Travels

## August 19-20

*Morning*

*Late am*

*Lunch*

*Afternoon*

*Late pm*

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

## September 16-17

*Morning      Late am      Lunch      Afternoon      Late pm*

<b>Saturday 10-6 (Soul Food Farm)</b>	Metal element & Large Intestine	Vata management		Nervous System Materia Medica	Plant Journey Equinox ceremony Liqueur Making/Tasting
<b>Sunday 9-4 (Soul Food Farm)</b>	Harvesting Roots	Fire Cider		Natural Approach to Menopause	Safe Travels

## October 21-22

*Morning      Late am      Lunch      Afternoon      Late pm*

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

## November 18-19

*Morning      Late am      Lunch      Afternoon      Late pm*

<b>Saturday 10-6 Tonic</b>	Ether Element & Entheogens	The Medicine of Cannabis		Making Incense & Smudges	Winter Solstice/Yule Ceremony, Guided Plant Journey
<b>Sunday 9-4 Tonic</b>	Presentations	Presentations		Closing ceremony & celebration	Safe Travels