



2024 Syllabus

March 16-17

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

April 20-21

	Morning	Late am	Lunch	Afternoon	Late pm
Saturday 10-6	Intro to Ayurveda	Kitchari & Churnas		Spring Tonics & Seasonal Detox	Spring Plant Walk
Sunday 9-4	Digestive System	Medicine-Ma king: Bitters Tincture		Materia Medica/ Beltane Ceremony	Safe Travels

May 18-19

	Morning	Late am	Lunch	Afternoon	Late pm
Saturday 10-6	Water Element	Kidneys & Lymph		Women's Reproductive System	Herbal Baths & Steams
Sunday 9-4	Plant Journey	Herbs for Moontime		Aphrodisiacs & Fertility Herbs	Safe Travels



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June 22-23

	Morning	Late am	Lunch	Afternoon	Late pm
Saturday 10-6	Fire Element & Cardiovascular System	Flower Essences		Hydrosol distillation	plant journey, solstice ceremony
Sunday 9-4	Healthy fats & Cholesterol	Sun Smarts, sunscreen & infused oils		Cardiovascular Materia Medica	Safe Travels

July 20-21

	Morning	Late am	Lunch	Afternoon	Late pm
Saturday 10-6	Harvesting & Drying Techniques	Botany for Herbalists		Botany Continued (Plant Families)	Intro to Permaculture
Sunday 9-4	Herbal First Aid	Salves, Poultices & Liniments		Lammas celebration	Safe Travels

August 17-18

	Morning	Late am	Lunch	Afternoon	Late pm
Saturday 10-6	Earth element	Honeys Vinegars & Oxymels		Fermented Foods & Drinks	Materia Medica
Sunday 9-4	Endocrine system & the chakras	Thyroid & Diabetes		Adaptogens & Adrenal Fatigue	Safe Travels



2024 Syllabus

September 21-22

	Morning	Late am	Lunch	Afternoon	Late pm
Saturday 10-6	Air Element & Nervous System	Vata management		Nervous System Materia Medica	Equinox ceremony/ Liqueur Making
Sunday 9-4	Harvesting Roots	Fire Cider		Menopause	Safe Travels

October 19-20

	Morning	Late am	Lunch	Afternoon	Late pm
Saturday 10-6	Metal Element	Respiratory System		Intro to Tongue/Pulse Diagnosis	Samhain Ceremony
Sunday 9-4	Immune System	Syrups, Broths, Cold & Flu		The Art of Intake	Safe Travels

November 16-17

	Morning	Late am	Lunch	Afternoon	Late pm
Saturday 10-6	Ether Element	The Medicine of Cannabis		Making Incense & Smudges	Winter Solstice/ Guided Plant Journey
Sunday 9-4	Presentations	Presentations		Closing celebration	Safe Travels