



2026 Syllabus

March 21-22

	Morning	Late am	Lunch	Afternoon	Late pm
Saturday 10-5	Welcome/ Equinox	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 18-19

	Morning	Late am	Lunch	Afternoon	Late pm
Saturday 10-5	Intro to Ayurveda	Kitchari & Churnas		Spring Tonics & Seasonal Detox	Spring Plant Walk
Sunday 9-4	Digestive System	Medicine- Making: Bitters		Materia Medica/ Beltane	Safe Travels

May 16-17

	Morning	Late am	Lunch	Afternoon	Late pm
Saturday 10-5	Kidney/Water Element	Kidneys & Lymph		Women's Reproductive System	Herbal Baths & Steams
Sunday 9-4	Plant Journey/ Meditation	Herbs for Moontime		Aphrodisiacs & Fertility Herbs	Safe Travels



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June 20-21

	Morning	Late am	Lunch	Afternoon	Late pm
Saturday 10-5	Fire Element & Cardiovascular System	Flower Essences		Cholesterol & Healthy Fats	Summer Solstice Plant Journey
Sunday 9-4	Hydrosol Distillation	Sun Smarts & Infused Oils		Cardiovascular Materia medica	Safe Travels

July 18-19

	Morning	Late am	Lunch	Afternoon	Late pm
Saturday 10-5 @Foxhaven Farm	Garden Tour	Botany for Herbalists		Botany Continued (Plant Families)	Salves, Poultices & Liniments
Sunday 9-4 @Foxhaven Farm	Herbal First Aid	Salves, Poultices & Liniments		Harvesting & Drying Techniques	Safe Travels

August 15-16

	Morning	Late am	Lunch	Afternoon	Late pm
Saturday 10-5	Earth element	Honeys Vinegars & Oxymels		Fermented Foods & Drinks	Materia Medica
Sunday 9-4	Endocrine system & the chakras	Thyroid & Diabetes		Adaptogens & Adrenal Fatigue	Safe Travels



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September 19-20

	Morning	Late am	Lunch	Afternoon	Late pm
Saturday 10-5	Air Element & Nervous System	Vata management		Intro to Tongue/Pulse Diagnosis	Plant Walk/ Journey
Sunday 9-4	Nervines Materia Medica	Massage oils/Equinox Liqueur		Menopause	Safe Travels

October 17-18

	Morning	Late am	Lunch	Afternoon	Late pm
Saturday 10-5 @Soul Food Farm	Metal Element & Respiratory System	Allergies		Elderberry Syrup & Broths	Samhain
Sunday 9-4 @Soul Food Farm	Immune System	Cold & Flu Care		Harvesting Roots/Fire Cider	Safe Travels

November 21-22

	Morning	Late am	Lunch	Afternoon	Late pm
Saturday 10-5	Ether Element	The Medicine of Cannabis		Making Incense & Smudges	Winter Solstice/ Guided Plant Journey
Sunday 9-4	Presentations	Presentations		Closing celebration	Safe Travels