

Sacred Garden School
Buds & Blossoms Syllabus * 2026-27

Date	Recorded Module (watch prior to our live call)	Live Class 3:00 pm - 5:30 pm	Homework & Materia Medica
August 20	Read Energetic Herbalism Chapters 1-5	Orientation 5 Elements & Seasons	Watch Phytochemistry pt.1
August 27	Phytochemistry pt. 1	Discuss phytochemistry pt. 1	
<p>August 29 & 30, 10 am - 4 pm both days In Person Weekend @ Tonic in Shepherdstown, WV Constitutional Theory Review, Functions & Production of Vital Energy, Jing Tonics, Spleen & Qi Tonics</p>			
September 3	None (in person weekend)	Phytochemistry pt.2	Quiz: Vital Energy Cf. condonopsis, eleuthero
September 10	Phytochemistry pt. 3	Phytochemistry pt. 4	Read Energetic Herbalism pages 133-148 Cf. lemon balm, rosehips
September 17	Intro to TWH Heat/Excitation	Materia Medica: sedatives	Quiz: Phytochemistry Read pages 148-156 Cf cinnamon, ginger
September 24	Cold/Depression	Materia Medica: stimulants	Read E.H. pages. 160-164 Cf. Oregon grape, goldenseal
October 1	Damp Stagnation: qi, food & blood stagnation	Materia Medica: astringents & alteratives	Read E.H. pgs. Cf. fennel, orange peel
October 8	Damp Flowing	Materia Medica: aromatics	Read pages. 164-171 Cf. black haw & black cohosh
October 15	Wind/Tension/ Changes in Tone	Materia Medica: antispasmodics	Read pages 156-160 Cf. cleavers & oatstraw
October 22	Dry/Atrophy	Materia Medica: tonics & demulcents	Quiz: Energetics Cf. nettle & alfalfa
October 29	Stool Analysis	Energetics of food	Begin research on monograph marshmallow & slippery elm

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November 5	Digestive System A &P	Diet Types & Hypes	Cf. dandelion, burdock
<p>November 7-8, 11-5 Saturday; 9-3 Sunday In Person Weekend above Tonic: Phytochemistry & Tissue States Review; Tongue & Pulse Assessment</p>			
November 12	Digestive Imbalances pt. 1	Materia Medica	Continue herbal monographs Cf. meadowsweet, agrimony
November 19	Digestive Imbalances Pt. 2	Materia Medica	Begin Food Journal; continue monographs Cf. plantain, gotu kola
November 26	Holiday Break	Holiday Break	Holiday Break
December 3	Digestive Imbalances pt. 3	Materia Medica	Begin Food Journal Quiz: Digestive System Cf. chamomile, catnip
December 10	Digestive Imbalances pt. 4	Materia Medica	Food Journal Cf. yellow dock, triphala
December 17	Digestive Imbalances pt. 5	Materia Medica	Quiz: Digestive System Cf. Elecampane, thyme
December 24 & 31	Holiday break	Holiday break	Work on Herbal Monographs; prepare for elimination diet
January 7	Respiratory A & P	Materia Medica	Begin Elimination Diet Cf. coltsfoot, mullein
January 14	Respiratory Pathologies	Materia Medica	Quiz: Respiratory System Elimination Diet Cf. linden, motherwort
January 21	Cardiovascular A & P	Materia Medica	Elimination Diet, herbal monograph Cf. yarrow, ginkgo
January 28	Cardio Pathologies	Kat on Cholesterol	Elimination Diet, herbal monograph Cf. rehmannia, dong quai

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February 4	Assessing the Blood/ Rakta Dhatu	Materia Medica	Quiz: CV system; Cf. milk thistle, sarsaparilla
February 11	Regulatory System: Liver	Materia Medica	Continue herbal monograph Cf. gymnema, fenugreek
February 18	Liver Pathologies	Materia Medica	Cf. schisandra, rhodiola
February 25	Endocrine System A & P Endocrine System Pathologies	Materia Medica	Cf. bacopa, lion's mane
<p>February 27- 28, 10-4 both days In Person Weekend above Tonic: Geo on Alzheimer's & Brain Health, Facial Diagnosis, Apothecary Practices</p>			
March 4	Skip recording (in person weekend)	Materia Medica: adaptogens	Cf. skullcap, blue vervain
March 11	Adrenal Fatigue & Chronic Stress	Materia Medica	Cf. CA Poppy, Hops
March 18	Nervous System A & P	Kat on Depression	Cf. damiana, lavender
March 25	Nervous System Pathologies	Nervine Differentials	Cf. turmeric, willow
April 1	Spring Break	Spring Break	Cf. turmeric, willow, continue on monographs
April 8	Musculoskeletal System	Materia Medica	Cf. chickweed, calendula
April 15	Integumentary System	Materia Medica	Cf. Echinacea, pau d' arco
April 22	Defensive Layer: Immune A & P	Kat on infection	Cf. Elderflower, Peppermint

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April 29	Immune System Pathologies	Geo on Cancer	Quiz : Nervous, Skin & MS Cf. Andrographis, Baikal skullcap
May 6	Geo on Lyme	Materia Medica	Cf. uva ursi, goldenrod
May 13	Urinary System	Materia Medica	Cf. white peony, shatavari
May 20	Women's Reproductive A & P	Materia Medica	Cf. sage, raspberry
May 27	Women's Reproductive: Pathologies	Materia Medica	Cf. maca, ashwagandha
June 3	Shakra Dhatu Men's Reproductive	Materia Medica	Cf. reishi, tulsi
June 10	Herb & Drug Interactions	Root Cause of Disease & Detox Protocols	Study for Final Exam
June 12-13: In Person Weekend The Art of Intake, Principles of Treatment, Formulation Strategies, Final Exam			
June 17		Final Q & A, Next Steps and Farewells	

Required Texts:

- Energetic Herbalism by Kat Maier

Recommended Texts:

- The Practice of Traditional Western Herbalism- Matthew Wood
- The Practicing Herbalist by Margi Flint
- Medical Herbalism- David Hoffman

Pre-Requisites:

- Basic herbal training- either Roots & Vines Foundational Herbalism or an equivalent program