Sacred Garden School
Buds & Blossoms Syllabus * 2027-28

Date	Recorded Module (watch prior to our live call)	Live Class 2:00 pm - 5:00 pm	Homework & Materia Medica
February 2	Read Energetic Herbalism Chapters 1-5	Orientation 5 Elements & Seasons	Sign in with Teachable & Google Drive. Reach Chapters 1-5 of E. H. if you haven't
February 6-7* In Person Weekend 3 Treasures, Constitutional Theory, Jing & Qi Tonics, Functions & Production of Vital Energy			
February 9		The Cell & The Matrix	Watch Phytochemistry pt. 1
February 16	Phytochemistry pt. 1	Phytochemistry pt.2	Watch Phytochemistry pt. 3
February 23	Phytochemistry pt. 3	Phytochemistry pt. 4	Phytochemistry Quiz Read E.H., Pages 140-148 Cf. lemon balm, hibiscus
March 2	Intro to Tissue states Heat/Excitation	Materia Medica: sedatives	Read pages 148-156 Cf cinnamon, ginger
March 9	Cold/Depression	Materia Medica: stimulants	Read pages. 160-164 Cf. Oregon grape, goldenseal
March 16	Damp/Stagnant	Materia Medica: alteratives	Read pages 156-160 Cf. alfalfa & oatstraw
March 23	Dry/Atrophy	Materia Medica: tonics & demulcents	Read pages. 164-168 Cf. black haw & black cohosh
March 30	SPRING BREAK	SPRING BREAK	SPRING BREAK
April 6	Wind/Tension	Materia Medica: Aromatics & antispasmodics	Read pages 168-171 Cf. rosehips, rose petals
April 13	Relaxation/Flowing	Materia Medica: astringents	Quiz: Energetics

** Snow Date: if we need to reschedule due to inclement weather, the make-up date for class will be March 6-7*

April 20	none	Case studies/Integration	Quiz: Tissue States marshmallow & slippery elm
April 27	Stool Analysis	Energetics of food	Begin food journal, prepare for elimination diet
In Person Weekend May 1-2 Tongue & Pulse, Apothecary Practices & Record Keeping			
May 4	none	Diet Types & Hypes	Cf. dandelion, burdock Prepare for elimination diet
May 11	Digestive System A &P	Materia Medica: bitters	Begin elimination diet Cf. meadowsweet, agrimony
May 18	Digestive Imbalances pt. 1	Materia Medica	Elimination Diet Cf. plantain, gotu kola
May 25	Digestive Imbalances Pt. 2	Materia Medica	Elimination Diet Cf. chamomile, catnip
June 1	Digestive Imbalances pt. 3	Materia Medica	Elimination Diet Cf. yellow dock, triphala
June 8	Digestive Imbalances pt. 4	Materia Medica	Quiz: Digestive System
June 15	Digestive Imbalances pt. 5	Integration/Case Studies (Amy)	Cf. Elecampane, thyme Begin monographs
June 22	Respiratory A & P	Materia Medica	Cf. coltsfoot, mullein
June 29	Respiratory Pathologies	Materia Medica	Monographs
July 6- July 13	SUMMER BREAK	SUMMER BREAK	SUMMER BREAK

July 20	Cardiovascular A & P	Materia Medica	Monographs Cf. yarrow, ginkgo
July 27	Cardio Pathologies	Kat on Cholesterol	Monographs Cf. rehmannia, dong quai
August 3	Assessing the Blood/ Rakta Dhatu	Materia Medica	Monographs
August 10	none	Respiratory & Cardio Case studies	Quiz: Respiratory & CV system Cf. milk thistle, sarsaparilla
August 17	Regulatory System: Liver	Materia Medica	Monographs Cf. gymnema, fenugreek
August 24	Liver Pathologies	Materia Medica	Monographs Cf. schisandra, rhodiola
August 31	Endocrine System Overview	Materia Medica	Monographs Cf. bacopa, lion's mane
September 7	Endocrine System Pathologies	Materia Medica	Monographs
September 14	none	Liver/Endocrine review & case studies	Quiz: Liver & Endocrine
September 21	Nervous System A & P	Nootropics	Cf. skullcap, blue vervain
September 28	Nervous System Pathologies	Geo on Alzheimer's	Cf. damiana, lavender
October 5	Betty on Neurodivergence	Kat on Depression	Cf. CA Poppy, Hops
October 12	none	Nervine differentials/NS review	cf. chickweed, calendula

October 19	Integumentary System	Materia Medica	Cf. turmeric, willow
October 26	Musculoskeletal System	Materia Medica	Quiz : Nervous, Skin & M
November 2	Defensive Layer: Immune A & P	Materia Medica	Quiz : Nervous, Skin & MS
November 6-7 Reading the Body			
November 9	none	Kat on Infection	Monographs Cf. Elderflower, Peppermint
November 16	Immune System Pathologies	Geo on Cancer	Monographs Cf. Andrographis, Baikal skullcap
November 23	Immune System Pathologies pt. 2	Geo on Lyme	Monographs
November 30	Fall break	Fall Break	Fall Break
December 7		Immune/MS Review and Case studies	Defensive System Quiz Cf. uva ursi, goldenrod
December 14	Urinary System	Materia Medica	Monographs
December 21-January 4	WINTER BREAK	WINTER BREAK	WINTER BREAK
January 11	Women's Reproductive A & P	Materia Medica	Cf. white peony, shatavari
January 18	Women's Reproductive: Pathologies	Materia Medica	Cf. sage, raspberry

January 25	Postpartum care	Materia Medica	Cf. reishi, tulsi
February 1	Shakra Dhatu Men's Reproductive	Materia Medica	Reproductive System Quiz Cf. maca, ashwagandha
February 8		Urinary & Reproductive System Review/ Case studies	Reproductive System Quiz
February 15	Herb & Drug Interactions	Detox Protocols	Prepare for Final Exam
February 22	Root Causes of Disease	Clinical Skills Review	Final Exam
February 19-20 Healthy Boundaries, The Art of Intake, Triune Formulation			
February 29		Final Exam	Final Exam
March 7		Final Q & A, Next Steps & 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
- The Essential Guide to Herbal Safety- Simon Mills & Kerry Bone
- The Earthwise Herbal 2 Volume set- Matthew Wood

Pre-Requisites:

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