

Seasonal Regional Herbalism Ready for Winter with Hayley!

Course Flow:

Orientation on the Wheel of the Year

- Course introduction

Apothecary-keeping

- You've had your harvest. Now what?!?
- Checking supplies, getting it organized, and giving it good energy
- Labeling and a few other foundations

Nature Intelligence and Intuitive Herbalism

- Which herbs had an exceptional year? Which have you harvested a great deal of?
- And so... what ailments might be rampant this year?

Regional Herbs for Seasonal Ailments

- Keeping it local, keeping it simple.
- Using what we have in abundance, what are we prepared to treat?
- Practicing your herbal knowledge and being in dialog with your apothecary

The Menstruum

- Extracting and preserving herbal constituents and medicine-making basics
- Apple cider vinegar and why it's my current go-to
- Considering constitution; carefully being a caretaker

Ethics

- Honoring our teachers, showing credentials with honesty, and being realistic
- "Seven Kinds of Medicine" and individualized wellness

Re-orientation on the Wheel of the Year

- Course recap

Fee: \$10

Materials Provided: Hand-outs, large mason jar, apples, and mother of vinegar.

Please bring: Note-taking materials, a knife suitable for cubing apples, and a cutting board.

Meet your teacher: I'm Hayley, and my passion is wellness – for individuals and communities. My focus is plant-based medicine, or the healing modality called herbalism. I'm lucky to have had many teachers: formally, in passing, and as friends. And I'm presenting this class to share with you what I've been learning. This will be my first teaching experience. Thank you for growing with me! Be well ;)

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