

# Wise Healing Ways of Herbal Medicine with anya: 9-week class in Palo Alto



*Session 1 and 2 ~ January 15*

## **Herbal Medicine As A Wise Healing Tradition**

4 and 5 elements theory  
Taste, color, smell, energy and signature of plants

*Session 3 ~ January 22*

## **Spring Season Wood Element Liver Health**

Theory of wind related illnesses  
Spring herbs, season of cleansing and  
planning, inspiration, moving energy

*Session 4 ~ January 29*

## **Summer Fire Element Cardiovascular Health**

Blood purifying plants, fertility, passion, joy, full  
potential tonics, sexuality and sensuality  
Open heart tonics, body as temple herbal care

*Sessions 5 ~ February 5*

## **Autumn Metal Element**

Respiratory system, maturity, skin health,  
prevention and treatment of respiratory illnesses,  
treatment of dry pattern, elimination and intuition

*Session 6 ~ February 12*

## **Winter Water Element**

Kidney and hormonal systems: Will power, warmth,  
bone and dental health, mood support, sleep and  
energy aids, postpartum care, understanding and  
supporting the circle of dying and birthing

*Session 7 ~ February 19*

## **Perehod- Transition**

Earth element digestive system  
Pregnancy, growth and development, digesting the  
world, mothering, nurture and nourishment

*Sessions 8 ~ February 26*

## **Medicine Making**

Tinctures, decoctions, teas, oils and solves

*Session 9 ~ March 5*

**Introduction To Shamanic** and Visionary  
Plants, Esoteric and Spiritual Herbal Medicine

*Session 10 ~ Saturday March 17*

**Spring Medicine Herbal Walk**  
and An Herbal Feast

**Starting January 15th • Every Monday 4-7 pm • Herbal walk and the last (10th) session is March 16th**

Register before Nov. 30: \$650, After: \$750 (\$550 if paid in cash by Nov. 30th)

2 Work study spots \$325 (set up and brake down for each session, notes transcription)

Drop in fee: \$100 per session includes all of the supplies

**anyaspractice@yahoo.com • 917.204.2360 • www.anyaspractice.com**