

WHC school of herbal medicine presents
Rooted Healing Ways of Herbal Medicine 2019

This program is a 9+ weeks rooted study of herbal medicine that covers:

- elemental phases
- earth philosophy and
- anthropology of medicine

After 10 sessions of the program we guarantee deep understanding of what constitutes health and well being and ability to find our herbal ally with trust and ease.

Every Monday 4:30-7:30 pm

The 11th session on April 28, 2019

is complementary

Session 1 ~ February 4

Herbal Medicine As A rooted Healing Tradition

4 and 5 elements theory

Taste, color, smell, energy and signature of plants

Session 2 ~ February 11

Autumn Metal Phase

Respiratory system, maturity, skin health, prevention and treatment of respiratory illnesses, treatment of dry pattern, elimination and intuition
Energetic directions, qi gong movement and sound

Session 3 ~ March 4

Winter Water Phase

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
Yoni egg practices and uterine herbal steaming
Energetic directions, qi gong movement and sound

Session 4 ~ March 11

Spring Season Wood Element Liver Health

Theory of wind related illnesses
Spring herbs, season of cleansing and planning, inspiration, moving energy
Energetic directions, qi gong movement and sound

Session 5 ~ March 18

Summer Fire Phase Cardiovascular Health

Blood purifying plants, fertility, passion, joy, full potential tonics, sexuality and sensuality
Open heart tonics, body as temple herbal care
Energetic directions, qi gong movement and sound

It is designed for anyone who wants to find their own healing ways from beginners to advanced herbalists. We will explore deep connection of person to nature within and without and dive even deeper to understand the very soul of healing foods, plants and other medicinal practices.

Session 6 ~ March 25

Perehod- Transition

Earth element digestive system
Pregnancy, growth and development, digesting the world, mothering, nurture and nourishment
Energetic directions, qi gong movement and sound

Session 7 ~ April 1

Elemental food chart

Elemental herbal chart

Session 8 ~ April 9

Medicine Making

Tinctures, decoctions, teas, oils and salves
Medicinal chocolate making

Session 10 ~ SATURDAY, April 12

Spring Medicine Herbal Walk

and An Herbal Feast

Session 9 ~ April 16

Introduction To Shamanic and Visionary Plants

Esoteric and Spiritual Herbal Medicine, Poisonous plants (guest teacher)

Session 11 ~ April 28

Elemental mandala making

(possible guest teacher for this complementary session)
Questions and Answers

Register before February 1: \$650

or \$550 if paid in cash ~ After February 1: \$750
(includes 11 sessions, all supplies & weekly chocolate medicine)

2 Work study spots \$325

(set up and break down for each session, notes transcription)

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

Paypal: anyaspractice@yahoo.com

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