

Honoring Herbal Traditions

INTERMEDIATE HANDS-ON HERBAL STUDIES PROGRAM

May to September 2012

Are you interested in a comprehensive ***completely hands-on*** herbal program? This is it! Spend a total of ten days throughout the summer, harvesting, preparing and making **your own** herbal preparations! We'll focus on plant identification, harvesting correct plant parts, and preparing the plant material for medicinal, culinary, cosmetic and craft uses. *In the mornings we'll spend time harvesting and in the afternoons we will be making our creations.* Classes will focus on the body systems and how to support each with the plants we harvest. Expand your senses using herbs!



This Intermediate Class will include:

- Liver/Digestion – Tea, food, herbal bitters, vinegars/oils
- Female Health – Capsules, nutritional balls, body/yoni powder, chocolate delight
- Muscular/Skeletal – Infused oils, poultices, castor oil packs, bath soaks/body butter melts
- Circulatory System – Liniments, heart tonic jam, varicose vein preparation, body scrub
- Immune System – Advanced tincture making, glycerites, throat spray, mouth care
- First Aid Day – Salves, burn remedy, eye wash, ear oil, essential oils, clays and herbal first aid uses
- Respiratory System - Syrups, bath fizzies, sinus oil, steam inhalation, ginger candy
- Nervous System – Flower essences, cordials, neck pillows, dream catchers, cookies
- Safe Cosmetics and Beauty Products – Shampoo, cream, soap
- Craft Class - Beeswax candles, incense, Mehendi (henna tattoo)

Pre Requisite: Honoring Herbal Traditions *or* prior comprehensive beginner herbalism class.

Dates: 10 Sundays, *May* – Sept 2011, Maximum 10 people

Dates: To be determined.

Meals: We will have a potluck lunch at each class. Students are asked to bring a dish to share.

Cost: \$1200 includes all materials and textbook. Please send a \$200 non-refundable deposit check to hold your space to Kelley Robie at address below. **VSAC funding is available for Vermont residents.** *Pre-registration required.*

Location: 134 Manley Rd, Milton, Vermont 05468

Contact Information: Kelley Robie (802) 893-0521

htherbs@comcast.net www.horsetailherbs.org



Kelley Robie, owner of Horsetail Herbs, is a practicing Herbalist and Certified Iridologist with a degree in Animal Science from the University of Vermont. She provides herbal, nutritional & iridology consultations for people. She is an herbal consultant for equine and companion animals, teaches herbal and iridology classes in the community, and teaches an eight-month herbal studies program. She is a practicing animal communicator and energy worker.