

**BEGINNING WITH HERBS
MEDICINE MAKING IN THE TWENTY FIRST CENTURY
with Jane Bothwell**

**January 25- March 21, 2012
Wednesdays 7:00 - 9:30 p.m.**

**Location: Moonrise Herbs, 826 G St., Arcata (707) 822-5296
Tuition: \$350.00 (includes samples).**

*To register send a check or money order for the full tuition to the address below or register online. Credit cards are accepted online at www.dandelionherb.com.

*This course covers herbal first aid, preparation and use of herbs, wild plant identification, herbal remedies for common imbalances, herbal formulation and wild foods.

*Each class will be a combination of lecture/discussion and "hands-on" activities. We will prepare a number of herbal products and you will each have samples to take home.

*Designed for the beginner and those with more experience as well, this class will guide you through the gentle, healing way of herbs. Class will be held at Moonrise Herbs in Arcata on the plaza.

Jan. 25: Introduction to the healing way of plants and the art of tea preparation

Feb. 1: Herbal oil and salve preparation and use

Feb. 8: Tinctures and liniments, their many uses and preparations

*Feb. 12: Herb Walk - Dandelion Herbal Center Sunday 1:00 - 3:30 p.m.

Feb. 15: Building herbal formulas

Feb. 22: No Class

Feb. 29: Herbal first aid and poultices and fomentations

March 7: More on first aid and the art of pill preparation

*March 11 : Herb Walk- Trinidad Head Sunday 1:00 - 3:30 p.m.

March 14: Herbs for common imbalances and syrup preparation

March 21: More on herbs for common imbalances, class review and party
We will meet at 6:30 and have a potluck dinner and class

Dandelion Herbal Center Blessed be our journey with much
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