

The foundational herbcraft class is an exploration of the basic principles guiding traditional western herbalism:

- what are the actions by which herbs work?
- how do plants communicate to us through our senses?
- how can we learn how to take in and apply this info in a practical and sensible manner?

SCHEDULE

Friday Evening:

6:00-6:30: Arrive. Settle into cabins.

7:00-7:30: Dinner

7:30-9:30: Introductions and Overview of the Weekend

Saturday:

8:00-8:30: Breakfast

8:30-10:00: Free Time (woods walk, bird watching, private reflection time, reading, etc.)

10:00-12:00: Foundational Herbcraft (part 1)

12:00-12:30: Lunch

1:00-5:00: Herb Walk

6:00: Dinner

7:30-10:00: Bonfire, socializing & music

Sunday:

8:00-8:30: Breakfast

8:30-10:00: Free Time

10:00-12:00: Foundational Herbcraft (part 2)

12:00-1:00: Lunch

1:30-3:00: Q&A/Discussion

3:00-3:30: Pack up and Farewell