

HERBAL REMEDY MAKING

Course number: 1106

Tutor(s): Lulu Sanderson

Date(s): Sunday 16th April 2011

Price for participants: Non-residential £65

TIMES:

Start time:	10:00
Finish time :	16:00

COURSE CONTENT:

Sharpen the senses and skills in using herbs as medicine. Discover the herbs available at this time of year and experiment with their uses.

Alongside practical medicine making in the centre's kitchen, the day includes a herb walk with botanical and sensory exploration of local herbs using some Goethian methods to enhance our connection with the plants and their environment, and information/ demonstration of sustainable wild-crafting.

AIMS:

By the end of the course participants should:

- Be able to recognise and use a number of medicinal herbs
- Understand the basic principles of Goethian observation
- Have knowledge of the principles of sustainable wild-crafting

ABOUT THE TUTOR:

I have been a qualified First Aider for 10 years and a practicing medical herbalist for 8 years. I work both in private practice and as part of a team called 'The Medical Herbalists' who provide a herbal first aid clinic at various festivals and events throughout the country.

I draw inspiration from the understanding and knowledge that most of what we need to heal ourselves grows around us; that our plant kingdom is both rich in resources and an amazing teacher, should we choose to listen.

From warriors in combat to traditional healers the connections between plants and people is key in understanding our niche in the planets ecosystem.

My work is one aspect of harnessing and passing on this knowledge specifically in using plants to heal.

STUDENTS SHOULD BRING/WEAR:

Stout boots and wet weather gear, sketch pad and pen

Lunch will be provided by the Beech Café at the Sustainability Centre

STUDENTS WILL BE ABLE TO TAKE HOME

Herbal preparations made on the day
A certificate of attendance (provided by The Sustainability Centre)
A back issue of Permaculture Magazine

CONTACT DETAILS:

You can now book online at www.sustainability-centre.org
For enquiries or bookings by phone, post or email please contact Raina Jones on
courses@sustainability-centre.org or 01730 823166

Gift vouchers are now available for adult courses