

Year Two 2018-2019 Deepening The Medicine

At each weekend, new herbs will be introduced for the system being studied; herbs from the first year with relevance will also be revised. Formulations and prescriptions for conditions relating to the system under discussion will be made up. There will be opportunities to practice consultation skills and work with the ancillary techniques that are introduced at each weekend. As well as looking at disease processes, there will also be an examination of the symbolism of diseases, of cultural aspects of disease, of energetic approaches and of developing new energetic paradigms

Weekend One 6th/7th October 2018

- Introducing the Miracle Of The Human Body, Our Community Of Cells. Similarities in Anatomy And Physiology Of Animals, Plants And Gaia.
- Introducing Disease Processes and The Symbolism Of Disease
- Therapeutics

Herbs for The Whole Body Including Adaptogens And Alteratives. Introduction of New Herbs and Revision of Herbs From Year 1.

E.G. Allium Sativum, Arctium Lappa, Echinacea Sp., Fumaria Officinalis, Galium Aperine, Berberis Sp., Menyanthes Trifoliata, Gentiana Lutea, Erythrea Centaurea, Prunella Vulgaris Eleuthroccocus Senticosus, Ocimum Sanctum, Panax, Rhodioloa, Schisandra, Withania Somniferum, Smilax Sp.

Making Preparations for Whole Body Treatments – Massage Blends, Bath Blends, Herb Ball For Hot Herb Massage.

- Consultation Skills and Personal Development

Body Dialoging; The Inner Child; The Multiple Personality Concept.

Consultation Skills; Questioning; Incorporating Energetic Principles; Sensory Acuity as A Way Of Enhancing Consultation And Of Understanding The Therapeutics Of Our Plant Allies

Weekend Two 17/18th November 2018

The Heart of the matter and circulation; the heart as an endocrine organ; the heart as a brain; the heart as an organ of perception; heart entrainment; the circulation as a communication system within the body.

Lymphatic/immune system – defence and waste disposal - visualisations

New herbs: *Tropaeolum majus*, *Fagopyrum esculentum*, *Beta vulgaris*, *Tabebuia sp.*, *Passiflora incarnata*, *Olea europea*, *Leonorus cardiaca*, *Theobroma cacao*, *Vaccinium myrtillus*, *Piper nigrum*, *Capsicum mimimum*, *Armoracia rusticana*,

Weekend Three 19th/20th January 2019

The skin

- Our largest organ, our boundary between the external and the internal environment
- Dry skin brushing

The nervous system and special senses:

- The RAS, the Triune brain and peripheral nervous system
- Our 4 brains, plus the possibility of others
- Sensory acuity in the consultation process and in accessing information about the herbs
- Olfaction
- Visualization and relaxation techniques
- Stress management

New Herbs: *Hypericum perforatum*, *Scutellaria lateriflora*, *Aloe vera*, *Aloysia triphylla*, *Camellia sinensis*, *Coffea arabica*, *Centella asiatica*, *Humulus lupulus*, *Lactuca virosa*

Weekend Four 23rd/24th February 2019

Muscles and bones - stretching, yawning and reaching out.

- Psychological and physical holding patterns
- Myofascial unwinding techniques.

- The ancestors

The Respiratory System

- Oxygen, the primary nutrient
- The lungs and grief
- Learned breathing habits and breathing exercises to establish healthy breathing patterns

New Herbs: *Curcuma longa, Menyanthes trifoliata, Viburnum opulus, Drosera rotundifolia, Cetraria, Chondrus crispus, Pulmonaria officinalis, Asclepias tuberosa, Hyssopus officinalis, Glechoma hederacea, Hedera helix, Verbascum thapsus, Tussilago farfara, Marrubium vulgare, Prunus serotina*

Weekend Five 6th/7th April 2019

Digestion and the digestive system

- The Gut brain
- Wild food
- Healthy gut flora
- Fasting and much more besides

The Urinary System

- The kidneys as an endocrine organ
- The culture of fear (the primary emotion associated with the kidneys)
- Hydration

New Herbs: *Ocimum basilicum, Cyanara scolymus, Elettaria cardamomum, Coriandrum sativum, Pimpinella anisum, Alpinia officinarum, Anethum graveolens, Carum carvi, Parietaria diffusa, Barosma betulina, Asparagus officinalis*

Weekend Six 25th/26th May 2019

- The Endocrine system, another mode of internal and external communication and the wider hormonal system
- Reproduction, Pregnancy, the cycles of birth, life, death and rebirth

New Herbs: *Tanacetum parthenium*, *Borago officinalis*, *Fucus vesiculosus*, *Lycopus*, *Brassica sp.*, *Vitex agnus castus*, *Serenoa serrulata*, *Cimicifuga racemosa*