

Year 1 Starting On The Plant Medicine Path Workshop Dates

2018-2019

Workshop One 20th/21st October 2018 We introduce the basic forms of herbal medicines (teas, infusions, decoctions, syrups, tinctures, infused oils, vinegars, creams and ointments etc). There will be an overview of about 20 herbs. We start to examine nonlinear approaches to science and to learning about our plant allies. We will explore the history of herbal medicine and of science, and start to explore the healer's path. We also introduce sacred plant medicine journeying.

Herbs: *Achillea millefolium*, *Allium sativum*, *Arctium lappa*, *Avena sativa*, *Calendula officinalis*, *Matricaria recutita*, *Crataegus laevatica*, *Foeniculum vulgare*, *Glycyrrhiza glabra*, *Lavandula officinalis*, *Mentha sp.*, *Rosa damascena*, *Rosmarinus officinalis*, *Salvia officinalis*, *Sambucus nigra*, *Taraxacum officinale*, *Thymus vulgaris*, *Valeriana officinalis*, *Zingiber officinale*

Workshop Two 1st/2nd December 2018 How plants work; botany or the anatomy and physiology of plants, taxonomy or the name of plants and their families; the place of plants in the ecosystem; their role in creating, feeding and sustaining life; plants and people. Herb profiles. Understanding atoms (basic chemistry), capturing sunlight (photosynthesis), making molecules, how plants make their therapeutic compounds. Organoleptics; identifying constituents by taste and smell. Sprouting seeds for nutritional benefits.

Herbs: *Citrus*, *Eugenia caryophyllum*, *Cinnamomum verum*, *Tilia sp.*, *Stachys betonica*, *Eucalyptus*, *Urtica dioica*, *Filipendula ulmaria*, *Euphrasia officinalis*, *Malus domestica*, *Juniperus communis*, *Medicago sativa*

Workshop Three 2nd/3rd February 2019 Herbal pharmacy, making medicines and understanding plant constituents; Hygiene and Good Manufacturing Practice, including the place of intention. Macerated oils cold and hot methods; Creams and ointments, plaisters, talcs and salts, vinegars, syrups and tinctures, capsules and powders. Blending creams and essential oils – the concepts of blending; carrier oils and aromatic waters.

Herbs: *Symphytum officinale*, *Ulmus falva*, *Origanum vulgare*, *Inula helenium*, *Rumex crispus*, *Hamamelis virginiana*, *Rubus idaeus*, *Plantago lanceolata/major/psyllium*, *Kalanchoe pinnata*

Workshop Four 30/31st March 2019 Energetics and philosophy, plant spirit medicine, Galen's 4 temperaments and 4 qualities, Chakras, TCM energetics and the 5 elements; Comparisons of the 3 systems of energetics; similarities and differences. Developing a new energetic paradigm. Flower essences, Smudge, incense and aromatics - making preparations

Herbs: *Trifolium pratense*, *Boswellia serrata*, *Commiphora molmol*, *Angelica archangelica*, *Artemisias*, *Pinus sylvestris*

Workshop Five 11th/12th May 2019 Growing and tending Cultivation and plant recognition (revises some botany) Field growing, growing under cover, wild crafting Sowing seeds, suitable soil types and habitats, cuttings etc. Trees and tree essences. Revisiting the healing path

Herbs: *Verbena officinalis*, *Primulas*,, *Linum usitassimum*, *Alchemilla vulgaris*, *Violas*, *Galium aperine*, *Stellaria media*, *Quercus robur*, *Salix sp.*, *Aesculus hippocastanum*, *Fagus sylvatica*, *Betula sp*, *Corylus avellana*

Workshop Six 8th/9th June 2019 Harvesting, drying and processing Gathering herbs sustainably – seed saving, wild crafting responsibly. Processing; revises some of the preparations from weekend 3. Producing therapeutic foods – devising recipes for optimum nutrition.

Materia medica will be distributed over the 6 weekends and there may be some variation and additions to the plants listed above; we will examine the physical, mental, emotional and holistic properties of the plant; focus is on local, indigenous and naturalized plants and those that can be easily grown in Ireland. Some more exotic species will be included where relevant. Personal development and growth will be explored with the students as the course progresses. We are constantly evolving the course and adding more plants to meet so there may be some variation in the herbs studied from those listed above.