

Spring 2018 Herbalism Retreat

A basic course in folk herbalism for mind, body, and spirit.

Tag line,

“Experience the integral role that plant medicine has to play in our journey to wellness of mind, body, and spirit.

Over the course of three days, you will begin to walk the well worn path of the folk herbalist; rediscovering the form of medicine used by over 80% of the world’s population.

This retreat will offer opportunities to

Feel the effervescent tingle of Spilanthes

Smell the scents of sacred perfume oil crafted by your own two hands

Taste the pleasant tartness of custom made digestive bitters

Identify medicinal “weeds” that have been, and always will be, the medicine of the people.

Hear the whimsical, and powerful, wisdom that the plant kingdom has to offer!

Through the use of teas, salves, decoctions, oils, and tinctures, Elijah will facilitate your opening to heart-centered, plant-guided living.”



Day-to-Day Outline

Day One - *The Basics*

*Methods of preparation

- Water extraction (teas, decoctions, and infusions) as main focus of day one, but will briefly discuss other methods of using herbs such as tinctures, oils, and salves.
- Tea vs decoction vs nourishing herbal infusion.
- Medicinal tea (how this is different from normal tea) = at least 20 minute infusion time.
 - nervines: lemon balm, chamomile, hops, milky oats, catnip.
 - adaptogens: schisandra berries, tulsi, reishi, chaga.
- Infused honey - instant tea - using tulsi.
- Nourishing herbal infusions
 - stinging nettle, red clover, milky oats.

*Herb walk and identification - collect plantain for salve to be made later.

- No notebooks, just listening
- ID plantain, burdock, St. John's Wort, oxalis, sumac, yarrow, dandelion, red clover.

*30 minute solo plant ID assignment - pick 2-3 to write about and discuss with the group later.

*Prepare sumac lemonade to go with lunch.

*Group-lead discussion after lunch - answering questions.

*How to connect with a plant ally

- 15 to 30 minute personal meditation with plant ally.

*Herbal teas for digestion.

- discuss proper digestion (rest & digest), as well as how digestion works.
- let students make and try digestive tea.

*Use time left until yoga and dinner to wrap up questions and to have open discussion.

*Nervine tea making after dinner!!



Day Two - Topical Applications

*Herbs for the integumentary system.

-Remedies and preparations for sunburn, insect bites, insect repellent spray, eczema, poison ivy, acne, foot fungus.

-Essential oils

-oils for the skin - dry skin, acne prone, anti-aging.

-make facial oil!

-Topical pain relief

-for sore muscles, sprains, and aches.

-St. John's Wort infused oil - beautiful red oil.

-Importance of self oil massage - Abhyanga.

-discuss doshas and specific oils for each constitution.

-Make amazing, all-purpose, skin healing salve before lunch (plantain, comfrey, St. John's Wort oil, essential oils)

-Energetic properties of essential oil and herbs.

-Emotional aspects of aromatherapy.

-Herbal preparation as a sacred act.

-Making your own sacred, oil based perfume!

*Importance of herbal baths.

-bath salts, bath oil, medicinal sitz baths.

*Herbal ID walk & discussion before dinner.

*Evening ritual with bonfire (if this is allowed at Sewall House/the town of Island Falls?)

-invoking love with cinnamon.



Day Three - Tinctures!!!

- *Very thorough walk through of how to make tinctures.
 - Offer taste of Spilanthes tincture - you really *feel* the magic of this herb.
 - Benefits of the different types of menstruum.
 - vodka, brandy, gin, whiskey
 - dual extraction tinctures using both alcohol and water
 - non-alcohol menstruums
 - glycerine and vinegar
 - Make digestive bitters (such a fun and useful activity/remedy)
 - Folk medicinal uses of alcohol, like Rock & Rye
- *Flower essences - how to make and use.
- *Prepare rose glycerite infused water for lunch.
- *Walk to squirrel crossing bridge to sit and discuss the use of shamanic herbs/herbs that create a shift in consciousness.
 - lobelia inflata, nutmeg, kava kava.
 - discuss plant spirits and power plants.
- *Herb ID walk - back to Sewall House.
- *Herbal syrups - the sweetest herbal medicine!
 - elderberry syrup as powerful cold remedy
- *Take herbal bitters 30 minutes before dinner and observe changes in digestion/bloating.
- *Drink kava kava infusion after dinner - a beautiful alternative to alcohol that opens the mind to real, deep social interactions.
- *Bonfire after dinner with parting ceremony.



By the end of the retreat, the guests will have made, and will get to take home with them:

- **All purpose salve**
- **Herbal facial oil**
- **Sacred perfume oil**
- **Digestive bitters**
- **One flower essence**

Price per person for the three day retreat - \$100

I hope you like this idea as much as I do!!

Sat nam!!!

