



# Three Seasons of Herbal Wisdom



A fun, practical class designed to inspire confidence and creative thinking



## THE COURSE

Herbal Wisdom is designed to teach students to view the plant world through the herbalist's lens. Practical and very hands-on, this course gives students the opportunity to incorporate herbs into their everyday lives. Hands-on experiences include plant walks for identification; ethical wildcrafting; herbal preparations, including herbal oils, ointments and tinctures; wild food foraging and cooking; herbal first aid; flower essence preparation and uses; and herbal care for common conditions such as colds and allergies. Students will collect and prepare a nearly complete herbal pharmacy for home use. Those interested in herbal practice will find the instruction in diagnostics and case history taking invaluable. A certificate will be awarded upon completion of the program.

## THE PARTICULARS

We will begin before the tree buds burst open, continue through the full flush of summer, and end in fall, when those same trees have lost their leaves and frost crunches underfoot. This structure allows students to experience the plants in their many phases of growth and affords time between classes to practice and integrate what has been learned.

This course is a series of 17 classes over the course of the growing season. Classes are held every third Saturday during most of the program. However, during the height of the growing season, from mid April to mid July, when plants are changing shape rapidly, classes will held every other Saturday. The class is scheduled from 9:00 AM - 4:30 PM on the following dates:

February 13<sup>th</sup>, March 6<sup>th</sup>, March 27<sup>th</sup>, April 17<sup>th</sup>, May 1<sup>st</sup>, May 15<sup>th</sup>, May 29<sup>th</sup>,  
June 12<sup>th</sup>, June 26<sup>th</sup>, July 10<sup>th</sup>, July 31<sup>st</sup>, August 21<sup>st</sup>, September 11<sup>th</sup>, October 2<sup>nd</sup>,  
October 23<sup>rd</sup>, November 13<sup>th</sup>, December 4<sup>th</sup>

**Food:** There will be a half hour break for lunch. Through the season we will have a few potluck lunches incorporating wild edibles; otherwise, students are asked to bring a bag lunch.

**Price:** \$1,450 for the series. \$1,350 if paid in full by November 13<sup>th</sup>. \$1,400 if paid in full by February 13<sup>th</sup>.

**Payment:** A non-refundable deposit of \$400 is due by January 8th. Three payments of \$350 are due on March 27<sup>th</sup>, May 29<sup>th</sup>, and July 10<sup>th</sup>. For late registration, please contact Lise at 612-819-9946. If finances are limited, a payment plan can be arranged before the class begins.

**Materials:** Participants will purchase basic supplies for themselves as needed (approximate cost \$60).

## LOCATIONS

A week prior to each class students will receive an email confirming location. Lectures and plant walks will be held in south Minneapolis. Plant harvesting field trips will be taken to varied pieces of organic land comprising woodlands, prairies, agricultural fields, and wetlands that supports a diverse herbal pharmacopoeia. Students are exposed to a wide variety of plants and landscapes. This class is hands-on, so your confidence grows with your experience through the seasons.

## THE INSTRUCTOR

Lise Wolff has studied herbalism for 20 years, with herbalists from Susun Weed to Matthew Wood with whom she apprenticed in 1995. She is a Professional member of The American Herbalist Guild. She received a Masters of Science in Herbalism from the University of Wales in 2008, the highest academic degree available to herbalists.

An active practitioner for fifteen years, Lise supplies her apothecary primarily with herbs she gathers and prepares. She maintains a private practice in South Minneapolis and is available for private consultations.

For the past fifteen years she has also taught beginning and advanced herb classes in the Midwest based on actual case histories. Lise's primary focus is on the most prolific plants available commonly called weeds, that insistently volunteer their nutrition and healing powers everywhere we walk.

## REGISTRATION

Class size is limited. Registration is for the series, not for individual classes; if you are interested in individual classes, please inquire about other offerings throughout the season. Please email Lise at [lisewolff@yahoo.com](mailto:lisewolff@yahoo.com) or call 612-819-9946.

## Registration for 3 Seasons Class 2010

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**name**

\_\_\_\_\_

**street**

\_\_\_\_\_

**city, state, zip**

\_\_\_\_\_

**home phone**

**work phone**

\_\_\_\_\_

**cell phone**

\_\_\_\_\_

**e-mail address (required)**

\_\_\_\_\_

**How did you hear about this class?**

**mail with non refundable deposit of \$400 to:**

**Lise Wolff**

4626 18th Avenue South

Minneapolis, MN 55407

612-819-9946

[lisewolff@yahoo.com](mailto:lisewolff@yahoo.com)