

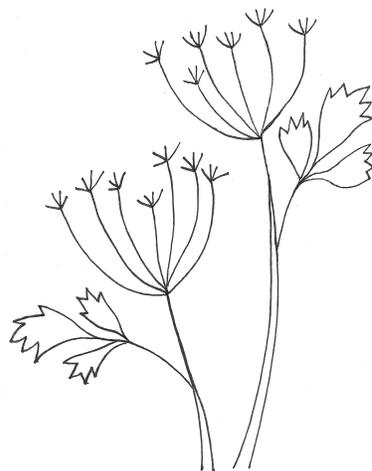
# THREE SEASONS OF HERBAL WISDOM 2019

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 late 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 20 classes (and just a few evening classes) over the course of the growing season. Classes are held mostly every third Saturday during winter and fall. During the height of the growing season, from April to August, when plants are changing shape rapidly, classes will be held every other Saturday, with a few exceptions to avoid holiday weekends. The class is scheduled from 9:00 AM - 4:30 PM on the following dates:

January 5<sup>th</sup>, January 26<sup>th</sup>, February 16<sup>th</sup>, March 9<sup>th</sup>, March 23<sup>rd</sup>,  
April 13<sup>th</sup>, May 4<sup>th</sup>, May 18<sup>th</sup>, June 1<sup>st</sup>, June 15<sup>th</sup>, June 22<sup>nd</sup>, July 13<sup>th</sup>,  
July 20<sup>th</sup>, August 3<sup>rd</sup>, August 17<sup>th</sup>, September 7<sup>th</sup>, September 21<sup>st</sup>,  
October 12<sup>th</sup>, November 2<sup>nd</sup>, November 16<sup>th</sup>

\* Two evening classes will also take place from 6:30-8:15pm on Thursday April 18th and Monday August 26th

To improve the students' diagnostic skills and become more familiar with practice, during the year students will have the opportunity to sit in on a total of fifteen hours of appointments with clients as a one-on-one 'apprentice' in Lise's private practice.

**Food:** There will be a half hour break for lunch. Students are asked to bring a bag lunch.

**Price:** \$2,330 for the series. \$2,230 if paid in full by October 1st. \$2,280 if paid in full by January 5th.

**Payment:** A deposit of \$1,250 (Non-refundable after January 4th) is due by December 1st, 2018. Refunds are not made after the class begins. For those who have not paid in full, three payments of \$360 are due on March 9<sup>th</sup>, May 4<sup>th</sup>, and July 13<sup>th</sup> 2019. If finances are limited, a payment plan may be arranged before the class begins. All payments must be by check or cash. Credit cards are not accepted.

**Materials:** Participants will purchase basic supplies for themselves as needed (approximate cost \$150).

## 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 29 years, with herbalists from Robin Rose Bennett 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 22 years, Lise supplies her apothecary primarily with herbs she gathers and prepares. She maintains a practice in South Minneapolis and is available for private consultations.

For the past twenty one years she has also taught beginning and advanced herb classes in the Midwest, including the University of Minnesota and St. Catherine University, 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. For late registration, please contact Lise. 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/text 612- 819-9946.

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## REGISTRATION FOR 3 SEASONS CLASS 2019

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name

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street

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city, state, zip

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home phone

work phone

cell phone

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e-mail address (required)

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How did you hear about this class?

mail with deposit of \$1200 (non-refundable after January 4th) to:

**Lise Wolff**

4626 18th Avenue South

Minneapolis, MN 55407

612-819-9946

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