

A ONE-DAY HERBAL MEDICINE WORKSHOP

WITH PRACTICING HERBALIST LISE WOLFF, AHG



Spend a day in another world as close as your backyard. Developing a relationship with the plants that abound in our environment can teach us how to use those plants to enhance the quality of our lives by awakening us to their gifts. The practical nature of this class encourages the common sense use of local plants in everyday life.

During plant walks we will learn identification as well as the edible and medicinal uses of the plants we encounter. We will also discuss various medicine making techniques such as drying herbs for teas, as well as the preparation of tinctures and oils and salves. Students will prepare as many tinctures as they desire. Oil and salve making will be demonstrated.

WHEN: Saturday June 9th 9:30AM – 4:30PM

WHERE: Marcy Jones' farm, located by Foley MN, East of St Cloud, where we'll explore and discover common medicinal and edible plants likely to live right by you!

PRICE: \$95 (or \$85 if paid/postmarked by May 21st)

Instructor: Lise Wolff has studied herbalism for 30 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 over twenty 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+ 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.

Space is limited. Your spot is reserved when your payment arrives

After May 21st double check there is still space with Marcy at

Questions??? Call Marcy at 320-968-7114 or email hasklyn@mac.com

Mail registration form and payment (payable to Lise Wolff by check) to:

Marcy Jones at 10141 Duelm Rd NE, Foley MN 56329

Upon receipt of your registration and payment Marcy will contact you by phone or e-mail with the meeting location and supplies to bring for tincture making (Mostly stuff from your own kitchen)

72 hour notice of cancellation required for refund

REGISTRATION FOR ONE DAY HERBAL MEDICINE WORKSHOP

Name: _____

Phone Numbers (required): _____

E-mail address _____

How did you hear about this workshop?

