

# Three Seasons of Herbal Wisdom 2017

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 19 classes over the course of the growing season. Classes are held 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 14th, February 4th, Feb 25th, March 18th, April 8th, April 22nd, May 6th, May 20th, June 3rd, June 17th, June 24th, July 8th, July 22nd, August 5th, August 19th, September 2nd, September 23rd, October 14th, and November 11th

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:** \$2185 for the series. \$2,085 if paid in full by November 1st. \$2,135 if paid in full by January 14th.

**Payment:** A deposit of \$1,075 (Non-refundable after January 7th) is due by January 10th. Refunds are not made after the class begins. Three payments of \$370 are due on March 18th, May 20th, and July 8th. For late registration, please contact Lise at 612 819-9946. If finances are limited, a payment plan may be arranged before the class begins. All payments must be my 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 26 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 nineteen 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 nineteen 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. 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 2017

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name

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street

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 \$1075 (non-refundable after January 7th) to:

Lise Wolff  
4626 18th Avenue South  
Minneapolis, MN 55407  
612-819-9946  
[lisewolff@yahoo.com](mailto:lisewolff@yahoo.com)