

## Classes with Herbalist, Marina Povlitzki

### Bark Medicine Making

**Wednesday, March 15, 2023, 12:00 PM to 3:00 PM, Fee: \$75**

The dead of winter is a time for rest and slumber, both for humans and for trees. As the days grow longer and the weather warms, the flow of sap is triggered by thawing daytime temperatures, while the night time temps continue to freeze. ***This marks the beginning of the herbal calendar year; it is time to make bark medicine!***

Join Herbalist Marina Povlitzki for a fun and information packed afternoon. Learn about the herbal tradition of bark medicine, as well as how to identify several common trees and shrubs, and their traditional uses. Dress for the weather to explore outdoors. In this hands on workshop, you will prepare your own bark tincture that can be added to your home medicine chest.

### Herbal Medicine Making

**Saturday, May 6, 2023, 10:00 AM to 1:00 PM, Fee: \$75**

Our landscapes are full of plants. From trees and flowers to roots and weeds, each plant has its own unique spirit, energy and purpose. The plants that surround us are offering up their help and healing energy but learning how to use them can sometimes feel daunting to beginners.

In this workshop, we will gather to discuss all the different ways to use plants as medicine. You will learn tried and true methods to prepare a tea, infusion, decoction, syrup, poultice, compress, tincture, infused oil and salve. Learn the skills you will need to start using herbs more regularly, to make your own plant medicine and to create a home pharmacy.

*In this class we will not be harvesting herbs or discussing individual plants, but instead focusing on the practical skill of medicine making in all its different forms. If you would like to learn about individual plants and how they can be used, sign up for plant walks where we will learn to ID medicinal plants and discuss their usage.*

### Plant Walks

**Wednesdays, May 24<sup>th</sup>, June 21<sup>st</sup>, July 26<sup>th</sup>, August 23<sup>rd</sup> + September 27<sup>th</sup>  
6:00 PM to 7:30 PM, Fee: \$35/plant walk**

Get outside and get to know the plants that surround you. We will learn to ID the plants that we encounter and discuss their medicinal benefits and culinary uses. Plant walks will take place in the Twin Cities, near St. Paul's east side and surrounding suburbs. Locations TBD.

**Learn more at [www.plantmagick.com/events](http://www.plantmagick.com/events)**

**To register, email [Marina@plantmagick.com](mailto:Marina@plantmagick.com)**