

# Three Seasons of Herbal Wisdom 2023

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 164 hour 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.

\*In between classes, students will have access to Lise and each other through a group text chain, to ask questions and bounce ideas and experiences off of each other.

This course is a series of 22 classes over the course of the growing season. Classes will be held mostly every other Saturday, with exceptions to avoid holiday weekends. The class is scheduled from 9:00 AM - 4:00 PM on the following dates:

January 7th, January 21<sup>st</sup>, February 4<sup>th</sup>, February 25<sup>th</sup>, March 18th, April 1st, April 22nd, May 6th, May 20th, June 3rd, June 10<sup>th</sup>, June 24th, July 8<sup>th</sup>, July 22nd, August 5th, August 19th, September 9th, September 23rd, October 7th, October 28th, November 4th, November 18th

\*Missed Classes happen. Students can sit in remotely by FaceTime or phone audio. If not, I recommend getting other students' notes and I will allow you to study my Materia medica lecture for the missed day. The other students seem willing and able to gather for the missed student.

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 ten 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. Potlucks may be organized by the students, as desired.

**Price:** \$2,950 for the series. \$2,800 if paid in full by October 1st 2022. \$2,850 if paid in full by January 7th 2023.

**Payment:** A deposit of \$1,600 (Non-refundable after January 5th) is due by December 16th, 2022. Refunds are not made after the class begins. For those who have not paid in full, three payments of \$450 are due on March 18<sup>th</sup>, May 6<sup>th</sup>, and July 22<sup>nd</sup>. 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 \$200).

## **LOCATIONS**

About a week prior to each class students will receive an email confirming location. Lectures and plant walks will mostly 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 26 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 five 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 insisently 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.

### **Registration for 3 Seasons Class 2023**

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**name**

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**address**

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**cell phone (or home phone, if that's all you got)- can you accept texts?**

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**e-mail address (required)**

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

**mail with deposit of \$1600 (non-refundable after January 5th) to:**

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