

Three Seasons of Herbal Wisdom 2021-2022

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, right from the very first class. 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 many health conditions, including 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 herbal energetics, along with diagnostics and case history taking, invaluable. Students will have phone and text access to Lise between classes to help as situations arise, in order for students to make use of their new herbal knowledge and skills. A certificate will be awarded upon completion of the program.

THE PARTICULARS

Covering a continuous 10-month period in the past, this course will span two years in order to accommodate for outdoor learning/Covid safety, in 2021.

We will begin the 2021 classes just as the tree buds burst open and baby plants are emerging all around us. We will continue through the full flush of summer, and end in early fall of 2021, allowing all classes to be outside.

Continuing in 2022, we will begin earlier, collecting barks, taking a break through most of the summer, and come together again, watching those same trees losing their leaves and frost crunching underfoot, as we collect additional root medicine, finalize our herbal pharmacies and fine tune our practice skills.

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 25 classes over the course of the growing season. Classes are held every other Monday, with a few exceptions to avoid holiday weekends. The class is scheduled from 9:00 AM - 3PM on the following dates:

2021: April 19th, May 3rd, May 17th, June 7th, June 21st, June 28th, July 12th, July 26th, August 9th, August 23rd, September 13th, September 27th, October 11th

2022: February 28th, March 14th, March 28th, April 11th, April 25th, May 9th, May 23rd, June 6th, September 19th, October 10th, October 24th, November 7th

Since we must be completely outside because of Covid, our alternate raindate for each class is the following day (Tuesday). Additionally, because we do not know what the year will bring, students are requested to keep a flexible mindset. We may need to sometimes rearrange classes, although Lise will do everything in her power to avoid that.

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: \$3,550 for the complete two year series. \$3,450 if paid in full by April 10th. \$3,500 if paid in full by June 7th.

Payment: A deposit of \$1,350 (Non-refundable after April 18th) is due by April 10th. Refunds are not made after the class begins. For those who have not paid in full, four payments of \$550 are due on June 7th(2021), August 9th(2121), October 11 (2021) and February 28th (2022). Class size is limited to 10 students. For late registration, please contact Lise at 612 819-9946. 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

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 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 over 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 25 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 25 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 to 10 students. 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 or call 612- 819-9946.

Registration for 3 Seasons Class 2021-22

name

address

Preferred phone number and can I text you at this number?

e-mail address (required)

How did you hear about this class?

mail with deposit of \$1,350 (non-refundable after April 18th) to:

Lise Wolff

4626 18th Avenue South

Minneapolis, MN 55407

612-819-9946

lisewolff@yahoo.com