



## **Year-Long Herbal Medicine Program for Beginners**

In this program you will form dynamic relationships with over 100 healing plants. My goal in offering this program is to provide you with experiences and knowledge to increase awareness of yourself and the natural world, both vast sources of wisdom and healing. We will explore, in an experiential way, the value of seasonal attunement, nature's remedies, mindbody awareness and holistic living in order to create a personal model for health and wellness.

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### **Re-connect with herbs and the age-old practice of self-care through natural means.**

- \* become acquainted with over 100 medicinal herbs, most of which are common weeds and trees growing all around us
- \* create a personal model for health
- \* use the seasons and elements of nature as guides
- \* identify your personal Ayurvedic constitution as a tool for balance
- \* learn how to use and make your own herbal tonics
- \* understand your body systems and their interconnectedness
- \* discover the vitality of fermented and other super foods
- \* do a guided 3 week spring cleanse
- \* participate in herb walks, field trips in HRM and local herbal sanctuaries
- \* use and make flower essences
- \* explore mind~body connection
- \* plant~spirit medicine

#### **Program created and facilitated by:**

Savayda Jarone RHP, MNIMH

Benna Keoghoe RHP, HANS

Along with other guest teachers.

**This course will be offered in Moncton and in Halifax at the beautiful Bloom Institute building or other special green places  
Other locations in Nova Scotia to be announced.**

**Our group will meet one Saturday per month from 9:30 a.m. – 4:30 p.m.**

**Cost: \$850 for the year, or \$250 per quarter plus HST (saving of \$150 if you pay for the year in advance)**

**Next start date: September 2019. December and August are home-study months.**

**Contact Savayda: 902-957-1534 or [info@bloominstitute.ca](mailto:info@bloominstitute.ca)  
[www.bloominstitute.ca](http://www.bloominstitute.ca)**

*“ Tell me and I will forget.  
Teach me and I will remember.  
Involve me and I will learn.”*  
Benjamin Franklin

**A glimpse at the year ahead (subject to change).**

## **Autumn - First Quarter**

### **September**

Local park or outdoor space  
Program introduction and introduction of participants  
Finding your Inner Healer  
Herbal book list and other resources  
How to use herbal remedies - introduction  
Introduction to Ayurveda  
Determine your Ayurvedic dosha or personal constitution  
Late summer/early fall transition  
Using the nine sensory pathways  
Medicine making  
Herbal energetics  
Herb walk  
Projects assigned

### **October**

Local park or outdoor space  
Ayurveda - Vata (wind) dosha  
Wind element  
Aroma Anchors, essential oils in plants  
Mindmaps  
Using roots and seeds as medicine  
Plant attunement  
Harvesting and preserving herbs  
Medicine making  
Herb walk

## **November**

Digestive system - the root of health and healing

Herbs for the digestive system

Diet and nutrition, superfoods

Experiential exploration of the six tastes according to Ayurveda, and the role of the six tastes in herbal medicine, and their effects on each constitution

Medicine making

Ferments, sprouting, nut milks and other super foods ~ with guest presenter

Georgia Barnwell

Ayurvedic dosha diet

End of fall summary and recap

## **Winter - Second Quarter**

### **December - home study**

Winter transition

Exploring your life purpose

Medicine making

Warming remedies

Traditional plants of solstice

### **January**

Immune system

Herbal immune tonics

Respiratory system

Herbal respiratory tonics

Medicinal mushrooms

Ayurveda - Kapha (earth/water) dosha

Dreaming and plants

Journey to ancestors

Working with our feelings - Bach Flower Remedies & other flower essences

Medicine making

### **February**

Water element

Urinary system

Herbal urinary tonics

Nervous system

Herbal nervous and adrenal system tonics

Depression and seasonal affective disorder

Stress and adrenal function

Medicine making

Winter medicine walk in the park, tree medicines

End of winter summary and recap

## **Spring - Third Quarter**

### **March**

Skin – healthy skin from the inside and out

Natural facial experience, Making natural cosmetics

Cleanse and Detoxification outline and preparation

Spring transition

Mind/Body

Thyroid health

Herbal thyroid/endocrine tonics, seaweeds as food and medicine

End of winter recap and summary

### **April**

Riversong Keep - sweat lodge

Spiritual use of herbs

Emotional/spiritual/physical goals when cleansing

Detoxification systems

Spring tonics

Early spring medicine walk, tree medicines, lichens

Beginning of three week cleanse

### **May**

Visit permaculture farm

Planning and planting a herb garden

Introduction to herbal pharmacology

Green medicine - the leaf

Herb walk

Herbal harvest

Medicine making

Fine tuning our perceptions exercise

End of spring summary and recap

## **Summer - Fourth Quarter**

### **June**

Outdoor space-field trip

Ayurveda - Pitta (fire) dosha

Fire element

Summer transition

Cardiovascular system

Herbal cardiovascular tonics

Making flower essences

Medicine making

Herbal harvest

## **July**

Local outdoor space

Summer diet

Exploration of culinary herbs and their medicinal properties

Women's health

Men's health

Assembling a first aid kit

Herb walk

Herbs in bloom, the medicinal flowers

Medicine making

## **August - home study**

Write year long summary

Local park

Herb walk

Herbal scavenger hunt

End of summer summary and recap

Presentation of projects

Evening graduation