



Building A Sustainable Herbal Apothecary - Spring 2014 Course

In this intensive course, you'll be building your own herb-based household health plan, as well as your own herbal medicine cabinet, beauty spa, and emotional well-being resource. Along with delving into natural herbal approaches to healing and vital health, each session will also involve how to grow and maintain a plentiful and abundant herb garden as well as how to harvest, store, and make use of the herbs you grow effectively.

Empower yourself and naturalize your household!

Your name: _____

Phone number: _____

Mailing address: _____

Email address: _____

(please print very clearly!)

5 sessions , 10 am to 4 pm:

Session 1 - Friday, 1/10/14 - Liver Cleansing Detoxing, Gut and Bowel Health

Session 2 - Saturday, 2/15/14 - Antibiotics, Antivirals, Antifungals, Colds and Flus, Respiratory Health

Session 3 - Friday, 3/7/14 - External Healing - Skin Health

Session 4 - Saturday, 3/22/14 - Anti-inflammatory Herbs, Bug Bites, and Allergies

Session 5 - Saturday, 4/12/14 - Hormone Balancing, Digestion and Metabolism, Stress

I would like to sign up for the Whole Season Herbal Course:

Fee includes supplies, herbs, handouts, and lunches.

Regular Registration: \$485.00\$ _____

Early registration (before December 1st): \$450.00.\$ _____

Please send this form with check made out to *Midsummer Farm* to:

Midsummer Farm
156 East Ridge Road
Warwick, NY 10990