



# Course Layout

## Schedule

Date	Events	Subjects
<b>September 17th</b>	Sowing Fall Seeds	Introduction to Home Herbal Garden Planting seeds for you to take home and nurture Seed Harvesting/Saving
<b>October 1st</b>	Magical Herbalism	Plant walk through Neighborhood Flower Essences Tailsman Smudge wands
<b>October 15th</b>	Reproductive/Sexual Health	Aphrodisiacs Reproduction Sexual Health
<b>November 5th</b>	Mental Health	Make your own Tincture Herbs for Depression and Anxiety Herbs for Trauma Somatic Therapy - Guest Lecturer
<b>November 19th</b>	Plant Walk in West Marin	Bring a snack/lunch we will be having a plant walk in West Marin
<b>December 3rd</b>	Herbal Gifts	A day of gift making Bring supplies or anything you have in excess: wax, string, salt, herbs, etc Bath salts, liquors, tea blends, spice blends, candles, smudge wands, etc.
<b>December 17th</b>	Herbal Antivirals/The Immune system	Overview of General Immune Health Herbal Allies for Pathogenic Invaders Preventative Medicine
<b>January 7th</b>	Topicals and The Skin	The Integumentary system How to make Topicals: Everyone will get to take home a salve in this class We will also start a linament to strain and bottle at a later date

<b>January 21st</b>	The Musculoskeletal System	Herbs for Pain Introduction to Acupuncture, Cupping, and Moxibustion
<b>February 4th</b>	Growing Medicine	Starting Seeds Cold Stratification
<b>February 18th</b>	The Digestive System and Endocrine System	Overview of the Digestive System Overview of the Endocrine System
<b>March 3rd</b>	Growing Medicinals	Check-in on seed starts from January Start more Seeds!
<b>March 17th</b>	Plant Walk <b>Meet at The Garden House to carpool</b>	
<b>April 7th</b>	Making Medicine	Deep dive into making medicine Oxymels, Tinctures, Glycerites, Tea Pills, Capsules, Tea, Strain Linament
<b>April 21st</b>	Root Crops	Harvesting and Growing Root Medicine
<b>May 4th</b> <b>Saturday</b>	Farm Tour: Morningsun Herb Farm <b>Located in Vacaville</b>	Farm tour/Open house