

Course Layout

9 months of Herbal Bliss

Schedule

Date	Events	Subjects
September 3rd	First Class Located at Tilia Integrative Health 6 Bridge Ave Suite 1 San Anselmo	Introduction to Herbalism and Growing Medicine Introduction to Classmates and the flow of the course
September 17th	Sowing Fall Seeds Located at The Garden House	Introduction to Home Herbal Garden Planting seeds for you to take home and nurture Seed Harvesting/Saving
October 1st	Magical Herbalism Located at The Garden House	Plant walk through Neighborhood Flower Essences Tailsman Smudge wands
October 15th	Reproductive/Sexual Health Located at Tilia Integrative Health	Aphrodisiacs Reproduction Sexual Health

November 5th	<p>Mental Health</p> <p>Located at Tilia Integrative Health</p>	<p>Make your own Tincture</p> <p>Herbs for Depression and Anxiety</p> <p>Herbs for Trauma</p> <p>Somatic Therapy - Guest Lecturer</p>
November 19th	<p>Plant Walk in West Marin</p> <p>Meet at The Garden House to carpool</p>	<p>Bring a snack/lunch we will be having a plant walk in West Marin</p>
December 3rd	<p>Herbal Gifts</p> <p>Located at Tilia Integrative Health</p>	<p>A day of gift making</p> <p>Bring supplies or anything you have in excess: wax, string, salt, herbs, etc</p> <p>Bath salts, liquors, tea blends, spice blends, candles, smudge wands, etc.</p>
December 17th	<p>Herbal Antivirals/The Immune system</p> <p>Located at Tilia Integrative Health</p>	<p>Overview of General Immune Health</p> <p>Herbal Allies for Pathogenic Invaders</p> <p>Preventative Medicine</p>
January 7th	<p>Topicals and The Skin</p> <p>Located at Tilia Integrative Health</p>	<p>The Integumentary system</p> <p>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</p>
January 21st	<p>Growing Perennial Medicine</p> <p>Located at The Garden House</p>	<p>Starting seeds that need cold stratification</p> <p>Work on Garden Plan</p>
February 4th	<p>The Musculoskeletal System</p> <p>Located at Tilia Integrative Health</p>	<p>Herbs for Pain</p> <p>Introduction to Acupuncture, Cupping, and Moxibustion</p>
	<p>The Digestive System and</p>	<p>Overview of the Digestive System</p>

February 18th	Endocrine System Located at Tilia Integrative Health	Overview of the Endocrine System
March 3rd	Growing Medicinals Located at The Garden House	Check-in on seed starts from January Start more Seeds!
March 17th	Farm tour: Chinese Medicinal Herb Farm Located in Petaluma Meet at The Garden House to carpool	Farm tour Introduction to Chinese Medicinals
April 7th	Harvesting Root Crops Located at The Garden House	Harvesting and Processing Roots Will start Tincture
April 21st	Making Medicine Located at The Garden House	Deep dive into making medicine Oxymels, Tinctures, Glycerites, Tea Pills, Capsules, Tea, Strain Linament
May 4th	Farm Tour: Morningsun Herb Farm Located in Vacaville	Farm tour Herbal Vinegars
May 19th	Last Class Closing ceremony Located at The Garden House	Present Farm plans Graduation

