

Healing Through Food, Gardening, Herbs, and Ceremony

Remembering Our Way

Course Schedule

Friday

10:00 ~ 12:00	Logistics, Course Overview, & Opening Circle
12:00 ~ 12:30	Plant Spirit Medicine Overview & Meeting the Garden
12:30	Lunch
1:30 ~ 3:00	Time with Plants
3:00 ~ 3:45	Circle
3:45 ~ 4:00	Break
4:00 ~ 6:15	Infused Herbal Oils, fresh & Dry Plant Oil
6:30	Dinner ~ Honoring the Elements
8:00 ~ 9:15	Weston Prices discussion

Saturday

7:30 ~ 8:30	Breakfast
8:30 ~ 9:00	Return to your plant ally - Optional
9:00 ~ 9:45	Circle
9:45 ~ 12:15	Weeds, Bed clearing, & Composting
12:30	Lunch
2:00 ~ 4:00	Tai chi of Gardening & Bed preparation
4:00 ~ 4:20	Special Break
4:20 ~ 5:35	Decant oils, Make Salves, Slathers, and Salt Scrubs
5:40 ~ 6:15	Planting
6:15 ~ 6:30	Honor the planting
6:30	Dinner – Honoring the Earth
8:00 ~ 9:15	Ancestor journey

Sunday

7:30 ~ 8:30	Breakfast
8:30 ~ 9:00	Return to Your Plant Ally - Optional
9:00 ~ 9:45	Circle ~ Elements/constitution in healing
9:45 ~ 11:15	Fermented foods in diet ~ Sauerkraut
11:15 ~ 1:00	Rejuvenation treats
1:00	Lunch
2:30 ~ 4:00	Evaluations, Closing circle