Foundations of Holistic Herbalism In Person Class Schedule:

When you registered for class, you chose either the Saturday or Sunday class. Please attend the class you signed up for unless you have made arrangements for a make up with Briel. Makeups may also be made in the hybrid class. You can see the syllabus and dates for those classes on the podia.

Dates for Saturday/Sunday classes

Class runs from 10 to 3:30. Arrival and Tea start at 9:30.

May 15/16
June 12/13
July 24/25
August 21/22
September 18/19

Please note in person classes will be held at Rhoneymeade at 177 Rimmey Rd, Centre Hall. For in person classes, please dress appropriately, bring you own thermos/ mug for tea something to write with and your class binder (provided on first class).

If you need to miss a particular class please email Briel as soon as possible to work out make up arrangements. In order to receive your certificate, you must finish all 25 hours prior to our last weekend. If make ups need to be done after that, the certificate will be held until classes are made up.

Please note that space is limited in these classes so if you decide to drop out after classes have started payments cannot be refunded.

Optional, but very helpful, Books for this course:
Botany in a Day by Thomas Elpel
Newcombs Wildflower Guide by Lawrence Newcomb
Medicine Makers Handbook by James Green

Course Project:
Develop a Materia Medica Sheet for an Herb not listed on the course list (to be provided at the first class. For format, you can reference the materia medica sheets you have been given throughout the course or through research/reference books. In addition to the Materia Medica Sheet make an herbal item you can share with the group (a food, a tincture or other preparation) when you present your project (5-7 minute presentation) during our 5th and final class. The plant you will be covering is due by class 3, before class 4 everyone will have a chance to check in with Briel in an individual meeting about the project.

Credits = 25 hours
Energetics/Body Systems 6 hours
Materia Medica/Herbal Actions 7 hours
Medicine Making 6 hours
Stewardship/Plant ID 3 hours
Formulation and Clinical Skills 3 hours

Class 1: May 15 OR 16th
930-10 Arrival Tea Time/Socialization
10-1030 Introductions to each other and the course
1030-1130 What is Holistic Herbalism, Constitutional and Plant Energetics Introduction
1130-1230: Herbal Actions in Action
12:30-1:15pm Lunch (bring your own)
1:15-2:15: The importance of Menstrums and Tincture and Liniment Making
2:15-3:30: Plant Walk and Introduction to Botany/plant families/identification
Homework: Herbal Actions in Action (Ginger, Cinnamon, Cayenne, Sage, Elderberry), Mint family

Class 2: June 12th OR 13th
930-10 Arrival Tea Time/Socialization
10-1030 Check in homework - breakout groups for Herbal Actions in Action
1030-1130 Nervous System and MM
1130am-1230pm: Herbal Tea Making, Materia Medica and drying herbs properly
1230-1:15 pm Lunch (bring your own)
1:15-1:30pm: Example Presentation
1:30-230: the Holistic view, thinking like an herbalist and asking good questions, Group work, formulating questions using scenarios
2:30-3: Parsley Family and Rose family
230-330: holistic practices to consider, breathing
Homework: Parsley and Rose Family, “Nervine” dive, Experiment with tea - create a favorite to share next class, holistic self evaluation, project herbs are due by next class

Class 3: July 24/25
930-10 Arrival Tea Time/Socialization - Tea Bar - please plan to arrive by 9:45 this day to set up your tea on our tea bar for class
10-1030 Check in. “Nervine” Dive discoveries in breakout groups (quiz)
1030-12 - Tissue States and Constitutional Energetics - 6 tissue states in the body, how does it manifest in various body systems - Scenario presentation
12-1245- Reciprocal practices in Herbalism: Ethics, Gardening and Ecosystems, Stewardship, Invasive Plant Medicine, Local Herbalism
12:45-130 pm Lunch (bring your own)
130-2:30 the digestive system in the importance of Bitter/Strong tasting herbs and their actions in the body: Oregon Grape Root, Reishi, Hops, Black Cohosh, Mugwort
2:30-330- Plant Walk - mustards and harvest herbs for salve
Homework: Make your bitters Kit (we will bring these in class 5 to try), look through scenarios and think about the tissue states and what herbs might be useful in them, Mustard family, orient yourself with some of the opportunistic plants around you

Class 4: Aug 21/22 Potluck class!
930-10 Arrival Tea Time/Socialization
10-1015 Check in
1015-1115: The Herbal Apothecary

1115-1215 Oil and Salve making
12:15-115pm Share about your dish and Lunch Potluck, bring your herbal infused dish to Share. (In addition Bring your own Plate and fork!)
115-230: Formulation and Breakout groups Formulation practice
2:30-3:15: Aster plant family, botany quiz?
3:15-3:30: any questions about presentations?
Homework: Plant Family Asters, prep for project, apothecary actions

Class 5:
930-10 Arrival Tea Time/Socialization - set up bitters bar
10-1015 Check in
1015-1045 - Ask the Herbalist
1045-1115 - Garden Walk
1115-1125 Break
1125-430 Lunch and course project sharing
Please note we have extended hours this day until 430 so that we can celebrate!

30 Herbs and a Mushroom Covered;
1. Oats*
2. Nettle*
3. Lemonbalm*
4. Catnip*
5. Ginger*
6. Blue Vervain*
7. Motherwort*
8. Marshmallow*
9. Hawthorn*
10. Linden*
11. Cinnamon*
12. Lobelia*
13. Tulsi*
14. Astragalus*
15. Reishi*
16. Calendula*
17. Comfrey*
18. St.Johns Wort*
19. Sage*
20. Cayenne*

21. Hops*