

# Seasonal Herbal Medicine



2019

*4 seasonal workshops - create*

*your own herbal medicine chest!*

*Using leaves, flowers, roots, berries & bark .....*

*Make salves, infusions, tinctures, syrups & vinegars .....*

*Introduction to herbal medicine, botany, herbs for body systems .....*

*On our organic smallholding near Holsworthy, Devon*

*Sunday's 10am-4pm*

*April 14<sup>th</sup>*

*June 16<sup>th</sup>*

*September 8<sup>th</sup>*

*October 27<sup>th</sup>*

*Includes refreshments, veggi lunch, all materials & information sheets.*

*Tutors: Diana Lee, Registered Medical Herbalist &*

*Rob Meredith, BA, cert Ecology*

*£80 per day - book all 4 and get the 4<sup>th</sup> discounted.*

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