



FREE COMMUNITY EDUCATION SERIES

INTEGRAL HEALTH: Self-Healing With Plants

Sponsored by HeartSong Health In Community, Putney, Vermont

*Three evenings with Sage Maurer, herbalist and Director of the Gaia School of Healing**

Wild Foods As Medicine (June 22, 2011)

Join us as we explore some of the wild edible plants of New England. We will share a feast of edible wild plants, learning how to harvest each one, visit them in the wild, and explore their nutritional and medicinal gifts. We will also discuss the environmental and social benefits of eating wild foods, and using invasive species for food. Join us as we feast on the fields of greens we have outside our doors!

Herbal Healing for Stress and Vitality (July 13, 2011)

In this workshop we will explore various plants used to calm and heal the nervous system, reduce stress, lift/transform depression, and rebalance the mind. We will touch, smell, and taste these powerful herbal tonics for our nerves in class, and discuss how to prepare and use them daily. Blue Vervain, Kava, St. John's Wort, Passionflower, Skullcap, Oatstraw, and others will be explored and enjoyed together. Learn how to treat headaches, muscle tension and pain, anxiety, mild and severe depression, panic attacks, low self-confidence and nervousness, as well as general stress and exhaustion. This class is helpful to anyone, regardless of what your nervous system takes on daily.

Making and Using Home Remedies (August 24, 2011)

Come learn how to make your own herbal medicines at home. In this class we will create handmade herbal tinctures, salves, tea blends, herbal glycerites, herbal oils, compresses, and poultices. We'll discuss harvesting herbs, where to get quality organic herbs, and how to dose plants safely. We'll also discuss and taste herbs for some general common ailments as we create our preparations, and explore some of the local plants available to harvest for medicine making in this area. Prepare to get our hands dirty, and taste wonderful locally made medicines! Handouts and materials will be provided in class.

***Sage Maurer**

Sage Maurer is the Director of The Gaia School of Healing in Westminster, VT. She is an independent practitioner and teacher of herbal healing, plant spirit medicine, shamanism, deep ecology, and ethnobotany. In 2001, Sage founded The Gaia School of Healing in Boston, Massachusetts, and has trained over 150 apprentices in the past 10 years in New England, Austin Texas, and Hawaii. Sage holds a degree in anthropology with a concentration in ethnobotany from The University of Hawaii, and a Masters degree in environmental education. Sage is currently teaching year round in Vermont and Boston, Massachusetts, where she is offering apprenticeships and workshops throughout the year. Come learn to walk a path of healing with her and our green friends!

HeartSong Health in Community

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