

Community Herbalist

Year Three ~ Sacred Plant Medicine Apprenticeship

~ 2018 Syllabus ~

The Gaia School of Healing, Westminster, VT

Class will be held from 11am - 6pm, Saturday & Sunday at our home at 172 Pine Banks Road in Westminster, VT. There will be a break for lunch around 2:15pm. Lunch will be a potluck each weekend. Tea, herbs, supplies, and occasional snacks provided - please bring something to share! All classes will be divided up into lecture and either field or hands-on study. We will be learning directly from the plants as often as possible! Cost of the total course is \$1300 - \$1600 (with the \$100 discount still added if you pay in full), or you can sign up for individual class sessions in advance. Handouts will be given during class, as well as readings that are assigned each class session. Sage will be working with students outside of class as needed.

Year Three Weekend Series

** You may sign up for all sessions or for individual weekends.*

1. MAY 26th, 27th & 28th ~ HERBALISM IN ACTION ~ EARTH & SELF

Saturday, May 26th - OFFERINGS TO THE EARTH & CENTER

- * Opening Ceremony & Prayers, Offerings for the earth
- * Self-care & Personal practice ~ Body & soul
- * Devotion, Service, & Path of Service ~ Clarifying vision & practice
- * Identifying strengths, resistance, places of needed growth, illumination, and desired exploration.
- * Ancestors & Lineage ~ The Burning Times & Colonisation ~ Hearing the calls.
- * Soul Instructions ~ Following instructions from self & guides. Personal Ceremonies.
- * Self & Spirit Alignment - Identifying your gifts, inspiration, passions! What nourishes you?
- * Teaching/Facilitating ~ Right-relationship & Decolonised practice
- * Plant Communication & Meditations in nature

Sunday, May 27th - VISIONING & ROOTING YOUR PRACTICE

- * Opening Ceremony & Tea circle
- * Self Mapping ~ Work/Service in alignment with heart, body, soul, and purpose.
- * Projects focus - Community Offerings – Gardens, Apothecary/Medicine, Education, Healing Sessions, Ceremony, Environmental education, Activism.
- * Activism & Outreach – Volunteering, Addressing Access to Medicine, Needs, & Difference. Identifying environmental & societal needs in alignment with your purpose.
- * Transforming & Decolonizing Herbalism. Target audience & Vehicles of outreach.

Monday, May 28th - DECOLONIZING HERBALISM & CLIMATE CHANGE

- * Honoring our Lineages – Where do we come from?
- * Understanding history & present of colonisation & oppression.
- * Teaching Ancestral Traditions & Lineage Sharing
- * Creating circles for healing, prayer, medicine making, & ancestral honouring.
- * Protecting & Honouring Lineages & Traditions ~ What we share, protect, create, & carry forward
- * Herbalism in Globalisation & Climate Change ~ Group discussion & Individual projects

SLIDING SCALE ~ Three days - As individual weekend session \$250 - \$300

2. JUNE 23rd & 24th ~ HEALING SESSIONS & HERBAL CONSULTS `

Saturday, June 23rd - 4. HERBAL CONSULTATIONS & CLINIC ~

- * Opening Circle & Ceremony
- * Village Witch ~ Traditional / ancestral roles & models of the community herbalist.
- * Creating/structuring your healing practice & Focusing your offerings & modalities
- * Prayer & Ritual for the healing session. Self-care, protection, & cleansing.
- * Guiding meditations & healing journeys with a client.
- * Therapies & modalities within an herbal consultation.
- * Communicating offerings. Website, marketing, outreach. Healing spaces/office.

Sunday, June 24th - 5. HERBAL CONSULTATIONS & RECOMMENDATIONS ~

- * Herbal Consultations ~ Outline & Practice ~ Creating the journey with plants.
- * Intakes & Recommendation forms ~ Creating intimacy, safety, boundaries & sacred exchange.
- * Discussion & Follow-up ~ Post consultation communication, reflection, & recommendations.
- * Structure & Boundaries within a consultation ~ Roles & responsibilities
- * Creating your apothecary of medicine allies ~ Storage, packaging & accessibility
- * Supporting community & Building Herbal Practice ~ Identifying needs in alignment with self/offerings.
- * Student Clinic Consultation – Group consult with a client

SLIDING SCALE ~ Three days - As individual weekend session \$200 - \$250

3. JULY 28th & 29th ~ TEACHING & FACILITATING ~ SACRED PLANT MEDICINE

Saturday, July 28th - 8. TEACHING & FACILITATING ~ PLANT MEDICINE WORKSHOPS & RITUALS ~

- * Opening sacred space & circle -~Facilitating opening circles
- * Identifying/Clarifying educational and spiritual goals/intentions.
- * Target audience, inclusivity, diversity & access. Identifying collective/self needs.
- * Facilitating classes, workshops, & rituals ~ Creating Outlines & Structure
- * Preparation & supplies for teaching/facilitating.
- * Guidelines for holding sacred and safer space in class
- * Class exercises, tools, and activities to use. Practice sessions.

Sunday, July 29th - 9. STUDENT FACILITATION ~ MEDITATIONS, CEREMONY, & PRAYER

- * Opening sacred space & circle
- * Leading Journeys & Plant Meditations - Guiding & Practice groups
- * Guidelines for Ceremony – preparation, tools, and structure
- * Exercises, activities, and ingredients for ceremony & ritual
- * Organising community offerings of prayer & ceremony
- * Facilitating group ceremony & rituals. Student led ceremony & offerings
- * Designing Classes & Exercises - Group project - Identifying strengths
- * Self Practice, Goals, & Intentions as an educator/facilitator.

SLIDING SCALE ~ Three days - As individual weekend session \$200 - \$250

4. SEPTEMBER 8th & 9th ~ PLANT SPIRIT HEALING & SOUL MEDICINE SESSIONS ~

Saturday, June 23rd - 6. SOUL HEALING SESSIONS & PRACTICES ~

- * Opening sacred space & circle
- * Soul Healing Sessions ~ Facilitation for transformation & blessing/healing
- * Inviting the Soul/Body to express ~ Asking & Listening
- * Structure, Flow, Grounding, & Follow-up
- * Plant Spirit Healing, Energywork, Intuitive perception & listening.
- * Channeling plant spirits & healing energies.
- * Techniques/modalities of ritual healing – Altars, music/sound, prayer, drum, offerings, blessings, breath, smoke, cleansing, energy healing.
- * Understanding our lineages of shamanic healing practice & cultural appropriation.
- * Healing Sessions – Demo & Practice

Sunday, June 24th - 7. SPIRITWORK & MAGICK ~ GUIDES & PLANT ALLIES

- * Opening sacred space & circle
- * Preparing for Soul / Spirit healing sessions ~ Blessing the healing space & gathering tools.
- * Self care, blessing, clearing, and grounding. Breathwork in a healing session.
- * Inviting Guides & Allies/helping spirits. Magick & Spirit-work.
- * Outline & Creative flow & structure of session. Beginning to end.
- * Practice clients – Soul healing sessions
- * Group share post sessions & follow up
- * Home practice, goals, and intentions of practice.

SLIDING SCALE ~ Two days - As individual weekend session \$200 - \$250

5. OCTOBER 6th & 7th ~ ENERGY HEALING & HERBAL BODY TREATMENTS

Saturday, October 6th - 12. BODYWORK, REIKI & HERBAL MASSAGE ~

- * Opening sacred space & circle
- * Bodywork techniques & modalities – Demos & practice
- * Tools for Bodywork & Chakra energy work
- * Using crystals, stones, and plants in energy healing/bodywork
- * Reiki healing & Energy healing - Guest teacher
- * Teaching/facilitating client self care - Energy work & massage self-care

Sunday, October 7th - 13. CLINIC DAY ~ BODYWORK & EXTERNAL HERBAL TREATMENTS

- * Opening sacred space & circle
- * Preparing for Healing Sessions ~ Blessing the healing space & gathering tools.
- * Demo & Practice Clients – Bodywork & Energy healing sessions
- * Preparing & Using External herbal treatments
- * Group share post sessions & follow up
- * Self-care, cleansing, and blessings

SLIDING SCALE ~ Two days - As individual weekend session \$200 - \$250

6. NOVEMBER 3rd, 4th, & 5th ~ WEEKEND 7

Saturday, November 3rd - 14. SOUL HEALING ~ BODY MEMORY & PAST LIVES

- * Opening sacred space & circle
- * Protection, Blessings, Prayers ~ Past lives
- * Body & Soul Memory ~ Listening, inviting, journeying & releasing memories/energy
- * Plant medicines, flower essences, and care for past life support/memories.
- * Journeys & Practice ~ Sessions with partner/classmate
- * Grounding, clearing, and prayer/ritual.
- * Dreamwork, prayers, and magick for past life healing.

Sunday, November 4th - 15. HEALING TRAUMA & HEALING SESSIONS

- * Opening sacred space & circle
- * Understanding Trauma ~ symptoms and manifestations
- * Guest Teacher - Techniques & treatments for healing trauma
- * Plant medicines, ritual/prayer, energy work, guided meditations/journeys for trauma.
- * Partner trauma focus & care ~ Protection & follow up
- * Client home practice ~ Structuring client self care & follow up.
- * Boundaries, Self-care & Spirit connection.

Monday, November 4th - 15. MEDICINE FOR THE EARTH ~ CEREMONY & PRAYERS

- * Opening sacred space & circle
- * Devotional service ~ Offerings from our heart – Student Share
- * Building & Sustaining your healing practice & business – Stages, manifestation, expectations, devotion, clarity, passion.
- * Student Share ~ Your Soul's Offerings/Service
- * Medicine for the Earth ~ Presentations on community service & offerings.
- * Student Project Shares - Shares & discussion on teaching, garden, and medicine projects
- * Journeying & Meditations with Spirit guides
- * Prayer, Ritual & Offerings to the Spirits ~ Group Ceremony & Blessings
- * Gifting & Celebration!

SLIDING SCALE ~ Two days - As individual weekend session \$250 - \$300

Blessings on the Journey!