



SEED SISTAS

Nature's story is ripe to be told

Foundation in Sensory Herbalism

On your Sensory Herbalism Seasonal journey you will get to know your own personal *Materia medica* intimately. You will be invited to both grow and harvest herbs and create your own beautiful handcrafted remedies.

This isn't a course where you will be spoon-fed information, sitting in a classroom copying notes. This course is designed to make you delve into yourself and begin to tap into your inner wisdom to intuit and understand the natural world around you. You will also be required to work with and observe the land and study the propagation and growth of herbs.

We have a herb garden with over 50 medicinal plants at our disposal and the horticultural aspect is very important to our work. Each weekend consists of roughly 50% fieldwork (working outside or directly with the plants themselves) and 50% theoretical work (during which time we shall be guiding you gently through each system of the human body and how the emotional, physical and more ethereal bodies interconnect).

Our philosophy integrates the power of intention and belief into everything that we offer. All medicines are created with deep concentration and observation of the astrology, soil, location, other quality ingredients. The focus of the medicine is amplified with mantras and affirmations. This is taught in addition to, and alongside, modern scientific knowledge of anatomy, physiology and phyto-pharmacy.

The focus of this course is to share our passion with you and provide a framework from which you can explore your own healing potential and grow into a confident herbalist and healer.

Your Study

The course is made up of 4 residential weekends but it is essential to do a lot of your own reading, practical and study sessions to get the best results. Before each weekend we'll set some reading and exercises for you to complete and some small presentations. Allow yourself to get absorbed in your study and make time to dive into this exciting world of herbs.

We have broken the year down into 4 sections, each covering one of the 4 basic elements - earth, air, fire and water - which we believe correspond to each of our 4 seasons. This is our organisation of a system; you will find differing opinions in other traditions and books. We have then classified the body systems into each of these elements too. We teach in a holistic way and it is impossible to teach or learn body systems in isolation but some structure does help towards understanding in the first place.

Course Structure

Weekend	Element	Plant Part	Theme	Physical Body
Autumn Breath of Life	Air	Seed	Thought and inspiration	Nervous system and the lungs
Winter Bare Bones	Earth	Roots	Processing, grounding and nutrition	Digestive system and musculoskeletal
Spring Cleansing and Clearing	Water	Leaf	Emotions and expression	Urinary system
Summer Blood and Passion	Fire	Flower	Movement and passion	Blood, Heart and circulation