

## Goldenrod Herb School Is This Program Right For You?

Goldenrod Herb School will help you feel confident in making high quality herbal preparations, and offering herbal care to your family and friends.

Committing to a 10 month long intensive study program requires careful consideration to make sure it's a good fit. Here are some things to consider:

- This program meets one full weekend per month (Saturday 9-5, Sunday 9-4). You are expected to attend the full weekend throughout the 10 months. Do you have time in your life right now to dedicate a weekend to herbal studies?
- Yes, there will be homework. You will get a handout of your homework assignments for the year on the first day of class. You should expect to spend 3-4 hours per month researching herbs, making medicine, and completing homework. The more you put into these assignments, the more you get out.
- This program is great for students at a range of beginning to intermediate herbal studies. If you have been self-studying or taken a few herbal classes but want more structure to go in-depth, this will be a great fit. If you're a total beginner, I can recommend some books and reading to get you oriented before class begins.
- What if you've taken the Building Your Home Apothecary class? This program will be a great fit. There will be some overlap and review, but this program has four times the amount of hours, so lots of new content!
- What if you've taken the Herbs In Community class? You'd probably find this program overlaps a lot with stuff we already covered, although you're definitely welcome to join - this program is about twice the amount of hours as the HIC class, so there will definitely be new stuff to learn!
- The orientation for this class is "western herbalism" (and we'll spend time dissecting what that means in class) - we will focus on easy to grow herbs popular in the United States, that come from a variety of traditional healing systems around the world. Our energetic approach will be rooted in observable, embodied experience of hot, cold, damp, and dry with an emphasis on encouraging the vital force. Resources will be provided as much as possible for students to dig into their cultural healing traditions.
- Payment plans are available to all who need them. Some scholarships are available to BIPOC students.
- If you think you may want to be a practicing herbalist someday, this program is a great place to start. You will not have the extensive training required to go into herbal practice by the end of this course, however you will have the knowledge and skills to support your family and friends. (The American Herbalist Guild requires 800 hours of herbal education as the standard for becoming a Registered Herbalist)
- Basic anatomy and physiology are not part of the course. If you have very little familiarity with the workings of the body, get in touch and I'll send some recommendations.