



Here is some additional information about the program:

We will have two sources of curriculum. The first is the 10 Lesson, SCIENCE AND ART OF HERBALISM home study course. The second source of curriculum will be lectures, notes, and handouts created by yours truly. It is a good combination of information that ends up being very thorough. This is a comprehensive beginner/intermediate herbal training.

Here is an overview (generally) of what we will cover:

~Field time- learning plants outside! We do fun activities like herbal scavenger hunts with teams.

~Herbal cultivation and gardening

~Herbal preparations: teas (infusions/decoctions), tinctures (alcohol, glycerites), syrups, oxymels, electuaries, herbal pills and lozenges, infused honeys, salves, incorporating herbs into functional foods

~Health topics: the liver, the digestive system, allergies, the respiratory system, the immune system, the nervous system, men/women's health, children's health, the urinary system. Really, there is so much here, it is hard to list all of our health topics!

~Herbs and allopathic medicine- herb/drug interactions and considerations

~Herbs safety and dosage concerns

~Herbal Actions in the body-example: demulcents, alternatives, nervines, etc.

~Herbal Energetics

~Traditional Healing Systems: Traditional Chinese Medicine/Ayurveda/Western Herbalism

~Constitutional Herbalism- body types and manifestations of hot/cold/moist/dry

- ~Flower Essences- making them, and therapeutic applications
- ~Creating herbal formulas that work. This year, my students did a fun group project, where we split up into teams and had a little friendly competition. We shared formulas and decided who had the most efficacious formula for a particular condition,
- ~The food/medicine.poison paradigm and viewing herbs on a continuum (the lens through which to view ALL herbs)
- ~Experiential hands-on learning- engaging all of the senses to understand the plant thoroughly
- ~Creating herbal references/resources for yourself

I know I am leaving something out! We cover a lot of information, but do it in a fun and accessible way that leaves a lasting skill set!

Our last class will also involve a field trip to Midsummer Farm in Warwick, NY (borders West Milford, NJ) to learn about herbs and suburban homesteading.

Each class consists of a combination of the following: outdoor time (weather permitting), product making (lab), and lecture. Each class may not follow the exact same format. It will often depend on what happens to be blooming, and the weather. We will cover all material, even with the freedom to have a degree of flexibility.

We pause about halfway through each class for a lunch break. This is an enjoyable social time for students to connect and socialize. Community is an essential part of studying here! You may bring items that you craft or create to barter or sell.

At each class, students will get herbs to take home and use.

I ask that you purchase a botanical loupe (10X magnification should be adequate) for our field work together. Please get a glass lens, if possible.

Homework is a requirement, but it should not take more than a couple of hours per month to complete the assignment. All homework (1 assignment for each of the 10 lessons in the Science and Art of Herbalism) must be completed **WITHIN ONE MONTH OF THE END OF OUR TIME TOGETHER** to receive your certificates.

Upon completion of the homework, and regular class attendance, you will receive 2 certificates: one from Sage Mountain/Rosemary Gladstar/Science and Art of Herbalism and one from Herbal Arts Apothecary. You will have received approximately 50 hours of herbal instruction at the end of our time together, which you may use towards the educational requirements of the American Herbalists Guild.

Once you enroll in the program, you become a student here. I am responsible for your certificate process through Sage Mountain. I take on all responsibility for your educational instruction, homework, etc. That said, you may pay an additional \$100 and get access to Sage's additional online content. This can be a nice addendum to our hands-on work together. However, this is completely optional, and not necessary. We will discuss this more at class #1 in May.

Binders will arrive approximately 6-8 weeks after we have our full class roster. Sage asks that I only order once, so I have to have the full enrollment list before placing our order. Thanks for your patience with this. Binders should arrive shortly after the class year begins.

Policies:

~Because we only meet 12 times in our year together, it is essential that you make the class a priority. I understand that situations arise, but I urge you to make it to class every month. If you must miss for some reason, I am open to you attending the other session, (Example, if you are a Saturday student, you may attend Sunday). However, I want to avoid students flip-flopping between days. It is vital that we have a sense of community and stability in our cohort. I am also open to working with you, when possible, to help you catch up. Having the binder will help. You can also get available handouts and class notes.

~it would appear that we will be continuing the group consensus method for determining class dates, approximately 2-3 months out. This has worked for my current students, and I am open to trying it again. If we need to have set dates further in advance, we can always change course.

~I encourage students to be punctual. I realize that many of us are used to existing on "hippie time," (as us Gen X'ers used to call it), but if you arrive late, you do disrupt the flow of the class. I understand that sometimes situations arise, but thanks for being considerate with this.

~Please only sign up if you are committed to the process. We are living in an era where many commit unconsciously to things, and then don't follow through. Like I said before, if you struggle with following through or honoring consistent commitments, this class may not be for you. I don't mean to sound harsh, but flaky people need not apply. You cannot start in this class, and then become a direct student at Sage Mountain. They won't allow that. You are responsible for fulfilling all class requirements with Herbal Arts Apothecary to earn both certificates.

~That said, I am committed to working with you in any way that I can to ensure your successful completion of the class (including earning both of your certificates). Your success is my success, and I have a mission to send competent plant people out into the world.

~I also have a strong commitment to YOU, my students, to always show up prepared, in a positive headspace, and ready to be your facilitator in the best possible way that I can. If there are any additional ways that I can be present for you throughout the course year, please communicate that to me.

~I do ask that outside of our group chat (group text seems to work best) that you communicate with me via email, unless it is an emergency. I am open to questions between classes, but it is hard to manage when I am getting a lot of texts, or Facebook messages. Thanks for your consideration.

Finances/Payment: As you know, I have had to tighten my policy on this because the administrative piece has become burdensome. After careful consideration, I have allotted 3 different payment structures for your convenience. I will take cash, check, or credit card. Venmo is becoming an issue, in the sense that they are reporting transactions directly to the IRS. I have nothing to hide, but am admittedly not terribly comfortable with that level of tracking.

I will take deposits to hold your place via Venmo, but then will ask you to switch payment methods going forward. I will set up an automatic payment via credit card via Stripe, if you are paying by cc.

Plan 1:

Payment in Full

10% discount or \$150 off tuition- \$1350 total tuition

\$200 deposit to hold your spot

\$1150 due by April 5th

Plan 2:

3 Payments

\$75 off tuition-\$1425 total tuition

\$200 deposit to hold your spot

Payment 1: \$408.35 due April 5

Payment 2: \$408.35 due after third class meeting (July)

Payment 3: \$408.35 due after 6th class meeting (October)

Plan 3:

6 Payments

\$1500 total tuition

\$200 deposit to hold your spot

\$216.67 due April 5.

\$216.67 due May 5

\$216.67 due June 5

\$216.67 due July 5

\$216.67 due August 5

\$216.67 due September 5

If you want to send class deposits via Venmo, my address is @Henrietta-Shafer. Henrietta is my legal name. You can also send a check to 22 Broadway, West Milford, 07480 or reach out to use a credit card.

I thank you. Please reach out to me, if you have any additional questions.

*Please initial that you have read the above _____ Date _____

Please specify payment plan option _____