

# Herbal Medicine Workshop

January 14th & 15th 9am-6pm in Micanopy, Fl.

## About the Workshop:

This weekend will serve as an introduction to medicinal herbs. Specifically, we will explore herbs that help us adapt to stress and those that support the nervous system. The therapeutic action, uses and application of these herbs will be thoroughly investigated and experienced. During the workshop each participant will formulate and make herbally infused oils and salves to take home. We will also teach tincture making and how to use herbs in foods. Come and experience the excitement and life of the green world!



## About the Instructors:

Anne Marshall & Valerie Broas are practicing herbalists in Gainesville, Florida and Bermuda.

Anne and Valerie are committed to health, wellness and teaching in their communities.

They are both instructors at The Florida School of Massage, Gainesville FL.

Please e-mail [acjmarsh@gmail.com](mailto:acjmarsh@gmail.com) for more information and registration



CE's: 18 Units

**Cost:** \$ 275 including all materials and ingredients, recipes and info pack.