

Medicinal Herbs & Natural Healing (2 Days)

Course Overview

Medicinal Herbs & Natural Healing

Simon is a Master Herbalist and this course covers the basics of Herbal Medicine, plant identification and of teas, tinctures and infusions

Course Syllabus

- Philosophy of Natural Healing
- Herbal Medicine in relation to Homeopathy & Flower Essence
- Body systems simplified
- Uses and application of Herbal medicine for various 'Body Systems'
- Visit the Forest Garden for plant identification
- Making a remedy-Tincture-infusion/tea-decoction-oil
- Herbal tasting
- Sourcing Ingredients

Participants should leave the course with sufficient information to be able to use simple plant-based medicine to help themselves and family members.



DATES FOR 2024:

Saturday 20th & Sunday 21st April

Saturday 12th & Sunday 13th October

Times: 09:30 – 16:30, (suggest you arrive by 09:15 for registration etc,)

Duration: 2 day course (with 1hr lunch break. Bring a packed lunch to enjoy in the garden)

Location: The Forest Garden, Penjerrick Hill, Budock Water, Falmouth, Cornwall TR11 5ED, Free Parking on site available.

Fee: £230

Tutor: Contact Simon Miles MH Ir VA RM

To book: Places on course must be booked in advance. Contact Simon Miles on 01326 250090 or 07964 75056

The Forest Garden Falmouth, Penjerrick Hill, Budock Water, Falmouth, TR11 5ED

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