

Introduction to Herbcraft

with Melanie Cardwell



17th April 2011

10am—4pm

The Grail Centre, Glastonbury
www.witchcraftshop.co.uk

'Working with Nature through the Seasons'

Subjects covered include:

- Fundamental Principles of Well-Being
- Basic Natural Healing Techniques
- Creating a Herbal Kitchen Pharmacy
- Making your own Herbal Preparations
 - Plant Identification Walk

A unique opportunity to explore the ancient art of Herbcraft, in the heart of Avalon. We begin with the basics needed to understand how your body works and how best to create wellness. You will 'meet' wild medicinal plants and discover how Nature can provide free natural remedies on your doorstep; we'll explore herbs in your kitchen for first aid and learn simple and effective 'home-made' recipes to keep you and your family healthy and happy!

Whether you have a basic knowledge of plants, or a simple curiosity ... join us to re-discover ways you can utilize Nature's gifts in today's modern world.

*Spaces limited ...
Book early to avoid
disappointment*

Includes herb tea and handouts.

£80 + VAT

To book:

www.witchcraftshop.co.uk
01458 835111



www.herbcraft.info



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