

Spring Experiential Herbcraft

with Melanie Cardwell



11th—13th March 2011

Othona Community,
Bradwell-on-Sea, Essex
www.bos.othona.org

'Working with Nature through the Seasons'

Subjects covered include:

- Creating a Herbal Kitchen Pharmacy
 - Plant Identification Walks
- Learn the Secrets of De-toxing for Health
- Making Herbal Preparations focused on Springtime ailments

Come and join us at springtime for 'hands-on' practical Herbcraft on the peaceful Essex coast. Founded in 1946, the Othona Community was originally established at the site of a Roman fort, overlooking the sea, and is an ideal venue for exploring Nature's wilderness. You will create a kitchen pharmacy, learn the importance of cleansing for health, make herbal 'lotions & potions' which you take home, and discover many edible and medicinal plants to relieve allergies and other seasonal problems. Experience community living in eco-friendly surroundings with comfortable dormitory-style accommodation, delicious vegetarian meals to tickle your taste-buds ...

and make some new herbal friends along the way!

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

Includes accommodation, six delicious
vegetarian meals, and tuition.

£175.00

*Payment terms available
Contact us for further details*



www.herbcraft.info



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www.naturespharmacy.org.uk