



**The Reiki Center**  
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## **Foundations of Western Herbalism** **18 Month Intensive on Herbal Medicine**

With Lily Kunning, Community Herbalist  
Beginning, Monday, March 26 from 7-9p

Cost \$1500 (plus textbook and misc supplies now and again)

Want to treat family and friends? Have a chronic issue you want to manage naturally? Start making herbal products to sell? This is the class for you!

Meet with Lily and a cohort of like-minded people once a month (for 18 months) and learn the foundations of being a community herbalist.

The textbook is Medical Herbalism by David Hoffman and the curricula will cover:

- Theories of healing and the body
- Systems of the body
- Health conditions and their symptoms
- Herbal classification and actions in the body
- Cultivation and wildcrafting
- Harvesting and processing
- Medicine making
- Materia medica (learning about individual plants)

And an introduction to other overlapping systems of healing: TCM, Ayurveda, aromatherapy, homeopathy, flower essences.

Class meets the 4th Monday of each month starting March 26, 2018.

Class is a non-refundable \$1500 and deposits are necessary to secure your place (as only 20 students will be accepted). Payment plans are available directly from Lily.

Learn more about this class at: [lilykunning.com/learn-herbalism](http://lilykunning.com/learn-herbalism)