

INTRODUCTION TO HERBAL MEDICINE

with herbalist Aja Blanc
MARCH 3, 2-5pm



Learn how to make simple herbal remedies for everyday ailments, from colds and coughs to bruises and sprains - often using medicinal herbs found right in your kitchen cupboard! Herbal medicine is simple, safe and effective for promoting health and well-being through remedies grown straight from the earth. This is a hands-on workshop ; participants will make medicinal teas, balms and compresses, and more, as well as create an at home herbal first aid kit.

\$25 pre-reg by Feb 28, \$30 after.

Call 508-379-4525

YOGA AT THE ASHRAM

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