

Be Your Own Herbalist - Beginners Course

With Mark Jack BSc(Hons) MNIMH - Medical Herbalist



Join us for 5 summer evenings of practical herbalism and learn how to use herbs safely and effectively for supporting your well-being and treating common ailments. We will cover accessing the herbs you need (growing, buying and foraging), making herbal remedies (e.g. creams, tinctures, infusions etc.), the medicinal actions of over 20 herbs and how to use them in your life. You'll also receive a herbal medicine handbook containing all the herbs, recipes and treatments covered in the course as well as samples of the herbal remedies made on the course.

DATES: Tuesday Evenings (7-9:30pm) : 9th, 16th & 23rd June, 7th & 14th July 2015.

COST: £75 (early bird fee) if booked by 4th May 2015, otherwise £95.

INFO & BOOKING: Contact Mark on 07411 281165 / mark@markjack.co.uk
or visit <http://markjack.co.uk/events> for more information.

