



gestaltcentrewales

CHEPSTOW  
**THERAPY**  
**Tr**OOMS  
at Gestalt Centre Wales

## A Day in the Herb Garden

With Mark Jack BSc(Hons) MNIMH - Medical Herbalist



A practical workshop learning about some of the most useful medicinal herbs to grow, how to grow them, harvest them, turn them into remedies and use them safely and effectively in your life. You do not need to be green fingered to grow medicinal plants (they are quite forgiving!) and you can soon have such a valuable resource close to hand. On the workshop you'll receive a handbook containing all the plants, recipes and treatments covered on the day to help you take what you learn home with you and you'll also take away a herbal remedy made on the day.

DATE: Saturday 18<sup>th</sup> July 2015 10am – 4:30pm.

COST: £38 (early bird fee) if booked by 1st June 2015, otherwise £48.

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

