

Herbs for Contraception

Tuesday, October 17 at 7pm

On zoom. Cost: \$15.00

Let's talk about how to use herbs to control your fertility. We will talk about the challenges and the benefits and you can ask me whatever you are needing to ask.

Awakening Ancestors

Tuesday, October 24 at 7pm.

On zoom. Cost: \$15.00

Join me to explore how plants and intention can help us understand the lives of our ancestors and heal transgenerational trauma.

The Nuance of Herbal Medicine: Bitter Pungent Herbs

Tuesday, November 28 at 7pm

On zoom Cost: \$15.00

Bitter pungent herbs offer useful winter time medicine for chest colds, bronchitis, even pneumonia. They are also good to move a sluggish digestion along. Just to name two of the ways herbalists use them. But how do you decide which bitter pungent herb to use. This evening we will explore the different medicine Elecampane, Sweet Flag, Angelica and Rosemary carries even though they are all classed as bitter/pungent herbs.

Dreaming Your Medicine

Tuesday, December 19 at 7pm

On zoom Cost: \$15.00

May your dreams bring you medicine on the longest nights of the year. Herbalist from all traditions have used dreams to seek and understand a plant's medicine or a patient's health. Let's spend an evening talking about the medicine in dreams.

To register for any of these workshops, please reach out to me through email: abrah.arneson@gmail.com