

Classes & Education

Don't see a topic you're interested in? Grab three or more friends and call us to develop a **custom class, or create a bath/body product blending or "foodie" experience** just for you!

September 2018

DIY: Lacto-Fermentation 101, Thursday, September 13th

6:00 p.m. to 8:00 p.m.

Ready to move beyond sauerkraut and try some different kinds of fermented foods? Lacto-fermentation is an easy and delicious way to increase your nutrition as well as populate your digestive system with healthy bacteria. Join us for an informative, **hands-on class** where you will experiment with several recipes. We are hearing more about the benefits of a healthy gut, and the relationship between gut health and our overall physical, mental and emotional well-being.

What you receive: Participants will leave with class handouts, recipes, and a ferment to take home.

Instructor: Heather Herdman, Clinical Herbalist Co-Owner, Sweet Willow Naturals; Dana Schlies, Certified Herbalist

Cost: \$35 (includes supplies and materials)

Class size: 8

Herbal Intensive, Thursday, September 20th

6:00 p.m. to 8:00 p.m.

We will be studying a variety of herbal allies over the next year, spending time learning about different types of herbs, their properties, and uses. Each class, we will sample some different herbal concoctions, share recipes, and discuss how to integrate these herbs into our lives. The classes will run throughout the year, and content will build over time. But, if you cannot come to one class, no worries - just pick up at the next one!

What you receive: We share information on different herbs, and provide class notes from all participants.

Instructor: Lynn Green, Master Herbalist and Co-Owner, Sweet Willow Naturals, Master Herbalist; Dana Schlies, Certified Herbalist; Heather Herdman, Clinical Herbalist and Co-Owner, Sweet Willow Naturals

Cost: \$25 per class (Includes supplies and handouts)

Class Size: 10

OCTOBER 2018

Herbal Foods, Wednesday, October 17th

6:00 p.m. to 8:00 p.m.

Herbs don't have to be teas and tinctures only – they are foods, and they are fabulous! Do you ever wonder what you can do with your herbal bounty or those yummy looking fresh herbs you see in the grocery store? We will share a variety of edibles, and cook up some fun dishes. *Come hungry* to this class, because you will eat your way through it! You'll also leave with some delicious treats, lots of recipes, and plenty of new ideas on how to enjoy the benefits of herbs without a capsule!

What you receive: wonderful recipes, samples of foods

Instructor: Heather Herdman, Clinical Herbalist, Co-Owner, Sweet Willow Naturals

Cost: \$35 (includes supplies and handouts)

Class Size: 8

Herbal Intensive, Thursday, October 18th

6:00 p.m. to 8:00 p.m.

We will be studying a variety of herbal allies over the next year, spending time learning about different types of herbs, their properties, and uses. Each class, we will sample some different herbal concoctions, share recipes, and discuss how to

integrate these herbs into our lives. The classes will run throughout the year, and content will build over time. But, if you cannot come to one class, no worries - just pick up at the next one!

Instructor: Lynn Green, Master Herbalist and Co-Owner, Sweet Willow Naturals, Master Herbalist; Dana Schlies, Certified Herbalist; Heather Herdman, Clinical Herbalist and Co-Owner, Sweet Willow Naturals

Cost: \$25 per class (Includes supplies and handouts)

Class Size: 10

NOVEMBER 2018

Create an Herbal First Aid Kit, Thursday, November 1

6:00 p.m. to 8:00 p.m.

It's a good idea to think about what you might need for a first aid kit...before you need a first aid kit! We will put together a variety of items that no home should be without. We will discuss and create some wound powders, basic salves, tinctures and other methods for keeping those "I need it now" types of herbal products readily available – at home, in your car, or in your backpack! While we are blending the products, we will talk about the herbal ingredients, benefits and uses.

What you receive: A selection of recipes, and products needed for a variety of basic first aid needs, which you will learn to make for yourselves.

Instructor: Lynn Green, Master Herbalist and Co-Owner Sweet Willow Naturals; Heather Herdman, Clinical Herbalist and Co-Owner, Sweet Willow Naturals; Dana Schlies, Certified Herbalist

Cost: \$45 (Includes all kit supplies and handouts)

Class Size: 8

Herbal Intensive, Thursday, November 8th

6:00 p.m. to 8:00 p.m.

We will be studying a variety of herbal allies over the next year, spending time learning about different types of herbs, their properties, and uses. Each class, we will sample some different herbal concoctions, share recipes, and discuss how to integrate these herbs into our lives. The classes will run throughout the year, and content will build over time. But, if you cannot come to one class, no worries - just pick up at the next one!

Instructor: Lynn Green, Master Herbalist and Co-Owner, Sweet Willow Naturals, Master Herbalist; Dana Schlies, Certified Herbalist; Heather Herdman, Clinical Herbalist and Co-Owner, Sweet Willow Naturals

Cost: \$25 per class (Includes supplies and handouts)

Class Size: 10

DIY: Creating Custom Gifts, Saturday, November 17th

11:00 a.m. to 1:00 p.m.

There's nothing better than taking the time to create a custom product for friends and family. We will share some easy to customize recipes for perfumes, oils, lotions, and bath salts and let you create in our space! For the culinary minded, we have some recommendations for spice blends, herbal finishing salts, and ferments that are sure to spice up a holiday gift exchange!

Instructor: T. Heather Herdman, Clinical Aromatherapist, Co-Owner, Sweet Willow Naturals

Cost: \$35 (includes supplies and handouts)

Class size: 10

December 2018

Herbal Treats & Sweets, Monday, December 10th

6:00 p.m. to 8:00 p.m.

What better way to enjoy yourself this holiday season than with several delicious herbal treats! Not only will they satisfy your sweet tooth, but provide abundant benefits for your health to boot. Join us to create and taste several confections. Participants will leave with class handouts and recipes.

Instructor: Lynn Green, Co-Owner Sweet Willow Naturals, Master Herbalist, Dana Schlies, Certified Herbalist

Cost: \$35 (includes supplies and handouts)

Class size: 8

Herbal Intensive: SPECIAL DIY CLASS, Thursday, December 13th

6:00 p.m. to 8:00 p.m.

We have been studying a variety of herbal allies over the next year, spending time learning about different types of herbs, their properties, and uses. In this class, we will put some of our knowledge to the test to create some lovely gift items for those lucky folks on your gift exchange list!

Instructor: Lynn Green, Master Herbalist and Co-Owner, Sweet Willow Naturals, Master Herbalist; Dana Schlies, Certified Herbalist; Heather Herdman, Clinical Herbalist and Co-Owner, Sweet Willow Naturals

Cost: \$25 per class (Includes supplies and handouts)

Class Size: 10