

# Foundations Schedule 2009 – 2010

## Sept 15

am Welcome, Opening Circle, Curriculum, Projects  
pm History, Garden, Apothecary  
*Assignment:* Intention for the year, Read - Intro Section pp 6 -11,  
Metal Element, Lungs pp 176 - 187

## Sept 22

am. Metal Element –Lungs & Large Intestine  
pm. Equinox Ceremony – Perelandra Land Clearing Process  
*Assignment:* Review, Actions, Materia Medica for Metal

## Sept 29

Field Trip to Twin Oaks Garden with Hildegard  
*Assignment:* Read pp19 - 36

## Oct 6

am. Actions of Herbs, Tea Formulation  
pm. Garden Thyme – Transplant Goldenseal, Ginger and Bloodroot  
*Assignment:* ID and write up 3 plants in your yard

## Oct 13

am Garden Thyme with focus on Respiratory System  
pm Tea formulation, Syrups  
*Assignment:* Continue research on 3 backyard medicines

## Oct 20

Field Trip to Ivy Creek Natural Area/ Buhner Work  
*Assignment:* Project Status

## Oct 27

am Root medicine and Vitex Harvest  
pm tincture making and processing harvest  
*Assignment:* Celebrate Hallomas

**Nov 3**

Fermentation with Suzanna Stone

Kombucha, Tez, Fermented veggies and more

*Assignment:* [www.westonaprice.org](http://www.westonaprice.org) and look up info on fermentation

**Nov 10**

am Earth Element - Stomach/Spleen/Digestion

pm Materia Medica Bitters Bar & Cordials

*Assignment:* Study Earth Element and Digestive System, pp 188 - 201

**Nov 17**

am Earth continued

pm Condiments

*Assignment:* Assess your digestion and make a tea or tincture to support yourself

**Nov 24**

Thanksgiving Holiday – NO CLASS

**Dec 1**

am Immune & Lymphatic System

pm Materia Medica & Formulas for Colds and Flus

*Assignment:* Read Water Element - Kidney & Bladder pp. 240 - 242

**Dec 8**

am Water Element Kidney & Bladder

pm Mayan ritual of Spiritual Bathing

*Assignment:* Research adaptogenic Herbs – pick one and present it 12/15

**Dec 15**

am Adaptogen presentations

pm Broths and Pastes

*Assignment:* Read about Winter Solstice

**Dec 22 Solstice Celebration and Feast**

# 2010

## Jan 5, 12, 19

Reiki I

*Assignment:* Practice Giving Reiki

## Jan 26

am Fire Element - Cardiovascular system

pm Heartful Foods

*Assignment:* Read Circulatory System pp168 - 174

## Feb 2

Heart as the Organ of Perception

*Assignment:* Practice the Exercise learned today

## Feb 9

Botanica Erotica with Vixen Mistress Herbalist Teresa Boardwine

*Assignment:* Prepare a feast for your self or beloved

## Feb 16

am Nervous System

pm Materia Medica & Formulas

*Assignment:* Work up an herbal protocol for someone in your circle that needs support with their nervous system

## Feb 23

am Chakra system and Meditations

pm Endocrine System

*Assignment:* Practice Chakra meditation once/day

## Mar 2

Field Trip Medicine of Silence

*Assignment:* read wood Element and liver/gallbladder info

## Mar 9

am Wood Element Liver & Gall Bladder

pm Materia Medica 7 Formulas

*Assignment:* Organize Notes

**Mar 16**

am Plant Journey & Materia Medica Review  
pm Spring Equinox Ceremony  
*Assignment:* Have project half way completed

**Mar 23**

Field Trip to Forest Green Farm – Seed saving and planting

**Mar 30**

am Children's Health  
pm Elder's health  
*Assignment:* Make a formula for one elder and one child in your circle/family

**April 6 Spring Break NO CLASS****Apr 13**

am Vibrational Medicine, Homeopathy  
pm Make a Flower Essence & Gem Elixir  
*Assignment:* Study Reproductive System, pp 230 - 239

**Apr 20**

am Women's Reproductive System/Kidney Yin  
pm Formulas & Materia Medica  
*Assignment:* Journey to a plant

**Apr 27**

Field Trip to White Oak Canyon  
*Assignment:* look up uses of ten plants met at White Oak

**May 4**

am Men's Health  
pm Garden thyme & Review plants met week before  
*Assignment:* Project

**May 11 Final Projects and Closing Feast**