

Weekend Foundations Schedule 2009

March 14 - 15

Morning Late am Lunch Afternoon Late pm Dinner Evening

Saturday	Welcome Orientation	Her Story of Herbalism		Garden – Intro to Permaculture Spring Plant ID	Actions of Herbs		Joel Salatin lecture on Future of Farming
Sunday	Five Seasons & Flavors	The Art of Tea, Infusions & Decoctions		Energetic Land Clearing & Intention Circle	Safe Travels		

Home assignments; _____

Reminders; _____

April 18 – 19

Morning Late am Lunch Afternoon Late pm Dinner Evening

Saturday	Digestive System	Materia Medica		Garden & Plant ID	Plant Journey		Fermented Foods with Suzanna Stone
Sunday	Tincture making and medicated oils			Condiments	Safe Travels		

Home assignments: _____

Reminders; _____

May 23-24

Morning Late am Lunch Afternoon Late pm Dinner Evening

Saturday	Nervous System	Materia Medica		Woodland Walk & Wild Foods Extravaganza At Shannon Farm & Field Trip to Edible Landscapes		
	First Aid	Botany		Making Salves		

Home assignments: _____

Reminders: _____

June 20 -21

Morning Late am Lunch Afternoon Late pm Dinner Evening

Saturday	Farm Ramble to Ginseng and Goldenseal Woodlands			Harvest Techniques for roots & barks	Solstice Cook out & Bluegrass party	
	Men's Health	Materia Medica		Early Departure –Safe Travels		

Home assignments: _____

Reminders: _____

July 18 - 19

Morning Late am Lunch Afternoon Late pm Dinner Evening

Saturday	Fire Element Cardiovascular System	Materia Medica		Plant Journey	Healthy Oils		Evening Garden
	Endocrine System & the Chakras			Materia Medica for Thyroid and Diabetes			

Home assignments _____

Reminders: _____

August 15 - 16

Morning Late am Lunch Afternoon Late pm Dinner Evening

Saturday	Ayurvedic Doshas and Medicine			Sweet and Sour Making herbal Honey and Vinegars			Preview to Clinic & Clinic Intakes
	Immune system	Materia Medica		Mushrooms/Garden			

Home assignments; _____

Reminders: _____

September 19 - 20

Morning Late am Lunch Afternoon Late pm Dinner Evening

Saturday	Metal Lungs/Large Intestine	Cleansing Diets		Garden & Materia Medica	Plant Journey		Fall Equinox Celebration
Sunday	Children's Health & Glycerites With Heather Umberger			Steam Baths & Syrups			

Home assignments; _____

Reminders: _____

October 17 – 18

Morning Late am Lunch Afternoon Late pm Dinner Evening

Saturday	Women's Health			Materia Medica	Botanica Erotica		
Sunday	Menopause	Foods for Women		Back to Our Roots (Root Medicine)			

Home assignments: _____

Reminders: _____

November 14 -15

Morning Late am Lunch Afternoon Late pm Dinner Evening

Saturday	Water Kidney/Bladder	Materia Medica		Broths & Stocks		Closing Ceremony & Celebration
Sunday	Project Presentations			The Merriest of Partings		

Homework; _____

Reminders: _____