

Sacred Journey Healing Arts, LLC, proudly presents . . .

# Herbal Medicine Making 101: Three-part Series

with

*Cynthia Thomas, Herbalist*

Thursdays: January 26, February 9, February 23

6:30 p.m. – 9:30 p.m.

2223 East 35<sup>th</sup> St, Suite #1 Minneapolis

## Part I: Introduction to Medicine Making Essentials - January 26, 6:30pm–9:30pm

Learn the essentials of what you need to know to begin making medicine from plants. This will be an introduction to the basic concepts and types of herbal preparations, herb selection, quality, and preservation, as well as the primary uses of ten beloved herbs. Our hands-on portion will be dedicated to water based preparations: infusions, decoctions, and syrups; tea tasting, and blending herbs for tea, including an immune syrup to bring home with you.

## Part II: Medicinal Oils, Salves and Lotions - February 9, 6:30pm–9:30pm

This class will explore the valuable realm of medicinal oils for external use, and the creation of salves and lotions. This class will be very hands-on, preparing medicines as part of a team. You will learn which herbs and oils are the most helpful in this form, and when to use them, and a few trade “secrets”. Everyone will take home samples of what they make.

## Part III: All About Tinctures - February 23, 6:30pm–9:30pm

Alcohol has been used to extract and preserve herbal medicines for thousands of years. In part II we will explore the realm of tincturing with alcohol, for longevity, ease of administration, and to coax out the compounds of our choosing. A few alternative menstruums to alcohol, such as glycerine and vinegar will be covered. We will compare methods including folk, traditional scientific, and percolation, compare fresh vs. dried herbs, strength of alcohol, and how to determine concentration (the herb to menstruum ratio)...and why! Each participant will bring home a tincture they make.

## REGISTRATION & COST:

- \$45 per class per person, \$120 for the all three classes (save \$15)
- Registration form on reverse

## CONTACT:

- **Cynthia Thomas:** [cynthia@sacredjourneyhealingarts.com](mailto:cynthia@sacredjourneyhealingarts.com) or 612.991-2717

*"I have been blessed with many teachers from diverse backgrounds, all of whom have helped to instill a deep respect for nature and faith in our collective power to heal." — Cynthia Thomas*

**Cynthia Thomas** is a practicing herbalist, educator, massage therapist and doula serving the Twin Cities area. She has been working with medicinal herbs for over 20 years, studying Western European and Native American traditions, and has a B.S. in Herbal Sciences from Bastyr University. Through Sacred Journey Healing Arts, she treats each person as a whole, helping to restore balance of the body, mind and spirit. In herbal consultations Cynthia takes a thorough health history, assessing diet and lifestyle, and uses a holistic approach to incorporate herbs into a personalized health protocol. Her bodywork is grounded in traditional Swedish massage, Myofascial Release and Bodywork for the Childbearing Year®. Her work as a doula is family centered, offering labor support and helping families create a loving, safe environment in which to give birth. Cynthia teaches classes in herbal medicine throughout the Twin Cities.



Sacred Journey Healing Arts, LLC, is proud to present this opportunity for in-depth study.

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**When:**           Thursdays: January 26, February 9, February 23; 6:30pm–9:30pm

**Where:**           2223 East 35<sup>th</sup> St, Suite #1, Minneapolis, MN

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**REGISTRATION**

*Name:*           -----

*Address:*       -----

*Email:*           -----

*Phone:*          -----

**Complete *Herbal Medicine Making 101* Series, \$120**

*OR*

**Part I: Intro to Medicine Making Essentials - January 26, 6:30–9:30pm, \$45**

**Part II: Medicinal Oils, Salves and Lotions - February 9, 6:30–9:30pm, \$45**

**Part III: All About Tinctures - February 23, 6:30–9:30pm, \$45**

\$ \_\_\_\_\_ **Total**

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Make checks payable to:

Cynthia Thomas

Send registration to:

Sacred Journey Healing Arts

2223 East 35<sup>th</sup> St, Suite #1

Minneapolis, MN 55407