



# **FORGOTTEN PRACTICES**

## **HEALING WITH PLANTS AND ENERGY**

### **FRIDAY**

**3:00 – 5:00** Arrival, check-in, chat with Darren, Patricia, and Susan in small groups or one-on-one

**6:00 = 7:00** **Dinner**

**7:30 – 8:30** The Meaning of “Working With”

### **SATURDAY,**

**8:00 – 9:00** Breakfast

**9:15 – 9:45** Guided Imager or Plant Walk

**10: 00 – Noon: PLANTS**

What is Plant Medicine?

Body Systems Plant Medicine can Work With

Working with Three Plants and a Specific Body System

**12:30 – 1:30** **Lunch**

**2:00 – 4:30** **ENERGY**

How energy effects healing

Sensing energy: Stones, colors, and auras... what are they telling us?

**4:45 – 5:30** Free Time/Swim at lake, weather permitting

**6:00 = 7:00** **Dinner**

**7:15** Surprise Special Class/Event

### **SUNDAY**

**8:00 – 9:00** **Breakfast**

**9:15 – 9:45** Guided Imager or Plant Walk



# **FORGOTTEN PRACTICES**

## **HEALING WITH PLANTS AND ENERGY**

### **10: 00 – Noon: PLANTS**

Understanding Plant Terminology, Part One

Practicing Working with Five Plants: properties, making medicine, testing

### **12:30 – 1:30 Lunch**

### **2:00 – 4:30 ENERGY**

Clearing energy from self, personal space, another person, and tools:

Changing/Reading energy with hands, pendulum, and imagery

### **4:45 – 5:30 Free Time/Swim at lake, weather permitting**

### **6:00 = 7:00 Dinner**

### **7:15 Surprise Special Class/Event**

## **MONDAY**

### **8:00 – 9:00 Breakfast**

### **9:15 – 9:45 Guided Imager or Plant Walk**

### **10: 00 – Noon: PLANTS**

Understanding Plant Terminology, Part Two

Practicing Working with Five Plants: properties, making medicine, testing

### **12:30 – 1:30 Lunch**

### **2:00 – 4:30 ENERGY**

Practicing techniques to recognize what needs healing

Using Stones and Colors to heal



# **FORGOTTEN PRACTICES**

## **HEALING WITH PLANTS AND ENERGY**

Using the energy of love for healing

**4:45 – 5:30** Free Time/Swim at lake, weather permitting

**6:00 = 7:00** **Dinner**

**7:15** Surprise Special Class/Event

### **TUESDAY**

**8:00 – 9:00** Breakfast

**9:15 – 9:45** Guided Imager or Plant Walk

**10: 00 – Noon: PLANTS**

Botany 101

Identifying, growing, harvesting, and preparing your own plant medicine

Oils and poultices

**12:30 – 1:30** **Lunch**

**2:00 – 4:30** **ENERGY**

Using Three Healing practices

**4:45 – 5:30** Free Time/Swim at lake, weather permitting

**6:00 = 7:00** **Dinner**

**7:15** Surprise Special Class/Event

### **WEDNESDAY**

**8:00 – 9:00** Breakfast

**9:15 – 9:45** Check out of Rooms



# **FORGOTTEN PRACTICES**

## **HEALING WITH PLANTS AND ENERGY**

**10:00 – Noon: PLANTS**

Basics of Aromatherapy (oils)

Sensing what works best for you

**12:30 – 1:30    Lunch**

**2:00 – 3:00    Closing**