

Summer Experiential Herbcraft

with Melanie Cardwell, *MHNI, RMANM*,



1st—3rd July 2011

Primrose Cottage Farm,
Sawbridgeworth, Hertfordshire
www.future-living.co.uk

'Working with Nature through the Seasons'

Subjects covered include:

- Herbal First Aid
- Look after your Heart & Kidneys
- Plant Foraging & Identification Walks
- Learn the Secrets of Raw Food for Health
- Making Herbal Preparations focused on Summer ailments

Come and join us this summer for 'hands-on' practical Herbcraft in the Hertfordshire countryside. Described as a "tranquil oasis", Primrose Cottage (Retreat Centre and Organic Farm) unfolds into a beautiful rural 7.5 acre landscape, and is a magical place that must be seen to be truly appreciated. You will explore herbal First Aid from your kitchen, discover and taste delicious raw food for optimum health, make herbal 'lotions & potions' to take home, and forage for many edible & medicinal plants to support the heart and urinary system. Experience community living in eco-friendly surroundings, with comfortable accommodation, delicious food to tickle your taste-buds, discover your 'inner fire' with dance ... and even make some new herbal friends along the way!

*Spaces limited ...
Book early to avoid
disappointment*

**Includes accommodation, six delicious
raw vegan meals, and tuition.**

£175.00

*Payment terms available
Contact us for further details*



www.herbcraft.info



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