



Paradise Permaculture Institute

Herbal Preparations Workshop

With Herbalists
Angela Segraves & Rachelle Sinnard



Saturday, March 9th, 2019
10-1pm • \$25 + materials (\$5)

Warming Herbal Teas. Immune Building Syrups. Energizing Products to take home!

Here is a way to remedy common ailments with herbal medicine-making in the home kitchen! In this class, you will be introduced to the many ways you can make herbal medicine. From tinctures to salves to syrups, we will discuss the process and benefits of each method.

You will have the opportunity to make your own product, going home with your very own homemade tea and immune building syrup.

Angela Segraves and Rachelle Sinnard are local herbalists who love helping others learn about the magic and beauty of the plants around us. Both ladies are trained herbalists and aromatherapists and spend as much time outdoors with healing plants as possible! ***Their goal is to encourage others to learn how the plants around them can provide support for moving towards vibrant health.***

Directions to Livingston workshop location provided upon registration.
Register online www.paradisepermaculture.org or call 222-9999

Paradise Permaculture Institute • PO Box 1056 • Livingston, MT 59047
We demonstrate how to work with nature to co-create abundant foodscapes and sacred spaces.