

## Application Form: 1<sup>st</sup> Year Herbal Apprenticeship Circle

# Herbal Apprenticeship Circle: 2024-2025 Information!

*Recognized as the oldest system of healing on the planet, herbal medicine traces its roots back to the earliest civilizations. Today, herbalism continues to flourish as a people's healing art. Even with the amazing technological advances of conventional medicine, herbalism — the art and science of healing with plants — is still widely popular. And its popularity is gaining, not waning. According to the World Health Organization, 80 percent of the world's population used some form of traditional medicine in 2008, and its rate of affordability, availability and accessibility is surging. --from Mother Earth News*

**The 2024-2025 Herbal Apprenticeship Circle will be taking applications for enrollment beginning in February 2024.**

Apprenticeship workshop days are scheduled to begin in March 2024.



*Herbal tinctures and honey*

Come and learn the ancient art of Herbal Medicine, based on the Wise Woman Tradition. This **Herbal Apprenticeship Circle** is a hands-on, out-in-the-field, up-close-and-personal relationship with our green plant herbal allies. The plants are our teachers, and they will share their wisdom when we approach them with mindfulness and an open heart.

## What is an Herbal Apprenticeship?

An apprenticeship is a 'hands-on' way of passing down knowledge from the experienced to the new. Historically, this is how herbalists were trained.

Consider our **Herbal Apprenticeship Circle** if you:

- are called to work with medicinal botanicals
- feel the pull to connect with our herbal allies on a deeper level
- yearn to learn the benefits of the plant world around us
- seek to expand your innate stewardship of our beautiful blue-green earth
- endeavor to make your own herbal plant medicine

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## Commitment

This is a limited enrollment opportunity, year by year, in a 2-year program. The **revised minimum commitment** is one year at a time, broken down into three 3-month increments (quarter/season).

Each class builds on the previous one, so your **Herbal Apprenticeship** commitment requires consistent attendance on the workshop days, dedication to practicing at home, participating in the monthly conference calls, **and actively attending the full scope of classes each year.**

Working together with our green plant herbal allies, we create a mutually supportive community, *so please be mindful of your circle-mates and responsible in your commitment to attend.*

2024: Dates: Mar 23, Apr 20, May 4, Jun 22, Jul 20, Aug 17, Sep 14, Oct 19, Nov 16

2025: Dates: TBD by January 31, 2025. Classes run March through November

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## Curriculum

This six-trimester **2024-2025 Herbal Apprenticeship** includes the following topics: basic principles in herbal and alternative healing; introduction to the Wise Woman Tradition of herbal medicine, western herbal medicine, Traditional Chinese Medicine and Ayurveda, including facial, tongue and pulse diagnostics; extensive plant identifying and harvesting; in-depth study of the healing properties of approximately 100+ medicinal botanicals; traditional and ethno-botanical history of herbal medicine, definitions and terminology; introduction to formulas; introduction to medicine making such as tinctures, vinegars and salves, fermented foods, oxymels, shrubs, tonics; the use of food and spices as kitchen medicine; and much more.



Making homemade capsules with bulk powdered organic herbs

## Quarterly Payment/Investment Information: ***Advanced Registration Required!***

This is a limited enrollment opportunity. Payment in full is expected at the beginning of each trimester, and is non-refundable.

### **Mar 23-Apr 20-May 4:**

Materials Fee: \$60 + \$240 for 3 classes. Payment due by March 15, 2024.

### **Jun 22-Jul 20-Aug 17:**

Materials Fee: \$60 + \$240 for 3 classes. Payment due by June 15, 2024.

### **Sep 14-Oct 19-Nov 16:**

Materials Fee: \$60 + \$240 for 3 classes. Payment due by Sept 10, 2024.

Payment options are cash, check or Zelle.

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## Conference Calls

Our monthly conference call helps us maintain our connection with our growing knowledge of herbal allies as well as with our circle group. We use this time to bring up questions and to share personal experiences and discoveries. It also serves to strengthen our Herbal Apprenticeship Circle community as a whole.

Conference Call Dates – 1<sup>st</sup> Wednesday of each month, 7:30-8:30PM:

Apr 3, May 1, Jun 5, Jul 3, Aug 7, Sep 4, Oct 2, Nov 6, Dec 4

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Lammas, 2003:  
Harvesting pearly  
everlasting with butterfly  
friend, Middletown, NY

**2024 Dates:** (Saturdays):

**Mar 23, Apr 20, May 4, Jun 22, Jul 20, Aug 17, Sep 14, Oct 19, Nov 16**

We will be outside, in the fields, working closely with the nature realm.  
*(Weather appropriate clothing and sturdy footwear recommended!)*

**Time:** 5 hrs (noon - 5pm)

**Location:** Vass Farmstead, Hardwick, NJ;

**Investment:** Refer to Payment Options on page 2

Apprenticeship Circle is limited to twelve(12) students.

**\*\*Please contact Donna by email for an application to register\*\***

or with any questions: [donna@willowmoonherbals.com](mailto:donna@willowmoonherbals.com).

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*Note: Any remedies or information discussed in these workshops are from historical references and used for teaching and educational purposes only. The contents are not meant to diagnose, treat, prescribe, cure or substitute consultation with a licensed health-care professional. This information has not been evaluated by the Food and Drug Administration.*

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Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Best time for a chat? Days/Time: \_\_\_\_\_

Email: \_\_\_\_\_ Cell phone for text: \_\_\_\_\_

How did you hear about this Apprenticeship? \_\_\_\_\_

Why do you have an interest in this Herbal Apprenticeship? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Do you have any previous herbal training? Are you self-taught? Have you studied with another herbalist? Please explain:

\_\_\_\_\_

\_\_\_\_\_

Are there any obstacles or commitments that might impede your full participation in this Herbal Apprenticeship Circle?

\_\_\_\_\_

\_\_\_\_\_

Please share about yourself and your interest in medicinal and wild botanicals: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Classes are run one trimester/season at a time (Mar/Apr/May, Jun/Jul/Aug, Sep/Oct/Nov) and are to be paid at the beginning of each trimester. There are no refunds, so it is your responsibility to make up any missed classes.

*Disclaimer: Herbal information and related discussions, including making herbal products, are from historical references and used for teaching and educational purposes only. The material contents of this Apprenticeship Circle: information in handouts, sample medicinal herbs for identification, formulation of any herbal tinctures/elixirs/oxymels/syrups/master tonic, or other traditional medicinal healing method or modality discussed in classes are not meant to diagnose, treat, prescribe, cure, or substitute consultation with a licensed health care professional. If a condition persists, please contact your health care provider. Always consult your health care provider before using any herbal tinctures, elixirs, or oxymels that contain alcohol, vegetable glycerin, vinegar or any other constituent to which you may have an allergic reaction. This information has not been evaluated by the Food and Drug Administration. By signing this application form, and if accepted into this Herbal Apprenticeship Circle program, you agree to hold harmless Donna Reynolds, Willow Moon Herbs, LLC, Vass Farmstead, Hardwick Township Historical Society, and NJ DEP from any liability, real or perceived.*

Signature that you understand the above, and wish to apply: \_\_\_\_\_

Printed Name: \_\_\_\_\_ Date: \_\_\_\_\_

1<sup>st</sup> Trimester Payment due upon Acceptance into the program: \$300 (\$60 + \$240 for 3 classes) due by March 15, 2024.

Payment options are cash, check or Zelle.