

Herbal Medicine and Nature Wisdom

Endocrine, Lyme & Cancer

Retreat in Rural France

with
Kate Gilday and Julia Graves
July 18 – July 26, 2012



Herbal Education for a Lifetime

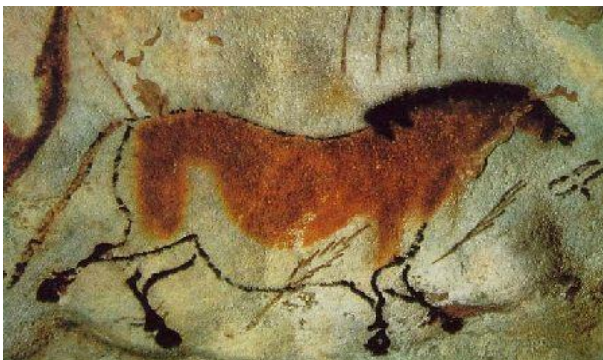
Join two of the exceptional practicing herbalists of today for a unique journey to the heart of herbalism. A rare opportunity to train with Kate Gilday and Julia Graves in a block course of 8 days, this course held in English language is based on a structured study program. This year we are teaching the last of three modules. We will study the endocrine system including all the different glands, the female and male systems (from the endocrine as well as the tissue state stand

point) with the relevant specific herbs to treat them, as well as the treatment of lyme disease, cancer, and more. Including principals of all major herbal traditions, the summer school teaches planetary herbalism. The systematic training also includes discussions and training in pulse, face and tongue diagnosis, plant study, etc. While open to beginners, the course is designed for practicing herbalists. Students who did not attend the previous modules are required to attend the 4 ½ day Intensive prior to the course to learn the necessary basics.



Plant study

Join people from all over the world at the herbal summer school set in one of the most beautiful parts of rural Europe. The course includes a visit the nearby neolithic caves in Dordogne and the surrounding prehistoric area, as well as a botanical tree garden, and the local naturopathic pharmacy. This year we are prevelidged to visit the famous cave of Font-de-Gaume, sporting 200 colour and engraved images that are 17 000 years old. The only prehistoric cave with multi-coloured images in the world still open to a limited number of visitors, this will most likely be the last year it is open to the public. We will also have an outing to the nearby medieval town of Treignac along the ancient pilgrims' route to Santiago de Compostella.



During this time, we will be guests at Peyrissaguet organic farm – a 260 year old historic farm stead with old granite build houses renovated in eco-construction and nestled on a southern hill slope with magnificent panoramic views over the surrounding land. The area is amongst Europe's least densely populated, and consists of 50% forest.



We will provide delicious and healthy food and will make a point of sampling local food specialties from the world renowned French cuisine. We also provide a wheat and dairy free alternative.



You can arrange to have a paid consultation with Kate or Julia during this time.

Participants who did not attend the course in 2010 and 2011 may join by taking a 4 1/2 day intensive prior to the course, which will cover teaching on the elements, doshas, pulse-, tongue-, and face diagnosis, pulse testing, doctrine of signature, and the Southern Blood Types and more, prerequisite for being able to follow this course.

- Herbal Education for a Lifetime -

An herbal summer school of 8 1/2 days - 1500 Euros (July 18 – 27)

Pre-course intensive *Clinical Diagnostic Skills* of 4 1/2 days – 750 Euros (July 13 - 18)

Here is what the participants had to say: *I am finding the information from the course very useful and have been using it immediately in practice. I would love to lock myself away and tidy my notes and fill in the gaps....hopefully I'll soon find the time! Attending the second year really helped me to integrate all the information of the first year on a much deeper level.*

Belinda Robertson, medical herbalist, Australia



Kate Gilday is a clinical herbalist, flower essence practitioner and creator, Ayurvedic lifestyle consultant and herbal teacher. She is the founder of *Woodland Essence Teaching Center*, a forest botanicals and flower essence company and workshop center that she guides with her husband Don Babineau. Since she has spent more time in the wilderness of the North Eastern United states than probably any other herbalist, this is a rare chance to learn about the great gynecological remedies of the woodland Indians from her direct experience. Kate is well-loved for the clarity and clinical relevance gleaned from decades of experience in her teachings. She is a member of *Collaborative Healing*, a group of local practitioners who address health care through a unique integrative network, educating the community and combining conventional medicine with expert complementary care. Kate is a creative medicine maker, having developed several lines of flower essences, as well as herbal compounds, savles, and cremes. A renowned teacher at conferences, she brings her love of the wild

places, song and healing to her teaching.



Julia Graves, master herbalist, Gestalt psychotherapist, bodyworker, and teacher. Julia first learned herbalism in childhood from her mother, and cupping, herbalism, homeopathy and anthroposophical medicine at the age of 19 from an old naturopathic doctor. She studied medicine in her native Germany, now practicing holistic medicine, integrating her diverse training background with her love for plants and nature. An expert flower essence counselor, she developed a line of lily flower essences, the *Lily Circle*, as well as a

line of flower essences to be used by Mayan Abdominal Massage practitioners, and is the author of an upcoming book on the doctrine of signatures, *The Language of Plants*. Julia is renowned for the clarity of her teaching style.



Jacquelin Guiteau, meditation teacher and healer, tour guide and translator. Jackie soaked up folk herbalism in his native Haiti where biomedical care is unaffordable for the masses and the veil to the spiritual world thin. Having worked thrice at the *Naturopathic Earth Quake Vicim Relief Clinic* set up by Julia Graves after the devastating earthquake, he will accompany the retreat, helping wherever help is needed.

Signing up requires that you send us back the application form we will send you. In the application process, we ask you to call us (after we agree on a time) for a short phone interview.

Please sign up early as the *Nature Wisdom Summer School* places are restricted and will be filled strictly on a first come, first serve basis. Please register early to ensure your place. You will need to arrange your own travels to and from Peyrissaguet. Once you are registered, you can join a google group with the other participants to make shared travel arrangements. Accommodation at the farm is simple, and women and men sleep in separate dorms. You can pitch your tent at the farm if you wish. The price includes all food except during one outing to allow participants to sample the local specialities. While at the farm, you will be able to arrange short exceptional free phone calls to the US and European Union including Switzerland with the organizer. The farm offers free wifi during one hour per day.

Payment

The course costs include the tuition fee, all meals except one during an outing, all teaching materials, and board. To ensure your place, please make a deposit of 200 **Euros**. This will insure you a place in the program's limited space. By end of March 2011, send the next 650 **Euros** to the following account, making them out to Jacquelin Guiteau. The last payment of 650 **Euros** is due in May 2011. Since sending money from abroad may cost you a lot of fees, some people prefer to transfer the total in two transfers, or all at once. However you wish to do, you are registered from the moment we receive the first 200 Euros. If you send your payments under another name, please let us know!

If you also attend the pre-course intensive, please send a deposit of 300 Euros, followed by two payments of 975 Euros in March and May.

bank account holder: Jacquelin Guiteau **name of bank:** Credit Cooperatif

address of bank: 7 cours Joudon, 87000 Limoges cedex **account number:** 41014061087

BIC: CCOPFRPPXXX

IBAN: FR76 4255 9000 4541 0140 6108 794

Please note that all payments must be made in **Euros**. In addition to the course fees, you will be asked to pay the bank fees that our bank charges for receiving your payments. These vary from country to country. You might therefore choose to pay all at once to reduce them. All fees and payments are not refundable nor transferable. The travel expenses up to and from the farm are not included. Please consider getting a travel insurance in case you need to cancel for any reason. For a cheap airfare, you might be lucky online at Cheap Tickets or similar websites.

Once you send in your deposit, you will receive a detailed information packet, including travel information details.

Further details: to be announced

For all further information, please contact Julia Graves at himalayalily@gmail.com.

Student's feedback:

The Herbal Intensive course in Peyrissaguet, France, taught by Julia Graves and Matthew Wood was an incredible course in every way. Breathtaking nature with many wild herbs provided a beautiful outdoor classroom and the newly renovated farm house made for a cozy and rustical indoor classroom. The word intensive is a bit of an understatement for describing this course, we covered an astounding amount of material in the 10 days we were there. In spite of the overwhelming amount of information, it was a fascinating course from beginning to end. Julia Graves is an exceptional teacher who shares her vast knowledge freely in a well structured and easy to comprehend manner. Her great love of nature and herbs along with her intuitive understanding of the nature and signatures of herbs make for truly inspiring lessons. Matthew Wood, who doesn't really require an introduction adds unique insights, vast clinical information and compelling anecdotes to the classes - one gets the feeling he is describing close friends as he speaks about the herbs. The combination Graves/Wood leads to complete lessons, covering all aspects of herbs, healing, diagnosing and prescribing. It is very difficult to chose a part of the course that I would deem my favorite, as the course works so well because of all of it's components. A few highlights were the doctrine of signatures, animal constitutions, pulse diagnosis, facial diagnosis, anthroposophic theory, treatment of blood and I especially liked the plant attunements. But the real highlight for me was how so many things that I had learned theoretically all came together in this course, creating a non-stop aha effect. I have never learned so much in such a short time, with such great teachers and such a fantastic group of students in such a beautiful setting. I wouldn't miss the next courses for anything in the world.

Swanie Simon is a German-American dog trainer and naturopathic doctor for animals. She raises German shepherds and owns a successful herbal pet remedy company. www.barfers.de

Peyrissaguet lent a landscape of expansive natural wonder, an ideal herbal immersion. The late Summer foliage was a resource for our daily lessons, perfectly balancing the wide breadth of the intellectual material exchanged.

Julia Graves' clinical clarity of plant medicine is complimented by her truly artistic interpretation

of botany. Her ability to simplify elaborate theory helped each student progress in the classroom, thereby retaining group unity.

Truly a planetary convergence bridging together herbal traditions and traditional medicine systems. My infinite gratitude for the profound insights and guidance!

Kelsey Barrett, Reiki practitioner and student of transpersonal psychology

Photos: Gertje Koenig, Daniel Guerrier, Swanie Simons, Peter Schell, Kelly Hoffman