

California School of HERBAL STUDIES



2012 Catalog



2012 Calendar of Classes

LONG TERM COURSES

March 12-Nov. 5	Intermediate Herbal Therapeutics	p. 9
March 20-Nov. 9	Roots of Herbalism & Foundations of Health	p. 3
March 24-Nov. 4	Hand Crafted Herbalism	p. 7
March 31-Nov. 18	Body Systems & Herbal Wellness	p. 8

SHORT TERM COURSES

April 23-June 11	Herbal Essentials (Meets 5 Monday afternoons)	
Sept.. 17-Nov. 12	Fundamentals of Chinese Medicine (Meets 5 Monday afternoons)	p. 10
Oct. 20 - Dec. 9	The Herbalist in Practice	

ONE DAY WORKSHOPS

April 14-15	Herbal Medicine Making	p. 13
May 12	Growing Medicinal Plants	
June 2	Herbal Skin Food Formulation Fundamentals	
June 3	Herbal Skin Care for the 21st Century	
June 14	History of Women Healers	
June 22-23	Seaweed as Food and Medicine (class & field trip)	
June 23	Pomo Canyon Herb Walk	
June 23-24	Herbal Energetics - A Native American Perspective	
June 29	Medicine Show and Herbal Bazaar	
August 30	Introduction to Traditional Chinese Medicine	
September 8-9	Strategies for Treating Blood Sugar Disorders	
September 22	Treating Colds and Flu from A Chinese Perspective	
October 6	Delectable Wild Edibles	
October 7	Functional Foods -Medicinal Plants in Your Kitchen	
October 10	Herbal Medicine for Digestive Disorders	
November 10	Wild Mushroom Walk	
December 1	Herbal Holiday Gift Making	



Our Campus

Located two miles west of Forestville, in beautiful Sonoma County, the California School of Herbal Studies is one of North America's oldest centers for herbal education. Founded in 1978 by Rosemary Gladstar, and led today by School Directors Rebecca Maxfield and Jason Miller, along with Program Coordinator Autumn Summers, CSHS continues in the spirit in which it was created. Our mission is to help create sustainable communities by providing Earth-centered, community based herbal education. CSHS works to empower individuals with the skills, experience and confidence needed by the community herbalist.

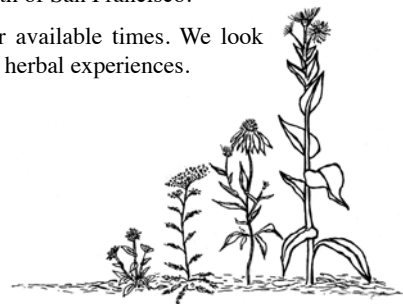
Our school teaches from the tradition of Western herbalism, using a materia medica primarily made up of North American and European herbs. Ayurvedic and Traditional Chinese Medicine perspectives and herbs are used to complement the Western tradition.

Our full time, 8 month intensive Roots of Herbalism program offers students a broad based foundation in herbal medicine. For those who can't make a full time commitment, we also offer a selection of weekend series courses and one day workshops.

Successful graduates of our intensive program acquire the knowledge they need to enter and contribute to the field of herbalism. Upon graduation, students receive certificates of completion that are highly regarded in the national herbal community.

CSHS is located on a lovely, rustic 80 acre sanctuary known as Emerald Valley. Our campus includes a classroom with an adjacent kitchen, a one-half acre garden with over 400 herb species, a medicine making building and self-guided medicine trail. Forestville is a 90 minute drive north of San Francisco.

We encourage you to visit CSHS. Contact us for available times. We look forward to meeting you and sharing friendship and herbal experiences.





ROOTS OF HERBALISM & FOUNDATIONS OF HEALTH

Eight-Month Herbal Intensive

March 20 - November 9, 2012 Tuition: \$5995 (500 hours)

Meets: Tuesday, Wednesday, Thursday, 9:30am - 3:30pm

Accepting applications for 2013 from April 10 - August 31, 2012

Core Staff includes: Karen Aguiar, Trinity Ava, Jen Bredesen, Leslie Gardner
David Hoffmann, Terri Jensen, Gail Julian, Larkin Morgan and Autumn Summers

Guest Teachers From Past Years Include:

Sarah Bearden, Tim Blakley, Rebecca Burgess, Candis Cantin Kiriajes,
Cascade Anderson Geller, Rosemary Gladstar, Jim Hall, Kathleen Harrison,
Amanda McQuade - Crawford, Pam Montgomery, Peggy Schafer, Kevin Spelman,
Tamara Wilder, Merrilee Wisewoman, Matthew Wood, 7Song, and others

This eight-month intensive follows the seasons from early spring through late autumn. The curriculum is designed to immerse the beginning or intermediate student in the world of herbalism. The special strengths of this program are rooted in its thoroughness and breadth of scope. It covers every aspect of working with herbs themselves (plant identification, wildcrafting and cultivation, drying, and medicine making), while providing a foundation of knowledge for using them as medicines (human physiology, materia medica, therapeutics and first aid).

In addition to covering this core material, the course expands to include many diverse ways of working with plants (plant illustration, cosmetics, crafts, and plant-spirit communication) as well as other approaches to healing that can complement herbalism (nutrition, aromatherapy, and standard practice medicine). Our ultimate goal is to provide a well-rounded understanding of Western herbalism designed to bring herbs back into the home and community where they have traditionally been used.

Although much of our focus is academic, students will also learn the art of herbalism directly from the plants. This knowledge is imparted to us through the heart and senses, as well as through words and ideas. To help students experience this, the course includes two five-day field camping trips to wilderness areas as well as time in the medicinal plant garden at CSHS. Students are encouraged to cultivate a grounded perception of themselves and the plants through guided meditations. Students study hard, but just as importantly they have the opportunity to immerse themselves in the plant world in wild and cultivated natural spaces. *Continued on next page.*

Roots & Foundations	Estimated Hours		
· <i>Materia Medica</i>	90 hrs	· <i>Western Constitutional Herbalism</i>	15 hrs
· <i>Therapeutic Herbalism</i>	75 hrs	· <i>Aromatherapy</i>	15 hrs
· <i>Medicine Making & Lab</i>	45 hrs	· <i>Ethnobotany</i>	10 hrs
· <i>Anatomy, Physiology & Body Systems</i>	25 hrs	· <i>Natural Cosmetics and Crafts</i>	10 hrs
· <i>Herbal Actions/Formulation</i>	40 hrs	· <i>Nutrition</i>	15 hrs
· <i>Use of Western Herbs for Tonification</i>		· <i>Plant Chemistry</i>	10 hrs
· <i>& Treatment of Acute Conditions</i>	45 hrs	· <i>Green Politics, History and Mythology</i>	5 hrs
· <i>Botany & Field Plant ID, Herb Walks</i>	50 hrs	· <i>Case Studies</i>	10 hrs
· <i>Growing Plant Medicine</i>	35 hrs	· <i>Herbal Dispensatory</i>	5 hrs



ROOTS OF HERBALISM & FOUNDATIONS OF HEALTH

THE CURRICULUM: The two semesters span the yearly cycle of the garden from new growth through root harvesting and seed saving. We begin in March as spring wildflowers and the school gardens come to life. This is the perfect time for hands-on interaction with plants and much time is spent on plant identification, wildcrafting, growing plant medicine, medicine making and herbal crafts. In the classroom, students begin their studies with body systems and herbal therapeutics, along with human physiology and materia medica. The focus is on understanding the vitality of the human body, what creates health imbalances, and how to maintain wellness in each body system. The first semester ends with “*The Medicine Show and Herbal Bazaar*”; a day when students display and share their medicines with the staff, friends, and members of the local community.

The second semester starts in July with students continuing to refine their skills in the garden, natural plant communities and the herbal lab. More intense focus is spent on herbal therapeutics. We move beyond the concept of “this herb for this disease” and teach students to support and treat each individual. We teach a model of herbalism that empowers students to employ plants creatively, in contrast to memorizing standardized procedures and formulas.

CLASS SCHEDULE: Classes are taught in two college-style semesters with a 2 - 3 week break between semesters. Class meets Tuesday, Wednesday, & Thursday from 9:30am - 3:30pm. Students spend additional time outside class studying, making medicines, wildcrafting, gardening, etc. There are two five-day field identification and wild-crafting camping trips to wilderness areas in April and August included in the curriculum.

GARDENING APPRENTICESHIP: Each year CSHS accepts a small number of students into the garden apprenticeship program. These students work closely with the staff to caretake the school gardens and buildings. Garden apprentices work from 4pm - 6pm on Wednesdays after school and Friday mornings from 9:00am - 12:00pm. This program provides an excellent opportunity to emphasize the growing and community involved aspects of herbalism. Apprentices will be selected prior to the beginning of the school year and are entitled to a \$500 tuition deduction. Total tuition \$5495. An application will automatically be sent to all students accepted into our eight-month program. This program is competitive and a personal interview is highly recommended.



CSHS Garden



ROOTS OF HERBALISM & FOUNDATIONS OF HEALTH

continued

To Apply for Admission

Applications for 2013 will be accepted between April 10, 2012 and August 31, 2012. Students will be notified by September 28, 2012 if they have been accepted into the program. We highly recommend that you apply to this program early. The Roots program generally fills up at least 6 months in advance and we take a waiting list after that.

To help us understand your goals, interests, and experience, please answer the following questions and send to **CSHS at PO Box 39, Forestville, CA 95436**. This may be printed or neatly handwritten. If you have questions, please write, call, or e-mail us, and be sure to include your address and phone number. We look forward to hearing from you!

Please answer the following questions as thoroughly as possible:

Required - A current photo. Your name, mailing address, home and work phone numbers, e-mail address, current occupation, date of birth, emergency contact and a permanent address and phone number for our records. Date and sign your name at the end of your application.

- 1. Please list all education, work experience, self-study, hobbies and passions relating to the healing arts and sciences, botany and herbalism. Include any degrees or licenses held.*
- 2. How did you become interested in herbalism?*
- 3. Is there a particular goal you are working towards that will be complemented by your herbal studies?*
- 4. How did you hear of The California School of Herbal Studies?*
- 5. Date and sign your name at the end of your application.*

Once you have sent in your application we highly recommend that you schedule a tour and interview at our campus.

DEPOSIT: To secure your place, please include a \$250 deposit. We cannot reserve you a place in the program if you do not send a deposit along with your application. **The \$250 deposit is nonrefundable upon your acceptance into the program**, and will either be applied to your tuition or refunded if you are not accepted.



ROOTS OF HERBALISM & FOUNDATIONS OF HEALTH

HOUSING: CSHS does not provide or secure housing for our students. However, we do send out a list of possible rentals in the area about 4-6 weeks before classes begin. It is strongly recommended that students check with other rental sources as well and allow themselves time to find a home. More information on housing will be sent along with acceptance packages. Additionally there is sometimes the opportunity to live on campus. Inquire if interested.

TUITION INFORMATION: Tuition is due by February 1, 2013. If cleared in advance with us, it is possible to make arrangements to finance up to 50% of your tuition. In this case, 50% is due one month before the first day of instruction and a time payment schedule will be arranged for the balance. Students must complete financial agreements in order to receive certificates. We recommend that you budget an additional \$750 for books and materials.

ACCEPTANCE STANDARDS: Applications for the 2013 class will be accepted for review until August 31, 2012. Applicants are considered for acceptance based on life experience. Students must be at least 18 years old. Prospective students are strongly encouraged to set up an appointment to visit CSHS. Our program fills up 6 months in advance.

PLACEMENT: At CSHS we emphasize the skilled use of herbalism in the home and community, and this is the perspective from which we teach. We do not seek or guarantee placement of our graduates. However, throughout the year CSHS receives notices of apprenticeship and employment opportunities, which are posted at the school. Many of our students go on to find employment in the herbal world in a variety of areas including herbal medicine making, education, and managing herbal businesses. Our students who are health care providers have successfully incorporated herbalism into their practices. Many of our graduates have gone on to form their own herbal businesses.

REFUND POLICY

1. The \$250 deposit is non-refundable upon acceptance into the program.
2. A full refund of tuition (less the \$250.00 deposit) will be paid to the student if she/he withdraws (in writing) before the first day of class.
3. If a student cancels after the classes have begun, a calculation of all allowable charges shall be made using the date that we received written notification of termination.
4. If a student withdraws from Roots of Herbalism & Foundations of Health, a refund calculation will be performed which will comply with the following:

<	10% of course completed	= 90% refund
>	10 % < 25% of course completed	= 75% refund
>	25% < 50% of course completed	= 50% refund
>	50% < 75% of course completed	= 25% refund
>	75% of course completed	= 0% refund

GRADUATION REQUIREMENTS:

1. Satisfactory completion of all assignments, including materia medica reports, medicine making, first aid kits, botany press book and more.
2. Maintain at least an 85% attendance record within each semester.
3. Attend and participate in both camping trips and medicine show.
4. Pay tuition in full.

HAND CRAFTED HERBALISM

*An introductory course focusing on herbal medicine making,
identifying, harvesting and using medicinal plants.*

Instructors: Gail Julian, Terri Jensen, Karen Aguiar,
Autumn Summers and guest teacher Trinity Ava

Class Dates: 10am - 4pm, 90 Hours, Saturday and Sunday,
One weekend a month for 9 months - March 24-25, April 21-22, May 12-13, June 9-10,
July 21-22, August 18-19, September 15-16, October 13-14 & November 3-4.
Cost: \$1395 - \$1195 (*See page 19 for information on our sliding scale pricing*)

This beginning course teaches the skills necessary to become confident in basic herbal practices. Our time together will be shared between the classroom, garden, and lab, learning how make and use a wide variety of herbs and herbal preparations. Learn how to identify and gather medicinal plants during garden walks and the off-site seaweed harvest and coast excursion. At the end of the course, students will have the beginnings of an herbal medicine chest as well as the knowledge to expand it on their own. The curriculum will focus on the following areas:

Medicine Making: Correct methods for drying and storing herbs, as well as hands-on classes in preparing tinctures, oils, glycerites, infusions, salves, flower essences, and more.

Materia Medica: A study of the medicinal uses of plants we will see in the garden. We will discuss the ways specific herbs affect the body and the role of herbs in preventing and treating illness. Each month students will be given herbs to take home and experience directly.

Plant Identification and Medicinal Plant Growing: Learn the basic skills of how to use plant identification books and develop sensory awareness in order to identify plants independently. Basic cultivation skills for medicinal plants will be discussed and demonstrated. Emphasis will be placed on herbs that are easily grown in the greater San Francisco Bay Area.



Harvesting Seaweed

BODY SYSTEMS & HERBAL WELLNESS

An introductory course in the function of the human body including the actions of herbs specific to each body system, preventative care, and basic herbal therapeutics.

Instructors: Gail Julian, Lily Mazzarella and guest teachers

Class Dates: 10am - 4pm, 90 Hours, Saturday and Sunday,
One weekend a month for 9 months

March 31 - April 1, April 28-29, May 19-20, June 16-17, July 28-29, August 25-26,
September 29-30, October 27-28 & November 17-18.

Cost: \$1395 - \$1195 (*See page 19 for information on our sliding scale pricing*)

An introductory course on herbal support for the human body. This class will cover how to nourish each body system with preventative care, and medicinal plants. Each month we will study a different organ system, followed by a discussion of primary herbs and relevant therapeutic approaches for that system. At the end of nine months you will have a basic understanding of the possibilities offered by herbal medicine for maintaining health of the various body systems. The curriculum consists of two main fields of study:

Materia Medica: A beginning study of the properties and actions of specific herbs for each body system and how they are used to maintain and restore health. Each month students will be given samples of herbs to take home to experience directly.

Therapeutics: We will cover basic treatment approaches for specific common conditions. After learning how the body works and how individual herbs affect the body, we will bring the knowledge together to view how herbs can be used to re-establish balance in conditions such as colds and flu, indigestion and chronic stress. Approaches to preventing disease by maintaining health will be discussed.

This class fills in advance. Please register early.



Aromatic Medicine Class in CSHS Classroom



INTERMEDIATE HERBAL THERAPEUTICS

Eight-Month Herbal Program

March 12 - November 5

Meets 2 Mondays 9:30am - 3:30pm Each Month - March through November -
March 12 & 26, April 2, 16, & 30, May 14, June 4 & 25, July 16 & 30, August 13 & 27,
September 10 & 24, October 8 & 22, & November 5.

Tuition: \$1395- \$1195 (*See page 19 for information on our sliding scale pricing*)

Staff includes: Gail Julian and Lily Mazzarella, and guest teachers

This class is designed to build on a basic foundation of herbal knowledge. The goal of this course is to give each student a deeper understanding of the physiology of health, the pathophysiology of illness and constitutional evaluation skills. The course format will be to use case studies in which we will address such questions as: How do the body systems support or burden each other? What are common patterns of imbalance that reflect a client's constitution and how do we address these patterns herballly?

How do we learn to interpret the complexity of a individual's condition, assess their constitutionality, gather the information necessary for responsible care, and translate our findings into coherent protocols that incorporate herb, diet and lifestyle considerations? Case review topics will include prevalent modern conditions such as asthma, ulcers, eczema, hypertension and diabetes/metabolic syndrome. Although not a clinical training program we will, on occasion, have clients to interview as a class. We will delve more deeply into organoleptics, comprehensive formulation, medicine making, and herbal research skills.

This course is designed for CSHS Roots or Body Systems / Hand Crafted Herbalism graduates or others with similar herbal experience.

Completion of all homework assignments and 85% attendance required for certification.

Student assignments:

- 6 Case Reviews - written treatment plan of cases assigned by instructors
- Up to 10 Materia Medicas - written reviews of sample herbs given in class.
- Advanced research paper and presentation at term end.
- Design and justify your pharmacy of 30 herbs.



SHORT TERM COURSES

SPRING HERBAL ESSENTIALS

with Gail Julian and guest teacher Autumn Summers
Monday afternoons - 1pm - 5pm

Class Dates: April 23, May 7 & 21, June 4 & 11
\$325 - \$275 (See page 19 for information on our sliding scale pricing)

Come join us in the vibrant springtime garden at CSHS! What is growing in the garden will guide each class as we focus on the medicinal plants that are ready to harvest and utilize this season. Our exploration will span from the medicinal to the magical, and the cultural to the culinary. Each session is a blend of lecture and hands-on time in the garden and lab. We will also discuss growing medicinal plants by cuttings and seed. This class is designed for the beginning student, though all levels are welcome.



Making Pickled Nettles

- Learn to identify, harvest and use spring medicinal plants.
- Empower yourself with the knowledge to make herbal teas, flower essences, tinctures and medicinal oils.
- Hands on demonstration and introduction to basic medicine making.
- Recipes, samples and lots of tastings!



Hands On Learning



SHORT TERM COURSES

FUNDAMENTALS OF CHINESE MEDICINE SERIES

with Shad Reinstein

Five Mondays from 1:00pm - 5:00pm

Class Dates: September 17, October 1, 15 & 29, November 12

\$295 - \$265 Sliding Scale (See page 19 for information on our sliding scale pricing)

This series of classes will provide a framework to understand Traditional Chinese Medicine (TCM). We will explore how this knowledge can be combined with Western Herbal knowledge and nutrition to improve our work as healers in our own lives.

The first two classes will focus on tonification and rebuilding our body from a TCM perspective. We will cover an introduction to yin & yang, qi, blood and the zang-fu (the Chinese Organ systems). Then we will discuss both Chinese nutrition strategies and Western herbal treatments to rebuild our bodies.

The third and fourth classes will discuss illness from a Chinese perspective. What are pathogenic factors? What problems are likely to occur with qi, blood, yin and yang? What are the 8 principals of diagnosis? If there is time we will discuss a few simple case studies.

The fifth class will discuss Chinese Tongue Diagnosis. When we look at the tongue what qualities are we looking for? What does it mean? How will it change over time? How do we use it to help determine herbal treatments?



Blue Cohosh growing in the CSHS Garden

SHORT TERM COURSES



THE HERBALIST IN PRACTICE

with Visiting Herbalist Candis Cantin Kiriajes
of EverGreen Herb Garden and School of Integrative Herbology

Class Dates: October 20 - 21, November 10 - 11, December 8 - 9

\$545 - \$495 Sliding Scale (See page 19 for information on our sliding scale pricing)

This program is geared toward the herbalist who has a strong herbal foundation and wants to take the next step to become a community herbalist. With many years of clinical experience in counseling and herbal therapeutics, Candis will give the students tools for counseling, formulation, constitutional evaluation in Ayurveda and Chinese Systems, tongue diagnosis, and herbal preparations that are appropriate for the client (pastes, powders, foods, soups, baths etc.)



This is an exciting program for students who want to deepen their understanding in a practical way that is geared toward the modern life and current health situations that are very prevalent in these times.



Herb Walk



ONE DAY WORKSHOPS

HERBAL MEDICINE MAKING

with Karen Aguiar and Terri Jensen,

Saturday & Sunday, April 14 & 15, 10am - 4pm, \$150 - \$110 sliding scale

Why buy herbal products when it's so simple and empowering to make your own? This hands-on class includes instruction on harvesting, drying, preserving and preparing medicinal plants. Learn how to make medicinal teas, infused oils, salves, tinctures, vinegars, glycerites and more. We'll also discuss the principles of ethical harvesting. Includes samples of tinctures and medicines made.

GROWING MEDICINAL HERBS

with Autumn Summers and Bryan Bowen,

Saturday May 12, 10am - 3pm, \$75 - \$60 sliding scale

Come learn how to grow medicinal plants from seed, cuttings, and divisions. We will talk about how to be successful propagating medicinal herbs in the Bay Area. We will use the 350 plus plants in the CSHS garden as our teachers, seeing where they thrive and what we can do to grow them successfully. You will go home with cuttings and seeds to grow in your own garden.

HERBAL SKIN FOOD FORMULATION FUNDAMENTALS:

Advancing Our Herbal Skin Care Technology

with Trinity Ava, Saturday, June 2, 10am - 4pm, \$75 - \$60 sliding scale

Join us to learn how to feed your skin and body with some of the most acclaimed herbs, fatty oils, hydrosols and essential oils used in skin care today. We will demystify current skin care trends, learn about beneficial skin antioxidants, and address occasional acne & other common skin challenges. Learn how to formulate recipes incorporating "super foods" into facial serums, masks, and toners to nourish and protect your skin. This class is geared towards all levels of students, including those moving towards the clinical setting, or already in practice. **This class is the foundation for Herbal Skin Care for the 21st Century, when we will create many amazing skin care products.** We encourage students to take both classes.

HERBAL SKIN CARE FOR THE 21ST CENTURY

with Trinity Ava, Saturday, June 3, 10am - 4pm,

\$80 - \$65 sliding scale. Includes materials fee.

Luxuriate and nourish your skin and body in Emerald Valley! Join us for a day of creating your own custom designed skin care products. We will create a home spa experience making luxurious and nourishing skin care products for the whole family. Learn advanced formulation strategies for natural preservation systems for creams, lotions, toners, masks and more to treat common skin issues from eczema, psoriasis, acne, scars and helping to slow the signs of aging. This class is geared towards all levels of students, including those moving towards the clinical setting, or already in practice. All participants will leave with abundant samples and formulation strategies for creating incredible skin care products at home for clients, friends and family.

HISTORY OF WOMEN HEALERS

with Shad Reinstein, Thursday, June 14, 6 - 8:30pm, \$40 - \$25 sliding scale

This is a feminist history of women in the healing arts that intends to inform and inspire us. We will start in Ancient Egypt and end in the 1920's in the United States. Do you know why the development of the printing press directly led to the loss of much of the women's herbal knowledge? Who was Trotula and why was she important? Who and where were the women healers during the Renaissance? These and many other questions will be discussed.

ONE DAY WORKSHOPS



SEAWEED AS FOOD AND MEDICINE

with Autumn Summers,

Friday, June 22, 6:30pm - 9pm (class) and Saturday, June 23, 7:30am - 9:30am (field trip),

\$75 - \$60 sliding scale

From ancient times to the present, seaweeds have been used by coastal people all over the world to nourish themselves and their gardens, as well as to treat disease. The Sonoma coast is incredibly rich in seaweeds that can be used as foods and medicines. Learn how to identify, use and collect, in an ethical way, this abundant resource. Evening class will be at CSHS. Maps will be given out for morning field trip location during the evening class. Field trip location is 40 minutes west of CSHS campus.

PLANTS OF POMO CANYON ~ HERB WALK

with Autumn Summers, Saturday, June 23, 10:30am - 3:30pm, \$30 - \$25 sliding scale

Discover the edible and medicinal plants on one of the most beautiful hiking trails in Sonoma County. On our walk we will journey through redwood, Douglas fir and bay forests to coastal grasslands and creeks and learn about mugwort, huckleberry, trillium, yerba buena, turkey tails and much more. Meet at 10am at Pomo Canyon. Map will be sent along with confirmation.

HERBAL ENERGETICS - A NATIVE AMERICAN PERSPECTIVE

with Visiting Herbalist Karyn Sanders of the Blue Otter School of Herbalism

Saturday, June 23 & Sunday, June 24, 10am - 4pm, \$150 - \$110 sliding scale

Come join Karyn for the weekend and immerse yourself in another perspective toward herbal healing. She will share herbal energetics from a southeast native american perspective. This class will focus on looking at energy in the body, how it moves through and what it takes to be in balance. We will talk about seeing energy, the energetics of the medicinal plants and also animal medicine. Class includes time meditating and experiencing different plant medicines.

MEDICINE SHOW AND HERBAL BAZAAR

Brought to you by the students of CSHS, Friday, June 29, 4pm - 7pm, FREE!

This gala event represents the culmination of a semester's worth of medicine making and herbal endeavors by our full-time students. Come and taste herbal teas, tinctures, elixirs and foods in the garden at it's peak. Meet the staff and students and learn about what we do here. Parking is limited. Please register early!

INTRODUCTION TO TRADITIONAL CHINESE MEDICINE

with Shad Reinstein, Thursday, August 30, 6 - 9pm, \$40 - \$25 sliding scale

This class is a brief fun introduction to the concepts of Chinese Medicine (TCM). We will explore how energy work, herbs and nutrition are combined with the concepts of Qi, Yin and Yang, the Chinese organ systems and the concept of pathogens to bring the body into a dynamic healing balance.

STRATEGIES FOR TREATING BLOOD SUGAR DISORDERS

with Visiting Herbalist Christa Sinadinos,

Saturday, September 8 & Sunday, September 9, 10am - 4pm each day

\$160 - \$125 sliding scale

This course will cover strategies to treat blood sugar disorders including hypoglycemia, syndrome X, and type II diabetes. An overview of the effects of the hormone insulin, glucagon, and cortisol, as well as methods for testing and monitoring blood sugar will be covered. Students should walk away with an understanding of natural therapies including herbal medicines, a low glycemic diet, and healthy lifestyle choices that aid in the prevention and treatment of blood sugar disorders.



ONE DAY WORKSHOPS

TREATING COLDS AND FLU FROM A CHINESE PERSPECTIVE USING WESTERN HERBS with Shad Reinstein Saturday, September 22, 10am - 2pm, \$65 - \$55 sliding scale

How can we keep our families from getting sick during this oncoming winter? If we do get sick, how do we get better quickly? This class will start with a brief description, from a Chinese perspective, of the functions of the lung and how it relates to immunity and the “pathogens” which make us ill. Given this information, and using the Chinese framework, what are the different types of colds and flu we will face this winter and how do we treat them with the Western herbs in our yards and gardens?

DELECTABLE WILD EDIBLES: Wild Foods of Sonoma County with Autumn Summers, Saturday, October 6, 10am - 4pm, \$75 - \$60 sliding scale

Come learn about the abundant foods of the forest through lecture and slides, followed by a walk in the CSHS garden and medicine trail. We will then venture into the kitchen to prepare and taste the local bounty. Learn how to process acorns into tasty food, roast bay nuts, bake with cattail pollen and more.

FUNCTIONAL FOODS - Medicinal Plants in Your Kitchen with Trinity Ava, Sunday, October 7, 10am - 4pm, \$75 - \$60 sliding scale

“Let your food be your medicine and your medicine be your food”. Learn how to infuse your cooking with delicious and nourishing herbs for health, wellness and preventative care for the whole family. Learn how to make herbal kimchi, fermented beverages, herbal tonic soups, herbal treats for kids & adults, seaweed snacks, mushroom delights, and how to cook with intoxicatingly decadent essential oils.

HERBAL MEDICINE FOR DIGESTIVE DISORDERS with 7song, Friday, October 12, 6pm - 9pm, \$50 - \$40 sliding scale

This class will look at a broad range of digestive disorders including digestive pain, chronic disorders such as IBS and Crohn’s, and acute problems such as stomach flu’s and bacterial infections. We will discuss some of the pathophysiological underpinnings of these disorders and cover specific remedies that can be used to relieve pain and help with long-term treatment.

WILD MUSHROOM WALK with Autumn Summers, Saturday, June 10, 10:00am - 3:00pm, \$35 - \$25 sliding scale

Come forage and learn how to accurately identify the delicious edible and medicinal mushrooms that flourish on the Sonoma Coast and the greater Bay Area. Depending on weather conditions these may include Chanterelles, Boletes, Turkey Tails and more... Walk will meet at Salt Point State Park north of Fort Ross. Map will be sent along with confirmation.

HERBAL HOLIDAY GIFT MAKING with Trinity Ava and Autumn Summers Saturday, December 1, 10am - 3pm, \$80 - \$65 sliding scale

Create holiday magic with unique and inspiring hand crafted gifts. Learn how to create decadent and cost effective gifts for the entire family that will have them begging you to make more year after year! You will learn how to make: luscious lip balm, healing salve, skin nourishing cream, anti-oxidant packed facial serum, bath salts and more. Recipes, samples and packaging examples will be provided for each student.

See page 19 for information on our sliding scale pricing.

CSHS STAFF & VISITING FACULTY



Karen Aguiar - Herbal Medicine-Maker

Karen has been making botanical medicines full-time for 15 years. She is co-owner of The Herbal Apothecary, a full-line herbal pharmacy, and co-organizer of the Northern California Women's Herbal Symposium, a conference on the medicinal, culinary and craft uses of plants.



Trinity Ava - Herbalist

Trinity's mission is to inspire and empower individuals with the effectiveness of herbal tradition and supportive lifestyle choices that enhance one's ability to "self care" with herbs. With over 13 years of teaching experience, she offers a dynamic synergy of Eastern and Western herbalism, Ayurvedic principles, use of essential oils as medicine and clinical experience. She is a certified clinical aromatherapist and yoga instructor.



Sarah Bearden - Nutritionist

Sarah has been a practicing Nutrition Consultant in the U.S. and the U.K. since 1996. She has a Master's Degree in Holistic Nutrition and is currently working on her Doctorate. She is the author of Nutrition in Essence. She is also a Natural Foods Chef and focuses on cooking with whole foods. Sarah passionately believes that combining herbology with nutrition creates a powerful synergistic healing modality.



Bryan Bowen - Msc Clinical Herbalist

Bryan likes to have one hand in science and the other in the earth. He has spent the last eight years studying medicinal plants at Tai Sophia Institute, CSHS and Northeast School of Botanical Medicine and learning ecological farming & gardening.



Jen Bredesen - Herbalist, CMT

Jen has been learning from the plants for over a decade. Brewing herbal beer for the past 7 years has given her another angle on creative ways to incorporate herbs into a sustainable lifestyle. Jen has been running the Herbal First Aid Station for the Women's Herbal Symposium for the past 9 years. She sees clients at the dhyana Ayurvedic Center in Sebastopol.

Rebecca Burgess - Textile Artist

Rebecca is the author of Harvesting Color. Rebecca founded Ecologicalarts in 2005, an organization dedicated to creating, reviving, and teaching textile art forms that utilize botanical resources in a manner that promotes the health and regenerative processes of the ecosystem.



Kaytee Casey

Kaytee brings her heart to CSHS with her care of the buildings. A clean space reflects more light while supporting clarity of mind. She has a deep love of Emerald Valley and is grateful to witness the healing transformations that the land and school facilitates for students year after year.



Candis Cantin Kiriajes - Herbalist

Candis has over 30 years practical experience as an herbalist, gardener and teacher of Integrative Herbology. She is owner and creator of EverGreen Herb Garden and School of Integrative Herbology in Placerville, California where she grows over 250 medicinal plants. Her background includes studying with Dr... Michael Tierra and Dr.. Vasant Lad



Jacqueline Davey - Herbalist

She has studied medicinal aromatherapy with Wisdom of the Earth, Flower essence medicine with Joanne Cohen, and graduated the California School of Herbal Studies Roots of Herbalism program in 2009. As a birth and postpartum doula she continues to implement the use botanical medicine around childbirth and the postpartum recovery period. You can find her in the garden at CSHS on a weekly basis managing the garden apprentice crew.

Leslie Gardner - Herbalist, BS, MH, RH(AHG)

Leslie is the garden manager of CSHS and coordinates the Garden Apprentice program. She serves on the Board of the Sonoma Co. Herb Association and is the Director of the Sonoma Co. Herb Exchange. Leslie has worked as an herbal practitioner and is a professional member of the American Herbalists Guild.



CSHS STAFF & VISITING FACULTY



Jim Hall - Herbalist, MA CMT

Jim comes from a family of spiritual healers and has been intensively involved in various holistic healing modalities since 1979. He holds a master's degree in Holistic Health Education from John. F. Kennedy University and has studied with healers from a variety of traditions, including Michael Moore, Kashaya Pomo elder Lorin Smith, Karyn Sanders, Chanchal Cabrera, and medical intuitive Laurie Schyrivier. He also has a private herbal and energy healing practice, specializing in alternative treatments for cancer and soul retrieval.

David Hoffmann - B.Sc., F.N.I.M.H.

David has been a phytotherapist for 32 years. He is the author of 17 books, including the *Holistic Herbal* and *Medical Herbalism*. He is on the advisory board of the American Botanical Council, a founding member and past president of the American Herbalist Guild and is active in the environmental & peace movements.

Terri Jensen - Herbal Medicine Maker

Terri has been working with botanical medicines in a variety of capacities for over 20 years. She is an owner and medicine maker for The Herbal Apothecary. She is also a current and founding organizer of the Northern California Women's Herbal Symposium.

Gail Julian - Herbalist

Gail is a clinical herbalist, medicine maker and teacher with 20 years experience in the clinic and classroom. Her training includes Western Herbalism and physiology, native plant use, Chinese and plant energetic systems. Her practice in Sebastopol provides clinical and herbal support for her clients and pharmacy services for other practitioners

Rebecca Maxfield - Herbalist, BA, Co-Director of CSHS

Rebecca has lived and worked at CSHS for 16 years. As a former student herself, she feels that CSHS is a wonderful place to learn, and enjoys meeting and working with new students every year. Rebecca is committed to bringing herbs into daily life as a means to connect herself and her children to the natural world.



Lily Mazzarella - Herbalist, MS

Lily is a practicing clinical herbalist. She studied at 7Song's Northeast School of Botanical Medicine, and with Matthew Wood prior to completing the MSc program in Herbal Medicine at Tai Sophia Institute in Laurel, MD. Lily brings her love of plants, physiology, complexity, and clinical work to her teaching.

Jason Miller - Environmental Educator, Co-Director of CSHS.

Jason has been living and working at CSHS for over 14 years. He currently focuses on the stewardship and maintenance of Emerald Valley. His commitment to CSHS is based on a belief that Herbalism plays an important role in building vibrant and sustainable communities.



Larkin Morgan - Herbalist

Larkin's experience is rooted in Western herbal therapeutics with an emphasis on plants local to Sonoma County. She has studied, taught, made medicine and held a clinical practice over the last 15 years. Larkin's passion is education and empowerment. It is her joy to introduce people to the abundance of useful plants that are always under foot.



Shad Reinstein - Chinese Medicine Practitioner

Shad started studying and growing Western herbs in the 1970's in Upstate N.Y. Then in the late 1980's she became one of the early licensed acupuncturists in Washington State. Shad has been teaching Chinese Medicine at Bastyr University and NW Institute of Acupuncture and Oriental Medicine for about 15 years and now incorporates Sound Healing with the principles of Chinese Medicine in her practice.



CSHS STAFF & VISITING FACULTY



Karyn Sanders - Clinical Herbalist

Karyn was first trained in Native American traditional plant medicine. In her mid-teens she apprenticed with a Mexican curandera and has subsequently studied with various traditional teachers as well as Western herbalists. Karyn has been teaching and practicing herbal medicine from an energetic perspective for over 32 years and is co-founder of Blue Otter School of Herbal Medicine.



Christa Sinadinos - Clinical Herbalist

Christa is the director of the Northwest School for Botanical Studies. She has cultivated many herbalists through the two-phase professional and clinical herbalist training programs. She has practiced herbal medicine since 1994 and has studied herbs since 1989. Christa is the proprietor of the herbal extract business Alpine Meadow Botanicals.



Kevin Spelman - Herbalist - Ph.D

Kevin has practiced western phytotherapy, informed by the Ayurvedic system and the medical sciences, since 1989 and is currently the principal scientist for Herb Pharm, running their Research and Development lab.. Past work has included molecular biology and clinical investigations on the bioactivity of medicinal plants.

Autumn Summers - Herbalist, BA Ethnobotany

From her first herb class 18 years ago, Autumn has been exploring the many facets of herbalism with a focus on plant, seaweed and mushroom identification, as well as the growing and use of medicinal and edible plants. She is passionate about sharing this empowering knowledge with others in an enthusiastic, hands-on way.



Tamara Wilder - Primitive Technologist

Tamara has taught and demonstrated traditional skills in California including the California Academy of Science in San Francisco, Oregon, Arizona and Idaho. She has been published in the *Bulletin of Primitive Technology*, in *Woodsmoke: Collected Writings on Ancient Living Skills*, and in their book *Buckskin: The Ancient Art of Braintanning*.



7Song - Herbalist

7Song is a Western Clinical Herbalist and Director of the Northeast School of Botanical Medicine, in Ithaca N.Y. He practices at the Ithaca Free Clinic. He has been studying the intricacies of herbal medicine for 25 years. 7Song is also a botanist and naturalist.



CSHS Core Staff: Gail Julian, David Hoffmann, Leslie Gardner, Jason Miller, Terri Jensen, Karen Aguiar, Autumn Summers & Rebecca Maxfield.



CSHS POLICIES

REGISTER EARLY: Most classes are limited to 15-25 people and fill in advance. Please register early to get the course you desire. Thank you.

SLIDING SCALE: We offer a sliding scale on the tuition for most of our classes. A sliding scale enables us to offer the classes to those who are unable to afford the full cost of the class. If you are able to pay the high end of the sliding scale please do, so that we can continue to offer a discount to those who truly need to pay at the lower end of the scale. The top end of the sliding scale reflects the true cost of the class. Thank you for your cooperation and participation.

CANCELLATION POLICY: For all of our long term courses (Roots of Herbalism & Foundations of Health, Intermediate Herbal Therapeutics, Handcrafted Herbalism & Body Systems) your deposit of \$250 is non-refundable. For all other classes, refunds will be granted only if a student withdraws 30 days prior to the beginning class date. If the student gives less than 30 days notice, credit will be issued for future CSHS courses. The credit will be valid for one year. **If the student gives less than 72 hours notice of cancellation no credit or refund is possible.** CSHS requires a seven student minimum to hold any class. If a course must be cancelled, a full refund will be given. Thank you for your understanding.

CAMPING: Saturday night camping is available for our weekend programs. The fee is \$10 per night, space is limited. Pre-registration is required.

PETS: Please do not bring any pets to school. Thank you.

Contact CSHS at:

Website: www.cshs.com **E-mail:** cshs@cshs.com

Phone: (707) 887-7457

Mailing address: PO Box 39, Forestville, CA 95436

Physical address: 9309 Highway 116, Forestville

If you are on our mailing list and would like to be removed, please call or email us. Feel free to pass this catalog on to a friend. Thanks!



View of CSHS Classroom through the Blooming Valerian

CALIFORNIA SCHOOL OF HERBAL STUDIES REGISTRATION FORM

You can also register at www.cshs.com with PayPal.

Please mail this form, along with your check, money order, Visa or Mastercard, to:
CSHS - PO Box 39 - Forestville, CA 95436

Keep a copy of this form for your records.

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Check # _____ Today's Date _____

Credit Card # _____ Exp _____

Signature _____

See page 19 for information on our sliding scale pricing.

LONG TERM COURSES 2012

- Intermediate Herbal Therapeutics (\$250 Deposit) March 12 - Nov. 5 \$1395-\$1195
- Hand Crafted Herbalism (\$250 Deposit) March 24 - Nov. 4 \$1395-\$1195
- Body Systems & Herbal Wellness (\$250 Deposit) March 31 - Nov. 18 \$1395-\$1195

LONG TERM COURSES 2013

- Roots of Herbalism 2013** (\$250 Deposit) March - Nov. 2013 \$5995

SHORT TERM COURSES 2012

- Herbal Medicine Making April 14 & 15 \$160-\$125
- Spring Herbal Essentials Begins April 23 \$325-\$275
- Growing Medicinal Herbs May 12 \$75-\$60

Total Enclosed

SHORT TERM COURSES CONTINUED ON NEXT PAGE

CALIFORNIA SCHOOL OF HERBAL STUDIES REGISTRATION FORM

You can also register at www.cshs.com with PayPal

Please mail this form, along with your check, money order, Visa or Mastercard, to:
CSHS - PO Box 39 - Forestville, CA 95436
Keep a copy of this form for your records.

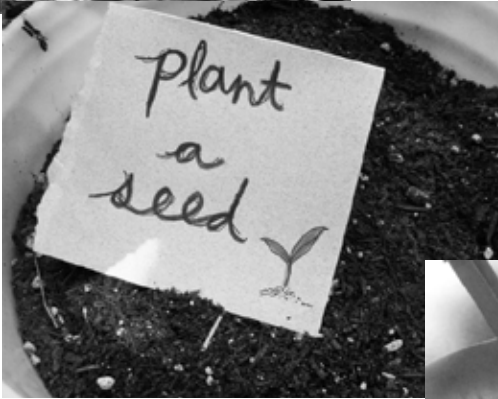
SHORT TERM COURSES 2012 CONTINUED

See page 19 for information on our sliding scale pricing.

<input type="checkbox"/> Herbal Skin Food Formulation Fundamentals	June 2	\$75-\$60
<input type="checkbox"/> Herbal Skin Care for the 21st Century	June 3	\$80-\$65
<input type="checkbox"/> History of Women Healers	June 14	\$40-\$25
<input type="checkbox"/> Seaweed as Food and Medicine	June 22 - 23	\$75-\$60
<input type="checkbox"/> Pomo Canyon Herb Walk	June 23	\$30-\$25
<input type="checkbox"/> Herbal Energetics - A Native American Perspective	June 23 -24	\$160-\$125
<input type="checkbox"/> Medicine Show & Herbal Bazaar	June 29	Free
<input type="checkbox"/> Introduction to Traditional Chinese Medicine	August 30	\$40-\$25
<input type="checkbox"/> Strategies for Treating Blood Sugar Disorders	Sept. 8 - 9	\$60-\$45
<input type="checkbox"/> Fundamentals of Chinese Medicine Series	Begins Sept. 17	\$295-\$265
<input type="checkbox"/> Treating Colds and Flu - from a Chinese Perspective using Western Herbs	Sept. 22	\$75-\$60
<input type="checkbox"/> Delectable Wild Edibles	Oct. 6	\$75-\$60
<input type="checkbox"/> Functional Foods	Oct. 7	\$75-\$60
<input type="checkbox"/> Herbal Medicine for Digestive Disorders	Oct. 10	\$50-\$40
<input type="checkbox"/> The Herbalist in Practice	Begins Oct. 20	\$545-\$495
<input type="checkbox"/> Wild Mushroom Walk	Nov. 10	\$35-\$25
<input type="checkbox"/> Herbal Holiday Gift Making	Dec. 1	\$75-\$60

Total Enclosed

We hope to see you at the
California School of Herbal Studies



*Photos Clockwise from Upper Left Corner
Hawthorn Berries, Outdoor Class on Spring Camping
Trip, Planting Seed in the Greenhouse, Sketching
Swertia on the Sierra Camping Trip, Plant a Seed,
Students at Annual Medicine Show*



THE CALIFORNIA SCHOOL
of HERBAL STUDIES

Box 39, Forestville, CA 95436
(707) 887-7457 www.cshs.com

RETURN SERVICE REQUESTED

*Stay up-to-date with CSHS
at www.cshs.com*