

Spring 2015 Herbal and Flower Essence Classes

Wayzata

Tuesday, May 12 – Introduction to Lily Flower Essences

Come to share Julia's vision of lily flower essences as a medicine wheel, the wheel of life, and ongoing spiral of personal transformation. The Lily Circle accompanies us on our journey from birth to death, and through all stages of becoming and passing in daily life. Lily essences enhance intuition, spiritual aspirations and female consciousness. They are also important in addressing fertility and relationship issues for men and women alike. Easy to use, they can help us overcome the challenges of our lives. A small, comprehensible system of flower essences, it is ideal for beginners. Come be enchanted by the lilies! See below for more flower essence classes.



4 to 6 pm, \$ 25

Location:

**Inspired Living -
home+body+spirit
18326B Minnetonka Blvd,
Deephaven, MN 55391**

**please register with Jodi at
952-292-0486
or
jmckee@inspiredlivinghbs.com**

Herbal Care for Students

Being a student is a stressful time, and often takes a toll on our wellbeing. Fatigue and exam nerves, eye strain and low self-esteem are common. This is a class for young people (and others) to learn safe and simple herbal care to get themselves through this rough stretch of life. Includes a period of question and answer.

7 to 9 pm, \$ 20

please register with Jodi (see above)

Wednesday, May 13 - Spiritual Warrior Flower Essences

In our times, many people feel threatened or surrounded by too many negative influences. The key to doing well under such circumstances is to keep feeling strong and courageous. The *Spiritual Warrior Essences* help us stay upright in the face of challenge and adversity. They are a wonderful

supplement to the Lily Circle essences, the fiery *yang* complementing their *yin*.

4 to 6 pm, \$ 25

please register with Jodi (see above)

Flower Essences in Energy Bodywork

Flower essences as purely vibrational preparations are an ideal addition to energy healing. Balancing and harmonising the person to be healed as well as the healer, most energy workers understand the healing powers of flowers with ease. Whether we think in terms of energizing, energetic cleansing, working with chakras, or balancing emotions, using essences in the healing session enhances the effects remarkably. This introduction is designed for energy healers and presents useful essences in energetic terms, as well as how to apply them. We will try the essences in class!

7 to 9 pm, \$ 25

please register with Jodi (see above)

Central St. Paul location

Thursday, May 14 – Introduction to Lily Flower Essences

Come to share Julia's vision of lily flower essences as a medicine wheel, the wheel of life, and ongoing spiral of personal transformation. The Lily Circle accompanies us on our journey from birth to death, and through all stages of becoming and passing in daily life. Lily essences enhance intuition, spiritual aspirations and female consciousness. They are also important in addressing fertility and relationship issues for men and women alike. Easy to use, they can help us overcome the challenges of our lives. A small, comprehensible system of flower essences, it is ideal for beginners. Come be enchanted by the lilies! See below for a more in-depth flower essence class.

4 to 6 pm, \$ 25

**please register with Pauline Marie Buller, *Akeru Healing Arts*
akeruhealing@gmail.com for class registration**

Location: Schmidt Artist Lofts

900 West 7th St Studio #410, St Paul, MN 55102

Instructions: Class participants need to park on Webster Street or any free New Resident Parking spot located in front of the Brewhouse Building. Enter Brewhouse Building - North Entrance just behind the Schmidt Organic Water

Building directly off West 7th Street. Buzz Pauline Buller or call [952.201.9570](tel:952.201.9570) to enter building and be directed to class location within Artist Community.

Healing with Lilies – Practitioners' Training

In order to allow practitioners to deepen their experience and understanding of the *Lily Circle*, this class presents how to make sensible combinations, how to build people up step by step after severe trauma, and other clinically relevant questions such as differentiating between closely related essences. The focus will be on other essences than in the previous years to allow practitioners to deepen their understanding of the different essence gradually. If you are a Lily essence practitioner, feel free to bring your cases experiences and questions to share in class. Upon special request, we can see a client in student's clinic. For beginners to flower or lily essences, it is best to take the introductory class (An Introduction to Healing with) *Lily Flower Essences* first. To learn to use essences externally, consider the class ***Soul Retrieval with Flower Essences***.

7 to 10 pm, \$ 42

please register with Pauline (see above)

South Minneapolis

Friday, May 15 – Anatomy for Herbalists

3 to 5 pm, \$ 30

Contact Niky mnduxbury@gmail.com or 612 – 710 – 8248 for more details
South Minneapolis near Powderhorn Park

Herbal Dental Care

There is so much that plants have to offer to our dental health – to strengthen our gums, heal them, fight caries-producing and plaque-building bacteria, increase the strength and calcification of enamel and teeth, and attend to toothache, mouth ulcers etc. This class includes how to make your own toothpaste, - powder, and mouth wash. Please bring some small containers (glass or plastic jars).

7 to 9 pm, \$ 28 (material costs included)

**please register with Jen Quade, RN, Board Certified Holistic Nurse,
*Revolutionary Women's Holistic Health Care***

www.jenquade.com - Workshops and instructions for registration will be online
4233 Elliot Ave S, Minneapolis, MN 55407

Central St. Paul location

Saturday, May 16 - Soul Retrieval with Flower Essences

Birthing the Soul

Many people are shocked out of their bodies to some degree or other; some momentarily, others for a lifetime. This can be due to any trauma, accident, or big shock. Now called *soul retrieval*, this workshop teaches both, the general bases for using flower essences in body work, as well as the step by step process to bring the soul back through the crown into the heart, in this way birthing the soul back into the body. Using flower essences in this way is also a wonderful way of dislodging trauma and memories locked into the tissue.

Please come dressed in comfortable clothes and bring a woollen blanket. Be prepared to pair up for the hands-on healing practice.

10 am to 5 pm, \$ 130

please register with Pauline (handouts included)

South Minneapolis

Sunday, May 17 – Herbs for the Uterus



There is nothing more traditional than herbal womb care. Women in all cultures used to know how to maintain their uterine and ovarian health throughout their lives and pregnancies. In this class, we will study a variety of herbs for the uterus in detail, including their keynote symptoms and energetics. Typical examples include herbs for menstrual cramps, and to assure a good pregnancy and regular labor. A healthy uterus makes a happy woman! And a happy woman is a gift to bring to relationships.

10 am to 1 pm, \$ 42

please register with Jen (see above)

Making Vaginal Suppositories

In this hands-on class, we will look at common herbal solutions to common ills such as vaginitis, vulvodynia, dry or itching vagina. One good way of administering the herb is via suppositories or herbal boluses. It need not be difficult! We will be making all-natural vaginal suppositories from natural herbal ingredients and plant butters for everyone to take home.

2 to 5 pm, \$ 47 (includes the material costs)

please register with Jen (see above)

Central St. Paul location

Monday, May 18 – Flower Essences for Babies

Flower essences are a wonderful choice for babies and young children, as they are mild, yet effective, and have no side effects. Energetic preparations from flowers, they address many of the countless malaises that befall our little ones, and are the unmatched stars in soothing their emotions. Flower essences for babies include healing traumatic birth experiences, siblings rivalry, being too shy, having trouble starting to speak, etc.

2 to 4 pm, \$ 25

Please register with Jaime santoshamama.com/classes/classes-with-julia-graves or Jaime.santosha@gmail.com

Location: Health Foundations Birth Center
968 Grand Avenue, Saint Paul, MN 55105

Lily Essences for Pregnancy and Birth

Flower essences have been proven to reduce complications in pregnancy and birth. If taken during pregnancy, they tend to reduce complications in labour, and help the mother live giving birth as a spiritual experience. Flower essences also help mother and baby bond, heal intra-uterine trauma, - as well as become pregnant in the first place! For this all to happen, it is essential to match the right essence to the right situation. This is what this class is all about. For mothers and practitioners.

5 – 8 pm, \$ 42

Please register with Jaime (see above)

South Minneapolis

Tuesday, May 19 - Emergency Medicine from the Midnight Kitchen

It happens, more often than we'd wish: it is past midnight, someone in our house or we ourselves are sick, everything is closed, or we are in a remote place. Or we don't have health insurance. This class reminds us that almost everything in our kitchen can serve as medicine, even for severe cases. All about the use of potatoes, vinegar, spices, onions, dough, coffee, and much, much more! (The class assumes that this kitchen does not belong to an herbalist or health food enthusiast, but that of an average American household!)

7 to 9 pm, 30 \$ (includes hand outs) please register with Jen (see above)

Central St. Paul location

Wednesday, May 20 – Herbs for Pregnancy and Birth

Pregnancy and Birth are sensitive phases in a woman's life. While it is not a good idea to take herbs without a good understanding of how they work and would effect the body, there is a long tradition of safe herbal pregnancy care. This class is about using safe herbs for nausea, minor ills, and to prepare the uterus for labour, as well as for healing well after birth.

2 to 4 pm, \$ 25 - please register with Jaime (see above)

Herbal Breast Care

Breasts are a part of what makes us women, and they embody our ability to nurture others. Nurturing our organs of nurturance, we will learn about breast care - how to keep our breast tissue happy and healthy. This includes learning about herbs for the breast, herbal breast wraps, herbs for mastitis and sore breasts, to increase and stop lactation, for sore nipples, and supportive herbs to take during breast cancer treatment. A unique opportunity to reconnect with and honour our femininity!

5 to 8 pm, \$ 48 (includes hand outs)

please register with Jaime (see above)



South Minneapolis

Thursday, May 21 - Herbs for Stress and Stamina (Adaptogens 2)

Adaptogens are a group of pop herbs that despite the sometimes over the top marketing efforts are very precious: there are world wide only a small group of herbs that help the body generally and overall adapt to stress and enhance stamina. From the tulsi to reishi, many enhance immunity, clarity of mind, and other vital functions, too. Essential to know for modern people, this class includes a presentation of the major adaptogens, their actions, use and abuse, as well as instructions for differential diagnosis between them. This is the sequel to last year's class on adaptogens. It has a different approach to their study, thus both being suitable for those who did not attend last year's, as well as serving as the next class for those who did. We will cover shatavari, tulsi, cordyceps, reishi, and amla in detail, as well as the clinical use of adaptogens in general. For students from last year, please bring case histories and questions!

7 to 9 pm, \$ 25

please register with Jen (see above)

Friday, May 22

I will be **seeing clients in South Minneapolis!** I will be seeing clients before this last day, also, as and when time permits. Please inquire with juliagraves@lilycircle.com.



Julia Graves is a master herbalist and flower essence creator with a background in several modalities. Known for her lively and clear teaching style, she was raised in Germany by an herbalist mother and orthopedic surgeon father. Julia studied herbalism, traditional European medicine, anthroposophic massage as well as cupping as a teenager. She then studied

medicine at Kiel University for four years. She wrote her doctoral thesis on her ethno-medical field research on traditional midwives and healers in a remote area of Zimbabwe. Thereafter, Julia trained as a Gestalt psychotherapist. While working for Findhorn Flower Essences in their early days, she trained as flower essence practitioner as well as a flower essence creator. Julia has since developed her own line of flower essences, the *Lily Circle*, as well as kits of flower essences for Mayan Uterine Massage and other essences. Her

international teaching activities include flower essence and cupping trainings in Minnesota, co-teaching herbal summer schools with Matthew Wood at her farm in France, the *International Herbal Symposium* and *Women's Herbal Conference*, lecturing at *Herbfest* in Britain and *Botanica 2014* in Dublin, as well as at the *Vermont Center for Integrative Herbalism*. In 2010, she founded the *Naturopathic Earth Quake Survivor Relief Clinic* in response to the devastating earthquake to Haiti, and has headed the clinic in its missions that has since offered free treatment to 18 000 people. Julia is the author of *The Language of Plants*, a detailed guide to the doctrine of signatures, which became an instant classic since its publication in 2012. She brings 30 years of clinical experience to her teaching.

www.lilycircle.com

www.haiti.citronia.com