

**Location:** unless otherwise mentioned, at 160 Parkside Ave # 4c, Brooklyn (on Prospect Park) – nearest subway stop Parkside Ave on the Q or Church Ave on the B or Q. **please register with Rica Borich** [ricaborich@gmail.com](mailto:ricaborich@gmail.com)

### ***Introduction to the Lily Circle***

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. Important for people of all ages, they balance emotions and heal depression into joy, grief into love and forgiveness, confusion into clarity. 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. ***Come to be enchanted by the lilies!***

**Saturday, May 9, 10 to 12 noon, \$ 30, Flower Power herb store, 406 East Ninth Street between 1st Ave and Ave A, [212-982-6664](tel:212-982-6664) - please register!**

### ***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!)

**Saturday, May 9, 3 to 5 pm, 55 \$ (includes hand outs) please register with so we can make sure to have enough hand-outs!**

### ***Preventing and Healing Vaccination Damage - What are the Alternatives?***

Vaccines are under severe criticism - do they really help preserve health, or are they harmful? With ingredients such as mercury, aluminum, live pathogens, egg yolk, crushed money kidneys etc. this is indeed a good question. In this class, we will look at and discuss the phenomenon of vaccination, theories, alternatives, and how to prevent and heal vaccine damage. **Saturday, May 9, 7 to 9 pm, \$ 30**

### ***Brain Support and Prevention for Dementia - Mothers Day Special!***

A big issue nowadays, dementia has various causes and will become even much more part of our future. We do not have to sit by and wait for the "Silver Tsunami" to hit, we can support our brain to keep on functioning. Herbs and foods to heal

brain injury, intoxications, blood vessel damage etc. can be of help. Increased circulation to the brain thanks to herbs and certain "brain foods" can also ameliorate symptoms of dementia and restore certain functions. Bring your mother along, or bring her what you learn as a gift!

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### ***Opening Your Eyes to Nature: The Language of Plants - Herb and Tree Walk in Prospect Park***

In this medicinal plant walk, we will take the doctrine of signatures out of its medieval box, dust it off, and apply it to the plants we encounter on our path. This ancient art of reading plants for their medicinal properties is not hard once you learn to see the 'signatures' or signs. The language of nature is straightforward; the only prerequisites are clear senses and an open mind. This way, we allow the plants themselves to tell us their story, to reveal what they are good for.

**Saturday, June 6, 10 to 12 noon, \$ 30 - rain or shine** unless it truly pours in buckets; please register so we can be in touch to communicate the very unlikely cancellation due to weather! **Location:** The corner of Prospect Park opposite of the Parkside Avenue stop of the Q train.

### ***The 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.

Hailing from the Thistle clan of the Sunflower botanical family, they are a wonderful supplement to the Lily Circle essences, the fiery *yang* complementing their *yin*.

**Saturday, June 6, 2 to 4 pm, - \$ 30**

### ***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.

**Saturday, June 6, 5 to 7 pm, 2 to 5 pm, \$ 55** (material costs included)

### ***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).

**Sunday, June 7, 10 to 12, \$ 35** (material costs included)

### ***Pulse Diagnosis for Holistic Practitioners***

“Taking the pulse of something” is a phrase that denotes following closely to subtle signs and indications vital to understanding a situation fully. The same is true of feeling someone's pulse in health care. Of all methods of assessment, this is probably the most insight-yielding, subtle and elegant. The pulse – along with pulse diagnosis - is one the the two most direct ways of accessing and assessing what is happening inside the body. Developed in Asia over hundreds of years, pulse taking is the most intimate way of diagnosing health. Pulse taking makes all the difference in practice, enhancing one's understanding of the case and help hone in on the most specific herb, food, or supplement needed for the case at hand. Indispensable for all health practitioners, this thorough and systematic introduction to Chinese pulse taking covers how to take the pulse, reading the different organ pulses, interpreting the pulse qualities, pulse testing and much more.

The first task that awaits the student is to become sensitive in the fingertips and to learn to distinguish subtle tactile qualities. Pulse taking is an art that takes a long time to acquire, and most practitioners highly profit from taking the beginner's level at least twice. Retaking helps to reconfirm the recognition of the different pulse types, as well as to learn one previously not recognized by the fingertips. Students who have taken this class before may retake it at half price.

**Sunday, June 7, 2 to 5 pm, \$ 50**

### ***Advanced Flower Essence Practitioner Training***

In order to allow practitioners to deepen their experience and understanding of flower essences, this class is about answering your questions and helping you where you are stuck. We will also look at how to conduct a session, how to test essences, 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. If you are a flower essence practitioner, feel free to bring your cases experiences and questions to share in class.

**Sunday, June 7, 7 to 9 pm, \$ 50**

