Optional supplies list for if you’d like to follow along during the webinar.
This workshop will explore different teachings about the seasons through four different medicine wheels, with a special emphasis on Spring. All indigenous and traditional cultures used the seasons to mark time and organize their lives. Many of us have lost these rhythms and cycles because of the demands to produce and consume the same things consistently throughout the year. We will ask critical questions about why we are disconnected from seasonal rhythms and who is served by this disconnect. Together we will draw lessons for our own lives about how to be aligned with the season we are in. This workshop will include an herbalism demo to help prepare us for the spring.

Facilitated by Nicole Acosta Nemergut, Sacred Vibes Apothecary and Ballast Botanicals

Follow the smaller numbers if using a 4 oz jar or larger numbers if using an 8 oz jar:
• 1 4 oz or 8 oz jar
• 4 or 8 oz of apple cider vinegar
• 1/4 or 1/2 cup burdock - fresh or dried
• 1/2 or 1 teaspoon fennel seeds
• 1/4 teaspoon or less black peppercorns
• small piece of clear plastic wrap or wax paper

Other herbs you may want to use:
• dandelion leaf or root
• orange peel or other citrus peels
• gentian root
• nettle
• plantain
• chickweed
• chamomile
• ginger root
• turmeric root
• cardamom
• elecampane root