

## **Join Susun for in-person live classes at the Wise Woman Center.**

More info and registration here:

[www.wisewomanbookshop.com/one-day-workshops](http://www.wisewomanbookshop.com/one-day-workshops)

## **JUNE**

June 5: Moonlodge

June 6: [Great Remedies 1](#), [Hands-on](#): Identify, harvest, prepare and use the very best herbal remedies

June 7: [Your Herbal Garden](#), [Hands-on](#): Best herbs to grow, best weeds to "cultivate," free herbs for you to plant

June 27-28: Work-exchange Weekend

## **JULY**

July 7: [Shamanic Herbal Apprentices](#), Summer Group begins

July 9-12: [Green Witch Holiday](#)

July 10: Moonlodge

July 18-19: Work-exchange Weekend

July 24: Moonlodge

July 25: [Herbal Pain Relief](#), [Hands-on](#): Ally with cannabis, skullcap, poppies, St. Joan's wort, arnica, sweet clover

July 26: [Great Remedies 2](#), [Hands-on](#): Yarrow, mullein, mints, mallows, clover, more

## **AUGUST**

August 1-2: Work-exchange Weekend

August 3-9: [Green Goddess Apprentice Week](#)

August 7: Moonlodge

August 28: Moonlodge

August 29: [Strong Bones, Strong Muscles](#), [Hands-on](#): comfrey, calcium, vitamin K, mitochondria

August 30:[Herbal Medicine 101, Hands-on](#): Begin here. Simple, safe, effective remedies from your yard.

## SEPTEMBER

September 8:[Shamanic Herbal Apprentices](#), Autumn Group begins

September 12-13: Work-exchange Weekend

September 25: Moonlodge

September 26:[Adaptogens, Hands-on](#): Live longer, live better, feel great, adopt adaptogens

September 27:[Nootropics, Hands-on](#): Forget supplements; Green allies keep your memory sharp

## OCTOBER

October 10-11: Work-exchange Weekend

October 23: Moonlodge

October 24:[Wild Seeds, Hands-on](#): Harvest and learn to use wild amaranth, lamb's quarter, plantain, other seeds

October 25:[To Sleep, Perchance to Dream, Hands-on](#): Green allies for deep sleep and vivid dreams

## NOVEMBER

November 7-8: Work-exchange Weekend

November 13: Moonlodge

November 14:[Winterize Yourself, Hands-on](#): Brown fat, antivirals, boneset, elder, echinacea, sage

November 15:[Dig Roots, Hands-on](#): Dandelion, burdock, chicory, elecampane, poke, and more.

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