

# Rebecca's

## Herbal Apothecary & Supply

1227 SPRUCE ST., BOULDER, CO

WWW.REBECCASHERBS.COM

303.443.8878



### Class Schedule – Winter 2012



We are now posting seasonal class schedules, to enable you to plan ahead for your exciting learning adventures! Below is our Winter Class Schedule.

For class updates please check our website: <http://www.rebeccasherbs.com>

#### HERBAL FACIAL

Wednesday, January 11th, 2012 6:30-8:00 pm

*Instructor: Lelia Lyon, Certified Herbalist*

*Cost: \$35.00, Checks payable to Lelia Lyon*

Doing facials at home is a fun way to treat yourself, save a little money, and customize the products for your skin type. Come learn how to create your own steams, masks, scrubs, toners and moisturizers that will transform your home into a spa. Participants should come prepared to try the treatments on themselves and will go home with recipes and samples.

#### WINTER WELLNESS

Tuesday, January 17th, 2012 6:30-8:00pm

*Instructors: Corrie Snyder, Certified Clinical Herbalist, and Liz Holtman, Certified Clinical Herbalist*

*Cost \$35.00, Checks payable to Liz Holtman*

Winter is here and it's time to strengthen our immune systems and stock our medicine chests with wintertime herbal allies. In this class we will explore herbal and nutritional methods to help ward off colds and infection as well as ways to speed up the healing process if you get sick. Learn how to make cough syrups, lozenges, decongesting steams and more! Participants will go home with recipes as well as some samples. Here's to a healthy winter!

#### MAKING HERBAL INFUSED OILS & SALVES

Tuesday, January 24th, 2012 6:30-8:00pm

*Instructor: Faith Goguen Rodgers, Certified Clinical Herbalist*

*Cost \$35.00, Checks payable to Faith Rodgers*

Please join us to learn how to make therapeutic herbal infused oils and salves. We will go over the different techniques for making herbal infused oils, the therapeutic properties of different herbs, why you would choose them for your oil and how to turn your finished infused oil into a salve. Participants will leave with samples of products made in class.

#### MEDICINAL HONEY AND SYRUP MAKING

Wednesday, February 1st, 2012 6:30-8:00pm

*Instructor: Tzuria Malpica Certified Herbalist and Lelia Lyon, Certified Herbalist*

*Cost \$30.00, Checks payable to Tzuria Malpica*

Come learn to make fun and tasty medicine! Herbal syrups and medicinal honeys are a great way to enhance your medicine cabinet. This class will cover the medicinal properties of honey,

how to make a syrup, and what plants are best utilized. You will learn several techniques for blending herbs and honey and creating simple syrup. There will be plenty of tasting and hands on experience. This class is an invitation to get creative with using herbs and making medicine that is good for all ages. Participants will go home with samples we make in class, wonderful recipes including lung syrup, an oxymel recipe, and several other fun medicinal honeys and ideas.

#### HERBAL CHOCOLATES

Tuesday, February 7th, 2012 6:30-8:00pm

*Instructors: Corrie Snyder, Certified Clinical Herbalist, and Liz Holtman, Certified Clinical Herbalist*

*Cost \$35.00, Checks payable to Liz Holtman*

What better way to celebrate Valentine's Day than with chocolate? In this class we will cover the history and benefits of chocolate as well as how to make herb infused chocolates. Be prepared to get creative in the kitchen and make some of your very own chocolate to take home.

#### HERBAL FOOT CARE

Wednesday, February 15th, 2012 6:30-8:00pm

*Instructor: Lelia Lyon, Certified Herbalist*

*Cost \$35.00, Checks payable to Lelia Lyon*

Come pamper yourself in a night of herbal indulgence! Often neglected until they ache, our feet will carry us thousands of miles and should be taken care of like any other part of the body. This fun class will cover herbal foot soaks, making your own scrubs, sprays, powders and moisturizers. Those attending should come prepared to treat their tootsies and take home samples and recipes.

#### NATURAL BODYCARE FOR YOUR BABY

Tuesday, February 21st, 2012 6:30-8:00pm

*Instructor, Faith Goguen Rodgers, Certified Clinical Herbalist*

*Cost \$35.00, Checks payable to Faith Rodgers.*

Please join herbalist and new mom, Faith to learn how to create you own homemade body care products for your precious little one. We will discuss which herbal allies are best and how to safely prepare infusions, infused oils and essential oils for your baby's skin. Learn how to create all the essential baby care products, including diaper cream, baby powder, first-aid salve and more. Participants will leave with recipes and samples of all products made in class.

## HERBAL SWEETS AND TREATS

Tuesday, February 28th, 2012 6:30-8:00pm

*Instructor: Karena Harmon, Certified Herbalist, Certified Reiki Practitioner and Nutritionist*

*Cost \$35.00, Checks payable to Karena Harmon*

Want a better way to ingest herbal medicine and have it taste good? This class will go over the properties of some beneficial tonic herbs and teach you how to make therapeutic herbal treats. We will get creative in the kitchen making herbal pills, herbal nut butter balls, cordials, and elixirs. Recipes and yummy samples are included.

## HERBAL CARE FOR CHILDREN

Thursday, March 1st, 2012 6:30-8:00pm

*Instructor: Corrie Snyder, Certified Clinical Herbalist*

*Cost \$35.00, Checks payable to Corrie Snyder*

It is empowering as a parent to have herbal allies that can soothe and treat your child's ailments. In this class we will discuss safe and simple recipes for dealing with some common complaints such as teething, skin ailments, digestive upsets, coughs and colds and many others. We will also discuss some methods of medicine making that will be enjoyable and soothing for your child to take. Participants will leave with samples, great recipes and a good understanding of the many plant allies that work well with children.

## TINCTURE MAKING

Tuesday, March 6, 2012 6:30-8:00pm

*Instructors: Corrie Snyder, Certified Clinical Herbalist and Liz Holtman, Certified Clinical Herbalist*

*Cost \$35.00, Checks payable to Liz Holtman*

Tinctures demystified! Tinctures are a wonderful and convenient way of taking herbal medicines. In this informative class, we will discuss and demonstrate methods to make fresh and dried plant tinctures. Participants will go home with samples as well as the resources to make their own medicine at home.

## HENNA BODY ART: AN ANCIENT ADORNMENT

Tuesday, March 20th, 2012 6:30-8:00pm

*Instructor: Karena Harmon, Certified Herbalist, Reiki Practitioner and Nutritionist*  
*Cost \$35.00, Checks payable to Karena Harmon.*

Learn for yourself how to stain you and your friends' skin in intricate designs for celebration, ceremony or fun. Henna has been used as a method of adornment for thousands of years. We will cover some of the history of henna, how it works, how to make your own henna paste and finally how to apply it. Students will have a chance to practice on each other as well as go home with all the information, recipes and henna paste to continue your henna practice at home.

## SOAP MAKING 101

Thursday, March 22, 2012 6:30-9:00pm

*Instructor: Lelia Lyon, Certified Herbalist*

*Cost \$45.00, Checks payable to Lelia Lyon*

Making your own soap is just good clean fun! This class will cover the basics of cold process soap, using skin loving ingredients and natural oils. Three different bars will be demonstrated including adding herbs and essential oils, swirling another color and adding goat's milk and honey. Everyone attending will leave with recipes and some lovely bars for themselves.

## HERBAL TEA BLENDING

Tuesday, March 27th, 2012 6:30-8:00pm

*Instructor: Liz Holtman, Certified Clinical Herbalist*

*Cost \$35.00, Checks payable to Liz Holtman*

Herbal teas are a wonderful and tasty way to use herbs medicinally or for pure enjoyment! In this class we will explore the basics of tea blending. We will go over the taste, energetics, and properties of different herbs and discuss how to pair them to make the perfect tea for your needs. Participants will spend some time formulating and making a tea to take home and enjoy.



### REGISTRATION AND PAYMENT

We recommend early registration. Payment for classes is made by cash or check payable to the instructor, please include your phone number on the check.

Your space in the class is reserved once payment is received.

Please be aware that classes fill up quickly, so sign up early. If you are not able to come by the shop with payment, you may send in a check by mail to 1227 Spruce Street, Boulder, CO 80302. Please be sure to include the class title, your name and your phone number. Please note that your registration is not final until we receive payment. Feel free to call us anytime with questions concerning classes at 303.443.8878.

### CANCELLATION POLICY

Refunds will only be given if you cancel your class registration at least 24 hours before the class begins.

### LOCATION

All classes are held at the shop unless otherwise noted.

