



8-Month Herbal Studies Course

April - November 2018

Training in herbalism / Holistic wild herbs and medicinal herbs studies

Get to know and understand the plant world with all your senses – focus on nature's ways!

Course content:

Theory and practice comprising:

- Botany and plant systematics
- Alternative medicine and modern science
- The nature of plants
- Herbal walks to identify wild plants, bushes and trees in all seasons and in various ecosystems
- Preparation of herbal remedies and cosmetics
- Wild foods! How to prepare natural culinary delights and integrate "weeds" into your everyday life
- Magic and spirit of plants
- Medicinal and wild herbs, trees and roots – music, precious stones and symbols

Outline of training:

The course contents will be taught holistically (body, mind und soul) in a relaxed and inspiring atmosphere.

Observing, encountering and classifying medicinal and wild herbs, bushes and trees in the annual cycle in order to obtain knowledge and become in tune with oneself and nature.

Encounter plants with different senses; perceive, feel and experience them.

Curious? I would love to accompany you on this exciting path.

Requirements:

No special requirements are needed.

This training is intended for people working in the healing professions (such as alternative practitioners, nutritionists, chefs, educators, teachers, etc.) and wellness professions, as well as for anyone interested in plants for personal or other reasons.

Instructor:

Brigitte Addington, born in 1959 near Nuremberg, surgical nurse, certified herbalist, independent instructor and organizer of the annual medicinal and wild herb congress near Nuremberg. Honor- majesty for herbal tinctures in Thuringia 2006/07 – www.sonnetra.com

Additional experts will be invited as guest lecturers.

Duration:

8 weekends over a period of 8 months (Saturday and Sunday or just 1 day per weekend):

Please contact me for the exact days.

10 a.m. – approx. 5 p.m.

Exam:

An exam will be held on the last weekend of the course leading to certification as "Certified medicinal and wild herb expert (Addington)".

Your investment: 1190,- Euros per person

Training material, such as copies and other material, is included.

(Travel expenses / car pools are not included).

Installments can be arranged via a standing bank order. Training as such can only be booked in full.



Please turn over!

Registration ends: January 31, 2018

By transferring a down payment of 230,- Euros your registration becomes effective and binding. The remaining costs or the first installment (8x 120,- Euros) have to be paid at least two weeks before the training begins.

Subject to change!

Training location:

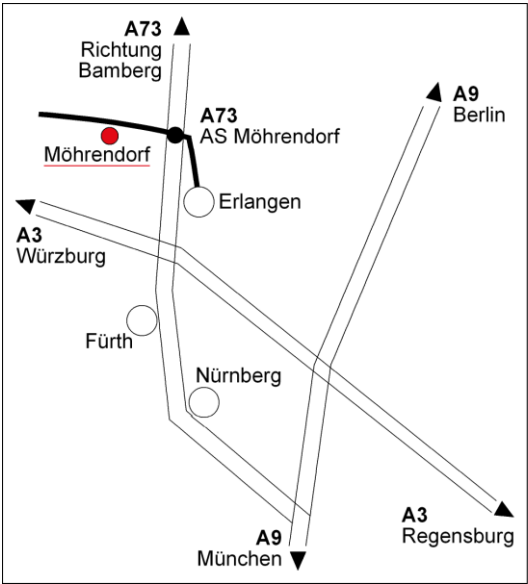
Worldwide Communication Center for Herbalists

Brigitte Addington
Nurse (RN) / Herbalist

Erlenfeld 19a
91056 Erlangen
Germany
(near Nürnberg – see map)

Internet: www.sonnetra.com
Email: brigitte_addington@gmx.de

Phone: (+49) (0)9131 – 93 172 96



Please cut off the slip below and mail it to the address above.

Registration:

I hereby register for the 8-month Herbal Studies Course

(Please complete and tick the appropriate box)

Name

Address

Zip Code / City

Phone

Email

Payment: Single payment

 Installments

Brigitte Addington – Commerzbank AG
IBAN: DE41 7608 0040 0269 7373 01, BIC: DRES DE FF 760

By transferring the down payment of 230,- Euros I will be effectively registered.
For the time of the training I will be fully liable for any damages caused by me to myself, to other persons or to property.
It is not possible to cancel the training. However, upon consultation, it will be possible to arrange for a substitute to participate.
Any other claims are excluded.

.....
City / date / signature

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*- Sonnetra -
Inspired by the sunny side of life*