



AN APPRENTICESHIP IN HERBAL MEDICINE & EARTH RITUALS

with Robin Rose Bennett

Wednesdays, February 16 - May 18 - 7PM EST



FREQUENTLY ASKED QUESTIONS

❖ Who should attend this program?

This course is for anyone who wants to deepen their skills as an herbalist, for anyone who already knows that everything in nature is alive and part of you, or someone who is longing to awaken that previously innate knowledge inside themselves. All ages and genders welcome!

❖ How is this program different from The Open Center's Green Medicine Training?

All of nature is conspiring to help us in our evolution, nudging, pushing, pulling, prodding us to remember our wholeness. The Spirit of the plants is at the center of it *and* at the end of it, in other words, it is the essence of this training. It is the spirit of these plants that guide us. What makes this course so different than other herbal courses is that we will learn about and *from the plants themselves*, through guided meditations as well as rituals that help you tune into the way plants communicate and tune into the cycle of the moon and of the seasons.

We need to re-embed ourselves in the cycles of nature to become joyful beings again and participate in the healing that our world is crying for. We begin with the spirit of the plants:



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❖ I completed the training, now what? What can I do with this certificate of completion?

Upon completion of this course, not only will you have the confidence to take care of "every day" things in your life (from headaches to stubbed toes to the flu to infections), you'll have learned a ton of time-tested, effective information to make use of. The seed for herbal wisdom will also be watered in you. This all comes back to "It is enough just to be exactly who you are"; that is some thing the plants teach us, because they are exactly who they are. The Earth needs all of us to be our authentic selves right now.

You could stop at the end of this training, but you won't want to! This course builds a solid foundation for furthering study with a focus on energetics, or gardening, or clinical herbal medicine for people with cancer or autoimmune conditions... the list of possibilities for continuing your education is as vast as you can dream. You can also join my in-person, three-year apprenticeship.

❖ Will there be homework and exams?

There will be assigned practices that you can do at home, there will not be exams. With this course, you'll get out of it what you put into it. So if you do all the practices and readings every week, you'll get much more out of the course than if you don't do them. That would really be doing you and me a disservice.

❖ What supplies do I need? And where can we get them?

There will be handouts sent to you some time before class with information on herbs being presented and discussed in that class. Resources will be listed separately or can be found on my website: RobinRoseBennett.com/directory.