

North Wind Herbs

Herbal Studies Classes beginning February 2018!!

Instructor: Scott Dinger



Come into nature with me to study our medicinal plants! You will explore beautiful places while learning about plant identification and medicinal/health uses. Students will make tinctures, salves and oils and learn about fermentation. The act of making medicines from wild plants is not only an ancient tradition, but it can also be an important part of a healthy life. It is the chance to connect with nature in new ways, learn about the benefits of herbal medicine, and take charge of your health. We will practice responsible and sustainable wild harvesting at all times. Students will have the opportunity to camp overnight for certain excursions in the Trout Lake area as well. We will harvest flowers, seeds, roots, berries, 2 seasons of mushrooms, and more!

The course runs for ten months and meets one Saturday per month. The dates may be subject to weather and harvesting conditions so make-up classes can be arranged. For students who are interested in meeting on a week day, this can be arranged as well.

Cost: \$550 for 10 months.

Begins: Feb 2018

Ends: Nov 2018

About the instructor: Scott Dinger is a certified herbalist who has studied herbal medicine with the late Cascade Anderson Geller, among many other renowned teachers. He has a true love of nature and natural medicine making as part of a healthy life. Scott also holds the rank of Professor in the art of Kajukenbo, a mixed martial art. He is a former world champion martial artist and he is a practitioner of several different martial arts including Tumpai kajukenbo, arnis, sombo, systema, and tai chi.

Please contact Scott for further information or to sign up for classes. **(503) 753-2687** Thank you!

