

CLASS OFFERINGS

with Selena Rowan of Nine Sisters Botanicals

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AYURVEDA

INTRODUCTION TO AYURVEDA – VATA, PITTA, KAPHA

1.5 hours

An ancient medical tradition from India, Ayurveda is deeply guided by patterns seen in nature, and these patterns can be applied to deeply illuminate our understanding of our bodies, minds, and spirits. Join us for an introduction to the system Ayurveda and how we can use these patterns to evaluate our personal constitutions and improve our health.

AYURVEDA AND THE SIX TASTES

1.5 hours

Ayurveda, the traditional medical system from India, offers us techniques to use our senses to evaluate the medical qualities of herbs and foods. One potent way to learn more about the healing plants is using our sense of taste! Join us to learn about the Six Tastes (sweet, sour, salty, pungent, astringent, and bitter), and how we can use our taste buds to help guide us to the herbs best for our personal constitutions.

HERBS & PRACTICE FOR VIBRANT DIGESTION

1.5 hours

Do you suffer from poor digestion or perhaps just want to learn more about what herbs can do? Join us at Fettle for an introduction to practices inspired by Ayurveda to nourish and strengthen the digestion. Learn how we can use the flavors of foods and spices to guide us and also taste preparations you can make at home that help improve digestion and leave you feeling vibrant!

EMBRACING THE WHEEL OF THE YEAR: SPRING

1.5 hours

Spring time is a time of emerging from dampness and darkness. As the sunlight and warmth increases, we may find stirrings of emergence rising within us too! However, after a winter of less activity and heavier foods, you may feel that you lack the energy or clarity to rise to the occasion. Check out our class to learn more about transitioning your body and spirit from a time of hibernation to a time of vibrant growth.

EMBRACING THE WHEEL OF THE YEAR: SUMMER

1.5 hours

Summer days bring fun and sun, and summer nights bring out joy in our hearts – but sometimes this time of year also brings exhaustion, burn-out, anger, or irritability. Perhaps you're one of those people who moved to Oregon because you aren't a "summer-person" – don't fear! Using an Ayurvedic understanding of the elements and doshas, we'll discuss herbs and foods to support our bodies during the hottest months of the year.

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EMBRACING THE WHEEL OF THE YEAR: GROUNDING PRACTICES FOR AUTUMN

1.5 hours

In our urban environment it can be challenging to live according to the seasons, and we may find ourselves out of touch with the earth's rhythm. Ayurveda, the traditional medical system from India, offers us techniques to bring balance to our lives according to the elemental qualities of each season. Autumn, with its dry, cold, and etheric qualities, can aggravate the nervous system and leave us feeling stressed and unsettled. Join us for this class where we will explore herbs, foods, and practices that will warm, nourish, and grounded as we head into the dark time of the year.

EMBRACING THE WHEEL OF THE YEAR: WINTER

1.5 hours

Does winter make you want to crawl under the covers and hibernate until spring? Check out our class for practices and herbs for easing some of the cold, damp, and heavy influences of winter so you can feel the light of the sun shining year 'round. We'll explore ancient Ayurvedic teachings as well as those inspired by modern herbal practice.

MEDICINE MAKING

CRAFTING HERBAL OILS AND SALVES

2 hours

Ever wonder why your Oregon grape root oil just didn't come out right? Or what would be the most potent way to infuse comfrey leaf into oil? Or, perhaps you've never made herbal medicine, and would love hands-on on how to do it yourself. Come to our class, we'll cover making oils from fresh and dry plants using Simpler's method, the double boiler method, and the alcohol intermediary method. Go home with samples!

PREPARING POTENT HERBAL TINCTURES

1.5 hours

Join us to learn how to prepare a tincture (a liquid herbal extract) using the maceration process, and gain resources to help you determine the best methods for creating the highest potency medicine! We will make tinctures from fresh and dry plant material.

PERCOLATING HERBAL TINCTURES

1.5 hours

Percolation is a process that some consider to be shrouded in mystery, and may not be easily learned just from reading about it in a book. Despite this, percolations are actually a quick and easy way to create a high potency herbal tincture within 48 hours. We'll teach you how to make your own percolation cone, prepare the materials, and run a percolation

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CRAFTING THE PERFECT BODY CREAM

2 hours

Have you ever been fascinated by the alchemy of creating the perfect body cream? Join us at Fettle as we demonstrate how to create a luscious rose water and shea body cream that nourishes the skin and delights the senses.

CRAFTING HOMEMADE FIRE CIDER

1.5 hours

Come on down to participate in a hands-on class on preparing the traditional herbal tonic known widely as Fire Cider, a spicy vinegar infusion with a myriad of health benefits for the digestion and immunity. Learn about the medicinal qualities of fire cider and see how easy it is to make for your family and friends!

CRAFTING APHRODISIAC HERBAL BLISS BALLS

1.5 hours

Whether you enjoy Valentine's day with a lover, with your dear friends, or simply with your fabulous self, you'll love learning to make these delectable chocolate-dipped herbal bliss balls this year. Bliss balls are scrumptious combinations of nut butters, dried fruit, powdered herbs, and honey that will delight your afternoon or keep you warm all through the night! Enjoy samples made in class.

FORTIFY: THE ART OF CRAFTING A MINERAL-RICH SYRUP

1.5 hours

That feeling when you taste something and you know it's just so good for you... it's within reach with this high vibes mineral syrup! We'll make a vitamin- and mineral-rich, deeply nourishing syrup together in class and explore the particulars of how each herbal component supports our health. Students will take home samples. Now is the time to fortify ourselves so we can support our communities!

WEEDY HERBS TO ENLIVEN YOU!

1.5 hours

Chickweed, dandelion, burdock, and nettles, oh my! Medicine grows all around us – and these weedy herbs are jam-packed with enlivening vitamins and minerals as well as gently cleansing components. After a winter of eating comfort foods and hiding in our houses, it's time to call upon the herbs of the season to rejuvenate us. Join us so you can learn more about these feral superfoods and try a few of their many preparations, including herbal pestos, mineral-rich-sprinkles, and teas.

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ACCESSIBLE HERBALISM – HAVING FUN WITH POWDERED HERBS

1.5 hours

Powdered herbs are effective, inexpensive, and easy to use! Together, we'll prepare a milky ashwagandha beverage, a chai honey paste, and a tumeric ghee using powdered herbs. You'll get to taste samples in class! This may be just the key to building sustainable habit of taking your herbs every day.

VARIOUS TOPICS

INTRODUCTION TO HERBS FOR THE NERVOUS SYSTEM

1.5 hours

Stress and anxiety can impact every part of our being, and can especially be a concern during the busy and emotionally charged holiday season. Join us at Fettle while we discuss herbs that can support and nourish the nervous system. We'll delve into the medicinal qualities of skullcap, lavender, valerian, and milky oats while investigating how these herbs can help to reduce anxiety, reduce stress, and improve sleep.

NOURISH YOURSELF!

1.5 hours

Interested in bringing herbs into your daily life but not sure where to start? Perhaps you're still recovering from the stress and perhaps unusual dietary habits leftover from the holidays. Join us to investigate the uses of our common, safe, and lovely nutritive herbs! We'll discuss the medicinal qualities of nettles, oatstraw, rosehips, and more and we'll talk about how they can nourish us as we cultivate radiant health. We'll have opportunities to try each of these herbs as well as learn about how to brew potent herbal infusions.

INTRODUCTION TO BASIC FIRST AID HERBS

1.5 hours

Interested in learning about herbs for first aid? Join Selena at Fettle as we talk about some common herbs that can be handy in the home setting. We'll discuss the basic uses of calendula, lavender, St. John's wort, yarrow, and plantain and how you can use these herbs to soothe small cuts, scrapes, bruises, and more.

ALL ABOUT LAVENDER!

1.5 hours

You may know lavender as a soap scent, but this beloved plant can do so much more! Join us at Fettle as we discuss lavender and its uses, including first aid, healing the skin, and reducing anxiety. We'll experience a number of lavender preparations as well as discuss the differences between the various species and varieties of lavender.

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ALL ABOUT DANDELION!

1.5 hours

This humble herb, though misunderstood by many, is a powerful healing agent with many uses! Come learn with us as we discuss dandelion and its potential to support the cleansing functions of the body, reduce allergies, aid in hormone balance, and nourish the liver, skin, and kidneys.

GOING DEEP WITH ASHWAGANDA

1.5 hours

Ashwaganda is one of the most important herbs of India and has great potential to decrease stress, improve sleep, decrease inflammation, and generally improve vitality. Join us at Fettle as we go deep in exploring the qualities of Ashwaganda and how we can safely and effectively incorporate it into our daily lives to support deep self-rejuvenation. We'll taste a variety of Ashwaganda preparations!

HERBS FOR INFLAMMATION AND PAIN

1.5 hours

While the word "anti-inflammatory" is used widely, it is not often known exactly what it means when it comes to herbal medicine. Inflammation can occur almost anywhere in the body and not every anti-inflammatory herb works the same way. We'll explore the physiology of inflammation and discuss herbal strategies for different kinds of inflammation in the body.

HOMEMADE MEDICINE: FIND MEDICINE IN YOUR SPICE RACK!

1.5 hours

Let food be your medicine! You may not know it, but we have abundant apothecaries in our kitchens capable of addressing concerns from colds to chronic inflammation. This class will explore the medicinal qualities of some of our common and uncommon spices.

BOTANY AND PLANT IDENTIFICATION FOR HERBALISTS

3-6 hours

A BRIEF HISTORY OF HERBAL MEDICINE

3-6 hours

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HERBS TO SOOTHE AN UNSETTLED HEART

1.5 hours

In this day and age it can be difficult to feel safe enough to truly embody our hearts. Join us and explore herbs and practices we can employ to when we're anxious, wired, and exhausted and are not sure where to find grounding. We'll connect with motherwort, damiana, hawthorn, rose, and vervain and discuss ways we can incorporate them into our lives.

NOURISH THE FEMME

1.5 hours

Cultivate wellness with herbs traditionally relied upon to strengthen the femme within! We'll discuss some of our favorites and how they can improve fertility and health of both the generative organs and the spirit, including Shatavari, Raspberry leaf, Dandelion root, and Rose. This class welcomes folks of all genders.

NURTURING MASCULINE HEALTH

1.5 hours

Our bodies need both tenderness and strength to thrive. With a focus on how these herbs support masculine health, the generative organs, and the body as a whole, we'll discuss ashwagandha, tribulus, and saw palmetto and will share ways to effectively incorporate them into our lives. This class welcomes folks of all genders.