

# *Herbal Medicine and Nature Wisdom Retreat in Rural France 2*

*with*

*Matthew Wood and Julia Graves*

*August 2 - 15, 2011*



Join two of the foremost practicing herbalists of today for a unique journey to the heartland of Western herbalism. The voyage will take you to temperate central France, home to the wild flora that gave rise to the greatest part of the European herbal tradition.

## *Herbal Education for a Lifetime*

A rare opportunity to train with Matthew Wood in a block course of 14 days, this course held in English language is based on a structured study program. This year we are teaching module two of three. Students who did not attend module one in 2010 are required to attend the 2 ½ day intensive prior to the course to learn the necessary basics. This year, we will study all the organ system with regards to each tissue state imbalance and the relevant specific herbs to treat them, herbal medicine making, and more. Including principals of all major herbal traditions, the summer school teaches planetary herbalism. The systematic training also covers diagnostic tools such as pulse, face and tongue diagnosis, and nature wisdom teachings, including the doctrine of signature, alchemical principles, Native American Indian animal medicine, and plant studies. These are the principles at the core of our unique approach to herbal medicine. The course is designed for practicing clinical herbalists. While open to beginners, classroom level assumes a good working knowledge of herbalism.



*Plant study*



Join people from all over the world at the herbal summer school set in one of the most beautiful parts of rural Europe. The course includes a visit the world famous cave of Lascaux with magnificent 17000 year old neolithic animal paintings and the surrounding prehistoric area, as well as a botanical tree garden, and the quaint local village. We will have a day outing to the nearby medieval town of Treignac, along the ancient pilgrims' route to Santiago de Compostella, including the Jardin du

Centaure herb farm and botanical garden to hear about the mystical lore of the plants, and learn from a French herbalist.

During this time, we will be guests at Peyrissaguet organic farm – a 260 year old historic farm stead

with old granite build houses renovated in eco-construction and nestled on a southern hill slope with magnificent panoramic views over the surrounding land. The area is amongst Europe's least densely populated, and consists of 50% forest.



We will provide fresh healthy organic food (with few exceptions), and will make a point of sampling local food specialties from the world renowned French cuisine. We also provide a wheat and dairy free alternative.



You can arrange to have a paid consultation with Matthew or Julia during this time.

*Participants who did not complete module one in 2010 may join by taking a 2 1/2 day intensive prior to the course, which will cover teaching on the elements, doshas, pulse-, tongue-, and face diagnosis, pulse testing, doctrine of signature, and the Southern Blood Types, prerequisite in being able to follow module two.*

## *- Herbal Education for a Lifetime -*

**An herbal summer school of 14 days - 1500 Euros (August 2 - 15)**

**Pre-course intensive of 2 1/2 days – 400 Euros (July 29 - 31)**



**Matthew Wood, MS** (Herbal Medicine), Registered Herbalist (AHG), practitioner, author and teacher. Matt is one of the world's foremost practicing and teaching herbalists and author of six authoritative herbal standard works. Creator of what could be considered the textbooks for new Western herbalism, he lives in Wisconsin, where he grows and prepares his medicines and maintains a busy practice. He pioneered the integration of a lot of Native American Indian knowledge into mainstream use. Matthew received a master's degree in herbal medicine

from the Scottish School of Herbal Medicine. His contributions to contemporary herbalism lie in his work of synthesizing the main great herbal traditions of the planet, thereby pushing the cutting edge of practical herbalism far beyond the status quo. He is one of today's most outstanding practitioners and philosophers within herbalism.



**Julia Graves**, master herbalist, Gestalt psychotherapist, bodyworker, and teacher. Julia first learned herbalism in childhood from her mother, and cupping, herbalism, homeopathy and anthroposophical medicine at the age of 19 from an old naturopathic doctor. She studied medicine in her native Germany, now practicing holistic medicine, integrating her diverse training background with her love for plants and nature. An expert flower essence counselor, she developed a line of lily flower essences, the *Lily Circle*, and is the

author of an upcoming book on the doctrine of signature, *The Language of Plants*.



**Jacquelin Guiteau**, meditation teacher and healer, tour guide and translator. Jackie soaked up folk herbalism in his native Haiti where biomedical care is unaffordable for the masses and the veil to the spiritual world thin. Having worked twice at the Naturopathic Earth Quake Vicim Relief Clinic set up by Julia Graves after the devastating earthquake, he will accompany the retreat, helping wherever help is needed.

**Please sign up early as the *France Herbal Wisdom Summer School* places are restricted and will be filled strictly on a first come, first serve basis.** Please register early to ensure your place. You will need to arrange your own travels to and from Peyrissaguet. Accommodation at the farm is simple, and women and men sleep in separate dorms. You can pitch your tent at the farm if you wish. The price includes all food except during outings to allow participants to sample the local specialities. While at the farm, you will be able to arrange short free phone calls to the US and European Union including Switzerland with the organizer. The farm offers free wifi.

### **Payment**

To ensure your place, please make a deposit of the amount in **Euros** to the following account, making them out to Jacquelin Guiteau. You are registered from the moment we receive the first payment. If you send your payments under another name, please let us know!

If wish to arrive a day or two early, the costs are 27 Euros per day for room and board.

**bank account holder:** Jacquelin Guiteau    **name of bank:** Credit Cooperatif

**address of bank:** 7 cours Joudon, 87000 Limoges cedex    **account number:** 41014061087

**BIC:** CCOPFRPPXXX

**IBAN:** FR76 4255 9000 4541 0140 6108 794

Please note that all payments must be made in **Euros**. In addition to the course fees, you will be asked to pay the bank fees that our bank charges for receiving your payments. These vary from country to country. You might therefore choose to pay all at once to reduce them. All fees and payments are not refundable nor transferable. The travel expenses up to and from the farm are not included. Please consider getting a travel insurance in case you need to cancel for any reason. For a cheap airfare, you might be lucky online at Cheap Tickets or similar websites.

As soon as you send in your deposit, you will receive a detailed information packet, including travel information details.

There will be an option of bringing a child, childcare and program to be arranged by the parents.

***Further details: to be announced***

***For all further information, please contact Julia Graves at [himalayalily@gmail.com](mailto:himalayalily@gmail.com).***

*Photos: Gertje Koenig, Daniel Guerrier, Swanie Simons*