

AVICENNA WEEKEND SEMINARS MASTER CLASSES

For Herbalists, Aromatherapists, CAM Practitioners & Students

FRAGRANT HERBAL PHARMACY



PRINCIPLES & PRACTICE

with JOE NASR *DPhyt., DO, MNIMH*

and BEL CHARLESWORTH *BSc Herbal Medicine, MNIMH*

SEMINAR OBJECTIVES

- Appreciate the historical uses and modern therapeutic value of aromatic medicinal herbs
- Explore the basic chemistry of aromatic molecules & other herbal ingredients
- Understand the principles of the extraction of herbs & of crafting herbal medicines
- Observe demonstrations of the techniques of making herbal remedies

SEMINAR CONTENTS

Includes immersive experiential LECTURES on:

- Basic chemistry of volatile organic compounds (essential oils), fixed oils & emulsifiers
- Distillation, vapour pressures & boiling point of heterogenous mixtures
- Aromatic & Spirituous Waters
- Herbal Infusions & Decoctions: The traditional method of preparing remedies
- Production of aromatic tinctures, percolates & syrups.
- Production of infused oils, ointments, pomades, balms, creams & lotions

Includes PRACTICAL DEMONSTRATIONS on:

- Preparing herbal infusions & decoctions with experiential tea tastings
- Distilling an aromatic water, making an aromatic tincture, & an aromatic syrup.
- Preparing an infused oil, a pomade, an ointment, a cream, and a lotion
- Percolating a dry herb & extracting a herb's soluble minerals
- Outdoors, exploring the therapeutic value of a 'herb walk' and essential herbal know-how for harvesting from the hedgerow.

Please Turn Over →

FIRST WEEKEND SEMINAR IN WALES

Date: Saturday 12th & Sunday 13th August 2023

Venue: Cilcennin Village Hall, Cilcennin, Wales, SA48 8RF

Fees: Practitioners £245 including VAT (Students £195 including VAT)

REPEAT WEEKEND SEMINAR IN YORKSHIRE

Date: Saturday 19th & Sunday 20th August 2023

Venue: The Meditation Centre, Flintergill, Dent, Sedbergh LA10 5QR.

Fees: Practitioners £245 including VAT (Students £195 including VAT)

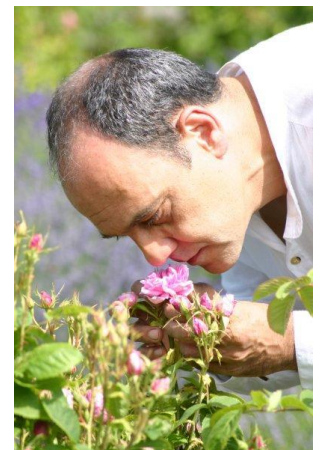
SEMINAR LEADERS

Joe Nasr *D Phyt. DO, MNIMH*

Joe Nasr is a well-known medical herbalist, osteopath, and senior lecturer in herbal medicine. His lecturing skills, enthusiasm, and dedicated work on herbal medicine-training development was part of the revival of the profession in the UK, which started in the early 1980's.

Joe has a passion for aromatic medicinal plants, which he takes pleasure in nurturing on his herb farm set deep in beautiful Mount Lebanon. He grows old scented roses, rose geranium, rosemary, lemon balm, thyme, hyssop, and chamomile amongst other interesting medicinal plants.

Joe is also a dedicated and experienced plant distiller. Over the years, he has developed innovative techniques for the production of herbal aromatic waters, tinctures, syrups, ointments, creams and more, through his company Avicenna Herbal Products.



Bel Charlesworth *BSc.(Herbal medicine), MNIMH*

Bel's passion for sharing the healing power of plants with others and making herbal remedies accessible for all has been a key part of her work as a herbalist since graduating in 2003. With 20 years of herbal practice, teaching and medicine-making, she is delighted to be joining Joe on the Fragrant Pharmacy Seminars and sharing her knowledge and experience with you.

From taking you on herb walks to demonstrations and experiential tea meditations, I will ensure you leave the Seminar confident, inspired and ready to make your own herbal remedies.

www.yorkshireherbalist.co.uk Tel: 07775 920079



**For further information and a booking form, please contact:
Charlotte Boyle - Email: avicenna@clara.co.uk Tel: 01570 471000
www.avicennaherbs.co.uk**