



# The Medicine Wheel Garden & Classroom

At Great Hollow Wilderness School

Join us for a special series of classes at Great Hollow Wilderness School's Medicine Wheel Garden & Classroom! Guided by herbalist, author, and ethnobotanist E. Barrie Kavasch, of the *Medicine Wheel Garden and Wellness Center* in Bridgewater, we will be exploring the wonderful world of plants and healing. You may wish to bring a pen and notebook and be prepared for indoor and outdoor activities.

*Classes require a minimum number of participants, so register early!*

*Please call Great Hollow at (203) 746-5852.*

January 28<sup>th</sup>, 2006- 10am - Noon

## From the Garden to the Medicine Chest

Join us in January for a day of making and sampling tinctures, and exploring essential oils. You will learn how to create a unique Medicine Wheel Garden Wellness Kit filled with delightful homemade healing goodies! We will be making a leaf tincture, please bring a 6oz glass jar to class.

February 25<sup>th</sup>, 2006- 10am - Noon

## Salves & Balms- Help for Winter Skin

Explore recipes and remedies to moisturize and nourish winter skin. You will learn how to create soothing lotions to soften your skin and further enhance your Medicine Wheel Wellness Kit. We will be making a delicious skin emollient to soften your Gardener Hands! Please bring a 6oz jar to class.

Monday, March 20<sup>th</sup>, 2006

6:00pm – 7:00pm

## Vernal Equinox Community Event at the Medicine Wheel Garden!

Join us for a “drumming celebration” to embrace and commemorate this special time of year! We honor this time with a Fire Ceremony, and by making "Wind Horses" to carry our prayers through the next quarter of the year. Bring your wonderful energy, drums and rattles (if you have them, if not we will have extras) to the garden.

April 29<sup>th</sup>, 2006- 10am - Noon

## Opening the Garden Series: Spring's Earliest Perennials!

It's the awakening of the Medicine Wheel Garden! Join us as we learn, explore, and strengthen our commitment to this natural space. Come celebrate the healing powers of the east! What are the earliest perennials in this garden? Learn about the wonderful cleansing and detoxifying perennials that help us renew our energy and prepare for spring.

May 27<sup>th</sup>, 2006- 10am - Noon

## Opening the Garden Series: Celebrating Spring!

Come and enjoy the warming days as we explore the ceremonies of spring. We will investigate the rituals of different cultures and create tradition of our own as we hang ribbons and send our wishes to the wind! Learn about plants that nourish the soil and the foods that fuel us as we celebrate this sacred space.

Wednesday, June 21<sup>st</sup>, 2006

6:00pm – 7:00pm

## Summer Solstice Community Event at the Medicine Wheel Garden!

Join us for a “drumming celebration” to embrace and commemorate this special time of year! We honor this special time with a Fire Ceremony, and by making "Wind Horses" to carry our prayers through the next quarter of the year.

Bring your wonderful energy, drums and rattles (if you have them, if not we will have extras) to the garden.

**Saturday workshops cost \$20 per person plus a small materials fee (\$2-3 payable at class).**

**Equinox and Solstice Community Events are a \$10 suggested donation.**

**Please bring your friends and family at a 10% discount!**