

Become a Home Herbalist

Programme Dates for 2025:

	One Weekday Online session a month 5.15pm - 6.45pm Online via zoom Theory Based (Notes provided)	One weekend session a month in-person 10am-12pm Venue: The Base, Moss Street, Blackburn (Former Florence St Pub). Practiced Based (Recorded video instructions provided)
June 2025	Sunday 15th June	Sunday 22nd June
July 2025	Thursday 17th July	Sunday 27th July - cancelled
August 2025	Holiday	Holiday
September 2025	Friday 12th September	Sunday 21st September
October 2025	Friday 17th October	Sunday 26th October
November 2025	Friday 14th November	Sunday 23rd November
December 2025	Friday 5th December	Sunday 14th December

2026 Dates will be shared in due course.

*First Theory based session will be conducted face to face on a sunday as will also include a general welcome and introduction to the programme.

All remaining theory sessions will be during weekday evenings online.

Core Modules of Study:

Module 1	Introduction to Herbal Medicine Common Herbs and Actions
Module 2	Digestion
Module 3	Digestive Complaints - Swedish Bitter Spray
Module 4	Detoxing - Aloe vera infusions
Module 5	Skin Healing - Calendula cream
Module 6	Common Colds and Flu - Elderberry Syrup/ Fire Cider
Module 7	Common Injuries - Infused oil (selfheal, daisies)
Module 8	Stress - Bach remedies
Module 9	Sleep - Sleep tea blend
Module 10	Menstrual and Womb Health - Castor oil packs
Module 11	Group Chosen Topic - Homeopathy?
Module 12	Group Chosen Topic -