

Herbal Medicine and Nature Wisdom

Retreat in Rural France

with

Matthew Wood and Julia Graves

July 22 - August 2, 2010

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



To begin, the tour takes us to the 6000 year old neolithic standing stones of Carnac in Bretagne, the Celtic part of Europe. While not widely known, it is maybe the most awesome and inspiring evidence of ancient nature wisdom. Thus, we will commence the retreat at the unforgettable place of the roots of our native herbal tradition. Weather permitting, we will visit the nearby beach. We then continue to Corrèze in Limosin, nestled in the lush green

rolling foothills of the Massif Central mountains, in a remote area within pristine nature. There will be a full schedule with morning and afternoon study sessions, and evening lectures. We will visit the nearby medieval town of Treignac, along the ancient pilgrims' route to Santiago de Compostella. We will also visit French pharmacies, herb stores and Jardin du Centaure herb farm and botanical garden to hear about the mystical lore of the plants, and learn about the French "twist" on herbalism.



A rare opportunity to train with Matthew Wood in a block course of nine days, this course held in English language includes a structured study program. The systematic training covers tissue states, organ systems and specific herbs to treat them, diagnostic tools such as pulse, face and tongue diagnostics, and nature wisdom teachings, including the study of the doctrine of signature, alchemical principles, Native American Indian animal medicine, and Goethean natural studies. These are the principles at the core of our unique approach to herbal medicine.

During this time, we will be guests at Peyrissaguet organic farm – a 200 year old farmstead with old granite build houses, 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. Our beautiful cook Erin will provide a wheat and dairy free alternative.

You can arrange to have a paid consultation with Matthew or Julia during the trip.

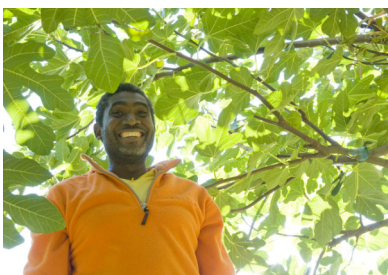
A study course of 12 days - 1300 Euros



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 on Sunnyfield Herb Farm in Minnesota, 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.



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. He will accompany the retreat, helping wherever help is needed.

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 flight or travels to and from Paris Charles de Gaulle airport. We will only pick up and drop off participants there all together and at one time. People arriving by car from within Europe, you can meet us in Carnac in Bretagne. Instruction materials, entry fees, dormitory lodging or double rooms (please inquire for a single room rate for the one overnight in a hotel) and all meals are included in the price (with the exception of an additional snack or beverage during travel that you might like). You can pitch a tent at the farm if you wish. While in Limosin at the farm, you will be able to arrange short free phone calls to the US and European Union including Switzerland with the organizer.

To ensure your place, please make a transfer of a 650 **Euros** to the following account, making them out to Jacquelin Guiteau:

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 7541 0140 6108 732

The remaining 650 **Euros** is due by end of June 2010. 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. They are 3,66 Euros from within the European Union, and 18,30 Euros from other countries, such as the USA. 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 Charles de Gaulle airport 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.

For organizational reasons, we cannot make a difference in the course fee whether you join the coach or choose to arrive privately by car.

As soon as you send in your deposit, you will receive a detailed information packet, including travel information details, and points and time of arrival and departure.

For all further information, please contact Julia Graves at himalayalily@gmail.com.

Photos: Gertje Koenig, Daniel Guerrier