



Perfect  
Herbs

**LABOUR N LEARN SCHEDULE**  
**SUBJECT TO CHANGE**



**FRIDAY SEPT 18, 2015**

**6:30 PM: ARRIVAL**

SIGN IN, WAIVER  
HAVE DINNER BEFORE YOU ARRIVE

**6:30-7:30PM: SET UP CAMP**

**7:30PM-9:00PM FIRE WELCOME CEREMONY**

- REVIEW LOGISTICS FOR THE WEEKEND
- REVIEW WEEKEND GOALS/SCHED
- WELCOME
- SELF INTROS
- DIDACTIC (30 MIN)
  - RELATIONSHIP BETWEEN NATUROPATHY AND PERMACULTURE- INNER AND OUTER MICROBIOME (GIVING CONTEXT TO THE GARDENS WE ARE BUILDING TOGETHER)
- QUICK LESSON ON FRUIT TREE GUILDS/HUGUL KULTURS
- FIRESIDE SNACKS (BRING WHAT YOU LIKE)
- CHILLIN'

**SATURDAY SEPT 19, 2015**

- 7AM-7:45AM – BREAKFAST (HERBALIST'S GRUEL)
- 8 AM – 10 AM – DIGGIN' IN THE DIRT (FRUIT TREE GUILDS, GARDEN MAINTENANCE)
- 10-10:30 BREAK
- 10:30-11:30 – MORE WORK! (SHEET MULCHING, HARVESTING BOUNTY, GARDEN MAINTENANCE)
- 11:30-1PM- LUNCH, BROWN BAG STYLE (BBQ AVAILABLE, NO FIRE)
- 1PM-2:30PM- HERBAL FIELD EXPERIENCE
  - HERB WALK, LEARN A FEW THINGS
  - HERB SIT (TRUST YOUR INTUITION EXERCISE)
- 2:30-3PM- BREAK/SNACK
- 3:00-5:00PM – DIGGIN IN THE DIRT
  - TREE AND SHRUB REMOVAL
- 5:00-5:30 PM – GET SORTED
- 5:30-7PM- POTLUCK DINNER (BBQ, FIRE, GAS STOVE)
- 7PM EVENING FIRE
  - DIDACTIC: DEEP NATURE CONNECTION AND CORE ROUTINE PRESENTATION
  - CLINICAL APPLICATIONS OF THE HERBS THAT WE ENCOUNTERED TODAY
- 8PM ONWARD- CHILLIN', GUITARS N DRUMS N STUFF

**SUNDAY SEPT 20, 2015**

- 7AM-7:45AM – BREAKFAST (HERBALIST'S GRUEL)
- 8 AM – 10 AM – DIGGIN IN THE DIRT (WEEDING AND WATERING)
- 10-10:30 BREAK
- 10:30-11:30 – MORE WORK! OR NATURE TIME- DEPENDING ON NEEDS OF THE LAND!
- 11:30-1PM- LUNCH, BROWN BAG STYLE (BBQ AVAILABLE, NO FIRE)
  - INCLUDES DEEP NATURE CONNECTION CORE ROUTINE- SIT SPOT EXERCISE
- 1PM-2:30PM- HERBAL FIELD EXPERIENCE
  - HERB WALK, LEARN A FEW THINGS
  - GROUP FOLLOW UP/MONOGRAPH TEMPLATE RE: SATURDAY'S PLANT INTUITION EXERCISE
  - SHARE STORIES FROM SIT SPOT EXERCISE
- 2:30-3PM- BREAK/SNACK
- 3:00PM- CLOSING AND CLEAN UP

**BRING IT LIST:**

TENT  
TARPS (TO KEEP TENT DRY)  
GROUND SHEET FOR TENT



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(A GROUND SHEET IS A TARP THAT YOU PUT UNDERNEATH YOUR TENT TO KEEP  
MOISTURE AT BAY)

THERMAREST/SLEEPING MATTRESS  
SLEEPING BAG  
PILLOW

LUNCH FOR SAT, SUN  
COOLER AND ICE FOR FOOD AND BEVERAGES

POTLUCK  
FLASHLIGHT,  
HEAD LAMP  
TICK/MOSQUITO REPELLANT  
WATER BOTTLE

YOUR FAVOURITE MUG  
YOUR FAVOURITE BOWL  
GARDENING GLOVES  
SUNSCREEN

HAT  
SWIM SUIT AND TOWEL (BEACH IS 2 KM AWAY)  
RAIN GEAR (IMPORTANT!!)

EXTRA CLOTHES TO STAY DRY  
DRESS IN LAYERS  
(IT COULD BE HOT AND DRY OR COLD AND WET)

PEN  
NOTEBOOK  
CAMERA  
HIKING FOOTWEAR, GARDENING FOOTWEAR  
RUBBER BOOTS

DRUM, GUITAR, INSTRUMENT OF CHOICE  
AN OPEN MIND AND OPEN HEART

**LEAVE IT AT HOME**  
PETS  
CCNM NOTES