

# SACRED VIBES

HEALING

## SACRED VIBES SPRING APPRENTICESHIP PROGRAM

Our apprenticeship program is an opportunity for women to reconnect to their divinity and to develop a deep connection with our green guides.



Please be willing to make a minimum 12 week commitment to the weekly program. This intensive program meets one day per week for 4 hrs.

Our Apprenticeship consists of spending time connecting with the wisdom within, while plant walking, wild crafting, creating herbal medicines, discovering herbal nourishment and more! Creating sacred space through the practice of indigenous ceremonial practices, community, guided visualization, practices in compassionate communication and more, we are guided through gateways to the green world. Participants in this program leave with a strong foundation in herbal wisdom, universal spirituality and nourishment.

### What you will discover in this program:

- Ways to incorporate herbs as well as wild and food into daily life.
  - Skills for Identifying, harvesting and using local wild herbs.
    - Techniques for growing herbs for food and medicine
      - How to make and use herbal remedies
      - Herbs for specific body systems
  - Approaches to connecting with the natural world.

- A personal materia medica
- Skills and confidence in sorting through health care options and how to be an advocate for healing.
- An understanding of health with a focus on seasonal cycles and patterns
  - Life enhancing communication skills
    - The Wise Healer within
  - Communicating with plants, plant spirit medicine
    - Ritual
    - And much more!!!

### Level I Spring 2012 Weekly Apprenticeship Dates

Awareness is the theme of this seasonal apprenticeship, as we open the door to the green world and its mystery.

The investment for these sessions- \$800

Includes: Instruction, and materials.

**This session will meet on Sunday Mornings (9 am – 12 pm)**

**March 25<sup>th</sup> – June 17<sup>th</sup>**

### To Register

For the apprenticeship program send an expression of intention for your participation with a \$100 deposit made out to **Sacred Vibes Apothecary, 376 Argyle Road, Brooklyn, NY 11218**. Your deposit is only refundable if for some reason we determine together, before the program begins that the program is not a good match for you. Once I receive a deposit you will receive a confirmation and you will be scheduled to meet with Karen either in person or by phone for an orientation conversation. Be sure to include the session you are registering for as well as your complete contact information. .