



OHLONE CENTER
FOR HERBAL STUDIES
BERKELEY · CALIFORNIA



2011 SCHEDULE OF CLASSES

Western Herbs and the Green Movement

Western Herbalism provides an answer in the changing health care paradigm. Western botanicals provide an effective affordable healing modality that is sustainable with our natural resources. Western Herbalists are both activists and visionaries for the future; They hold knowledge handed down from generations and are well educated in scientific understanding of herbs. The manufacturing of allopathic drugs taxes our natural resources and waste products of such practices contribute significantly to global pollution. In the new turning of the world where the medical empire is breaking down, herbalism and its use of locally available plants have much to offer. Herbal Medicine can be both good to the body and to the earth.

School Non-discrimination Policy

The Ohlone Herbal Center does not discriminate on the basis of race, color, national or ethnic origin or in the treatment of its clients, the administration of its educational and admission policies, scholarship and loan programs, or any other school-administered programs.

Directions to the Ohlone Clinic and School

From Hwy 80 in Berkeley take the University Ave. exit, go east on University. Turn right onto Bonar Street, go 1 block, then take a left on Addison Street. Parking is available on the street.

From North Berkeley Bart - Walk 2 blocks South on Sacramento Street, cross University Ave. to Addison Street. The school is 2 blocks west of Sacramento at 1250 Addison Street, in suite 113.

Ohlone Center of Herbal Studies

The Ohlone Herbal Center is a 501 (3) c educational non-profit Western herbal school. Since 1995 we have been educating clinical herbalists. The mission of the school is to transform lives through the use of Western herbal treatment strategies and botanicals.

We offer a variety of classes, from herb walks and short workshops to a formal Clinical Herbalist training program. We are committed to educating healers for successful careers as herbalists and/or herbal educators. The school offers a clinical herbalist training program in a 2 or 3 year format and consists of 1,000 hours of direct teacher contact. All classes are small, interactive, flexible and tailored to student's needs. Students who complete the Clinical Program graduate with a profound understanding of how to create, promote and manage a successful herbal practice.

What makes the Ohlone Center's program unique is its focus on experiential learning. Students taste, touch, smell, cut and dig plants. Our intent is to give students personal experience with the effects of herbs in their own bodies. They are educated on the usefulness of each plant and its application for physical, mental and spiritual healing. Programs are carefully designed to be exciting, intellectually stimulating and fun.

Our Name

The name of our school was selected for various reasons. Most of our knowledge of native plants come from the first peoples. This was handed down through untraceable oral traditions. It was a desire of ours to give honor and credit to these first people.

The Name Ohlone is not a tribal name, rather a location name. The Ohlone people were a collection of multiple tribes living around the Bay Area. We wanted a name that meant "people" and had some relationship to land and place. The name was also selected for the vision or a way to live. It is a reminder of how to be stewards of the earth and to serve the needs of the whole. When we look to our name it gives light to our mission.

Table of Contents

Long Term Classes

Apprenticeship	Pg 5
Foundations	Pg 6
Therapeutic	Pg 6
Clinical Internship	Pg 7

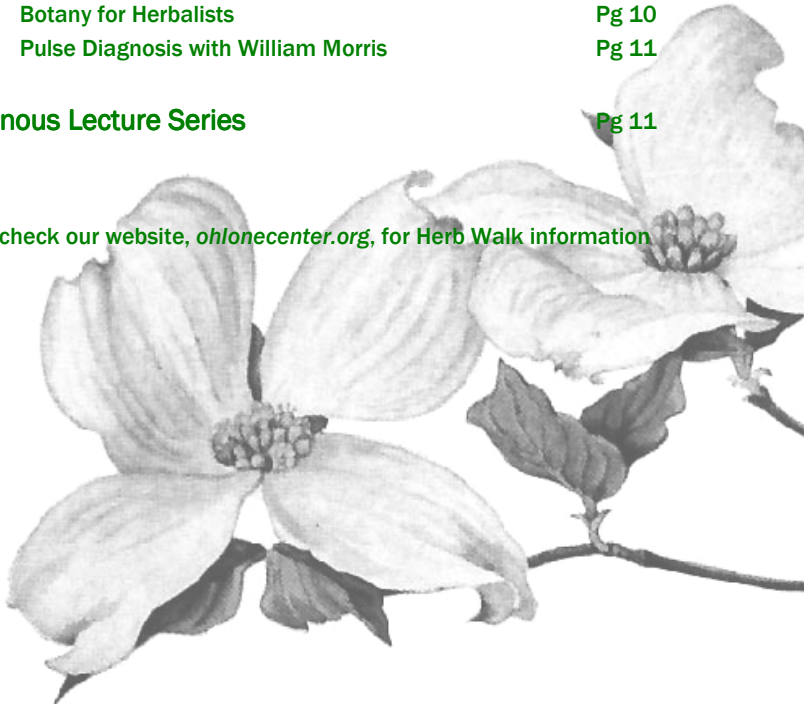
Workshops & Short Term Classes

Mushroom Identification	Pg 8
Medicinal Mushrooms	Pg 8
Herbs for Women	Pg 8
Desert Wildflower Trip	Pg 8
Herbal Cosmetics	Pg 9
Herbs for Colds and Flu	Pg 9
Herbs for Kids	Pg 9
Plant Identification for Herbalists	Pg 10
Introduction to Herbal Medicine	Pg 10
Botany for Herbalists	Pg 10
Pulse Diagnosis with William Morris	Pg 11

Indigenous Lecture Series

Pg 11

Please check our website, ohlonecenter.org, for Herb Walk information.



Herbal Apprenticeship Program

Pam Fischer and faculty - Instructors

March 8 to October 19, 2011

Tuesdays-Thursdays, 9:30 AM to 4:00 PM

The 600-hour Apprenticeship Program combines studies from the Ohlone Foundations Course and Herbal Therapeutics programs. Offered three days per week, Tuesday–Thursday from 9 AM to 4:00 PM., the Apprenticeship begins on March 8, 2011 and concludes on October 19, 2011.

Studying intensively with professional herbalists, students will immerse themselves in the world of herbs through classes, weekly field studies, and camping trips. Apprentices will gain an understanding of local plants in preparation for becoming successful herbalists and herbal educators.

Program Cost: \$7,400

Please see our website, ohlonecenter.org, for payment plan information



Herbal Foundations Program

In Berkeley : September 21, 2011—June 27, 2012

Wednesday Nights, 7-10 PM, and one Sunday per month

Gain an in-depth understanding of more than 300 local plants through theoretical learning, herb gathering, sampling and medicine making. This year also involves an in-depth investigation of human physiology to understand the complex interactions among reproductive, endocrine, nervous, skin, muscular, skeletal and digestive systems. Constitutional physiology and the impact of stress are also emphasized.

On the first Sunday of each month there will be an herb walk. There will also be three class field trips. At the conclusion of the course, students will have a firm and well rounded foundation in herbalism.

Program Cost: \$4,000*

Herbal Therapeutic Program

September 20, 2011 to June 26, 2012

Tuesdays, 7-10 PM and one Sunday monthly

This course is the second of three courses in the Clinical Herbalist Training Program. The content builds on that of the Foundations program and focuses on advanced therapeutic strategies in assessing treatment. Students study disease process and learn how to apply their herbal knowledge to treat the underlying condition.

This course involves case reviews, research and herbal formulating. The goal is to give clinicians well-rounded tools needed for working as professional herbalists.

At the conclusion of the course, students will have a foundation in constitutional diagnostic techniques and the ability to formulate and treat clients with confidence.

Prerequisite: Herbal Foundations

Program Cost: \$4,000*

Clinical Internship Program

Pam Fischer, Instructor

November 7, 2011– October 15, 2012

Mondays 1-6 PM and one Saturday per month

In this 400-hour course, students will begin to work in and learn how to run an herbal clinic. Students see clients, make assessments, prepare and formulate herbal products, and evaluate client progress. The student clinic is a busy facility, serving up to 125 clients per month.

In addition to gaining clinical hours, students will learn fundamentals of running a successful practice. Interns will learn teaching techniques and will teach a workshop or herbal class.

Prerequisite: Completion of Apprenticeship and Therapeutic Programs, or instructor's consent.

Cost: \$5,000*

2nd year Clinical Internship Program

Pam Fischer, Instructor

November 7, 2011– October 15, 2012

Mondays 9 AM-2 PM and one Sunday per month

During this year, interns continue to see clients and become more independent while developing their professional poise. Staff members will meet individually with students to discuss their cases. Second year interns will be given more advanced cases. Past graduates have found second year of clinic helpful in developing confidence as practitioners.

Prerequisite: Completion of Apprenticeship, Therapeutic and first year Clinical Internship Programs, or instructor's consent.

Cost: \$5,000*

*Please see our website, ohlonecenter.org for payment plan information

Workshops & Short Term Classes

Mushroom Identification

Taught by Autumn Summers

December 4, 2011

10 am - 5 pm

\$100

Learn to identify and harvest edible and medicinal mushrooms from the local wild area. Class will begin with the basics of mushroom identification, including terminology, identification features, spore prints, family groups and more. In the afternoon, we'll head into the nearby woods to examine varieties of wild mushrooms. Following the foray, we will visit the local mushroom fair.

Medicinal Mushrooms

Taught by Karen Aguiar and Terri Jensen

Sunday, January 9, 2011

10 am - 5 pm

\$100

A class on selecting which mushrooms to use for specific conditions and how to prepare mushrooms for the most effective medicine

Herbs for Women

Taught by Anna Kazanjian, Cynthia Belew and Pam Fischer

Thursday nights March 10-24, 2011

7-10 pm

\$125

An intensive class focusing on a woman's life from puberty through menopause. In different phases of life woman are challenged with a variety of discomforts and diseases. From menstrual irregularity and PMS to Pregnancy, childrearing and Menopause, women have unique issues to contend with. We will explain herbal strategies that can help with each phase of life.

Desert Wildflower Trip

Jim Hall and Tatiana Almendral

Tuesday-Monday, March 15- 21, 2011

\$350

Join Tatiana and Jim for a Spring wild flower trip to Anza Borrego Park in Southern California. They will discuss the medicinal properties of desert plants and flowers essences. Camping fee included, meal and ride sharing will be discussed before the trip.

Workshops & Short Term Classes

Herbal Cosmetics

Taught by Cheryl Fromholzer

May 16 2010

7 –10 pm

\$60 plus \$25 materials fee

Learn about the benefits of using all-natural ingredients on your skin including phyto-nutrient packed herbal extracts, essential oils, mineral-rich clays and cold-pressed organic oils. This hands-on workshop will begin with a luxurious herbal facial steam. You'll take home aromatic herbal spa products you've made which are tailored to your particular skin type including a facial mask and skin tonic.

Herbs for Colds and Flu

Taught by Jennifer Blythe Adams

October 22, 2011

2-5 pm

\$60

Learn how to care for yourself and loved ones with herbs during the cold season. We will discuss preventative health care, therapies for common winter illnesses, and how to prepare our own home remedies. Come drink warm tea and prepare for a naturally healthy winter.

Herbs for Kids

Taught by Katie Delwiche

Thursday, November 18, 2011

7-10 pm

\$60

This is a class for caregivers on the use of herbs for children's health care. The class will cover disease prevention, how to support the body holistically with herbs, and herbal therapies for common illnesses. We will also discuss alternatives for dealing with chronic problems such as ear infections, allergies, and asthma. Also included is a demonstration on preparation techniques for making herbal products for home use.

Workshops & Short Term Classes

Plant Identification for Herbalists

Taught by Autumn Summers

Sunday, April 10, 2011

10 AM- 5 PM

\$100

This class is for the novice plant lover. It will cover the basic system of botanical field identification. Students will learn how to identify plants by using common characteristics to group plants into families. Plant keys will be introduced and explained. This is a perfect class to get started in identifying Spring wildflowers in the local area around us.

Introduction to Herbal Medicine

Berkeley Class: July 4 - July 25, 2011

Monday Nights, 7-10 PM

San Francisco Class: August 1st- August 22nd, 2011

Monday Nights, 7-10 PM

\$350

A class for the beginner who wants to bring herbs into their everyday life. We will explore the many facets of herbs and herbal medicine. Class will cover basic human physiology and common herbal remedies for each body system. Students will learn to prepare a number of herbal products, including herbal extracts, salves, lotions, syrups and teas. This class includes an herb walk to a local natural area.

Botany for Herbalists

Taught by Jolie Lonner Egert

February 6- June 5, 2011

First Sunday of month, 10 AM- 5 PM

\$300

This two day workshop will teach you the skills needed to positively identify wild plants. Topics include: Understanding plant parts and descriptions, Overview of botanical classification, Distinguishing characteristics of important medicinal plant families, Online resources and Basic ethical wildcrafting.

Pulse Diagnosis Workshop

Special Guest Teacher William Morris

Saturday & Sunday, August 20-21, 2011

10am - 5pm

\$200

Pulse diagnosis is a useful tool in devising and evaluating treatment strategies for our clients. William brings his in-depth knowledge of how to read the pulse to Ohlone Center. In this class, he will lay a foundation of how to use depth, width and position to evaluate the client energy patterns. He'll explore Western herbs that have been useful in shifting these patterns.

Indigenous Lecture Series

A monthly series of lectures by leading herbalists starting January 2011. Each guest lecturer will also lead a workshop on the following Saturday (and some on Sunday as well) on the same subject.

January 7-8th- David Hoffmann: Evolving Western Herbal Traditions

February 11-13th- Sage La Pena: Native American Herbal Healing

March 11-13th- David Crow: Principles of Ayurvedic Wisdom

April 8-9th- Luisah Teish & Xochipala Maes-Valdez: Indigenous Healing of Africa and Mexico

May 13-15th- Jeff Nagel: Taoist Herbal-Nutrition & Chi Kung Healing Traditions

June 10-11th Tibetan Healing Wisdom

All Friday night lectures are \$10.00 in advance or \$20.00 at the door. Workshops are \$100 a day, advanced registration is required.



1250 ADDISON ST.
STE. 113
BERKELEY, CA 94702
510-540-8010
OHLONECENTER.ORG