



A NEW SERIES BEGINNING THIS FALL!

Join us for a year-long journey working with herbs to support you through each season of the solar cycle and the shifting chapters of your life. By aligning with the natural energetics of each season, you will learn to use herbs to address your family's common health concerns, ease transitions, and understand how complementary modalities such as nutrition and cooking, gardening, aromatherapy, and spiritual tools can enrich your wholeness and well-being.

Classes will be held at our Ohlone East location in Pleasant Hill at Rodgers Ranch on Tuesday evenings from 6:30 to 9:00 pm and will be comprised of lectures, discussions, and hands-on medicine making. Each seasonal module runs 9 to 10 weeks and is designed around school-based and commonly observed holidays. This allows for the full depth of your participation in the series while giving you the space you need to be with your families during these breaks.

We encourage participants to engage in the full turning of the wheel by enrolling in the entire series. However, you may also enroll in the seasonal modules individually.

For more information or to register please visit:

www.ohlonecenter.org/courses



**OHLONE
HERBAL
CENTER**

Turn One of the Wheel:

Autumn (Sept. 11 –
Nov. 13, 2018)

Turn Two of the Wheel:

Winter (Dec. 11 –
Feb. 19, 2019)

Turn Three of the Wheel:

Spring (March 12 –
May 21, 2019)

Turn Four of the Wheel:

Summer (June 18 –
Aug. 20)