

Journey to Ireland in 2018



Herbcraft: A Herbal Pilgrimage

Choose: Awakenings 23- 30 March 2018

OR

Spiraling Inward: 20-27 September 2018

Connect with the remembering and knowing that is kindled by being in this mystical, lush land. Your pilgrimage home will be in the gorgeous Burren in County Clare, a place of sacred sites, holy wells, abundant herbs and wild coastline. We will spiral outward and inward to experience the holy, with the herbs as thresholds, deepening into the journey through ritual and connection. With joy and reverence we will wild-craft hedgerow herbs and wild plants to create healing medicines and potions. You will leave with abundant memories and your own Irish apothecary. \$1,650

Ireland Herb School

17-30 June 2018

Immerse yourself for two weeks in the wind-swept seacoast of western Ireland learning about the herbs, connecting with ancestral traditions and living in community. You will eat, sleep, live

and dream with the herbs! Monday through Friday will be classroom days: the classroom being our sacred community space, the hedgerows, the seashore and the mystical landscape. Evenings will be for self-reflection and community ritual. We will journey to holy wells and sacred sites, collecting waters and herbs for medicine-making, collecting memories, remembering our roots. Weekend on your own for adventure and exploration. \$1,950

Daily itinerary for Herbcraft, An Herbal Pilgrimage: Awakenings and Spiraling Inward

(subject to change):

The pilgrimage includes lodging in traditional B&B, transportation with Ireland, two meals per day, entrance fees, all medicine-making and ritual supplies. Does not include one meal per day, drinks including alcohol, airfare to Ireland (fly into Shannon). Single supplement: \$125 (if you wish to have your own private room).

Day 1: Kinvara. You will be met at Shannon Airport for your morning arrival into the magical isle of Ireland! To get grounded in this land, we will take a gentle, spirit-awakening walk in a mystical wood and explore an ancient castle ruin. We will get settled into our home for a week and have time for a rest, a walk to the bay or a stroll along the beach. In the liminal light, we will have our opening ritual at a sacred well tucked into the mystical hazel groves of the Burren and collect holy spring water to bless our journey.

Day 2: Kinvara. After a hearty and restorative Irish breakfast we will be inspired by the mystical land of Coole Park. Enjoy a gentle walk, connect with the magnificent trees through guided meditation and deepen into the land through poetry and journaling. We will explore the hidden herbs in the limestone pavers of the Burren and wildcraft from the overflowing hedges to create a healing herbal tea. At sunset, we will visit Flaggy Shore on Galway Bay and collect seaweed for foot and body soaks before supping seaside at Linnane's Lobster Bar, where we will enjoy just-caught seafood and lots of Irish craic!

Day 3: Kinvara. We will greet the new day with gentle yoga and meditation before we traverse into misty wilds of the Burren. We will chant with ancient echoes in an abbey and harvest herbs from the infirmary. We will explore hidden beaches, fairy forts, sacred springs and discover a bean- to- bar chocolatier! We will invoke Brighid, Goddess of healing, to guide our hands and our hearts as we create healing salves and infused oils.

Day 4: Kinvara. We travel the short distance to Brigit's Garden to explore the amazing Celtic Festival-themed gardens dedicated to this Goddess and Saint of Healing. Then we journey into the blue mists, bogs and stark beauty of Connemara. We will seek healing from the sea and perhaps take a baptismal dip into one of her waters. We will be transported by the white sands (which we will collect to create luscious foot scrubs!) and turquoise waters and the fertile possibility of this land and sea, within and without us. At dusk we will build a Beltane fire as our ancestors have done for thousands of years. Perhaps the fairy host will join us!

Day 5: Kinvara. We will begin the day with a seaside ritual and meditation on beautiful Traught Beach and traverse the countryside from there, seeking out fairy forts, ivy-covered abbey ruins, castles and Sheela na Gig. We will sit in circle and create medicines in the wilds of the Burren and in the cozy kitchen of my Irish cottage. We will visit an herb garden and be inspired by locally handcrafted herbal products.

Day 6: Kinvara. We will greet the new day in sacred circle before we traverse into misty wilds of Connemara. We will indulge in a seaweed bath overlooking the only fjord in Ireland, connecting to our own fertile waters as we

are nourished by the sea. We will explore the fecund bogs and rings forts and ancient crannogs. We will awaken to receive her mysteries.

Day 7: Kinvara: We will enjoy a picnic along the coast road to Doolin and connect with the ancient wisdom of land's end known as Hag's Head. We will celebrate ritual at Brighid's Well in Liscannor and learn about the healing waters taken here for thousands of years. We will take a cliff side herb walk and harvest rushes to make Brighid's crosses. We will invoke Brighid, Goddess of healing, to guide our hands and our hearts as we create healing salves and infused oils. We will return home for a closing feast prepared in community!

Day 8: Kinvara. Departure from Shannon Airport.

Daily itinerary for Ireland Herb School:

Herb school includes lodging, transportation within Ireland at designated pick up/ drop off points only, two or three meals per day (mostly self-catered), entrance fees, herb school/ lectures, all medicine-making and ritual supplies. Does not include one meal per day, all drinks including alcohol, airfare to Ireland (fly into Shannon), other transportation including taxis or arrivals to Kinvara if not at designated pick up times. A very limited number of single rooms are available and will be subject to an additional \$200 single supplement.

For herb school we will be living in community in a large space including self-catering apartments and a private cottage. We will share bedrooms and bathrooms as well as kitchen and living areas. Simple, nourishing food supplies will be provided for breakfast and lunch although you will be responsible for preparing your own meals. Also included are four dinners which will be at local restaurants/ pubs or homemade special for you. All other dinners will be on your own.

Sunday June 17: You will be met at Shannon Airport for your morning arrival into the magical isle of Ireland! To get grounded in this land, we will take a gentle, spirit-awakening walk in a mystical wood and explore an ancient castle ruin. We will get settled into our home for a week and have time for a rest, a walk to the bay or a stroll along the beach. In the liminal light, we will have our opening ritual at a sacred well tucked into the mystical hazel groves of the Burren and collect holy spring water to bless our journey.

Monday June 18- Friday June 22: Class days. We will begin each day at 10 AM with an opening circle and ritual and then move into our learning space and be in class until 12:30. There will be a 2 hour lunch break from 12:30 until 2:30 which often may include a special project to work on during that time. Afternoon session will be from 2:30- 5 PM. Our classroom will be our sacred community space in the house, the hedgerows, the seashore and the garden. On Friday our classroom will include the vibrant Kinvara Farmer's Market!

Most evenings will be on your own for self-reflection and additional projects. We will have one or two community dinners together during the week and at least one evening ritual each including a Summer Solstice bonfire on 21st June.

Saturday June 23 and Sunday June 24: After a full week of dancing in this place, learning and being with the herbs, you will have the weekend to integrate and adventure on your own. Some recommendations: the Aran Islands, Galway City, Dunguaire Castle, Burren walks, Kinvara traditional music in the pubs.

Monday June 25- Friday June 29: Class days. We will begin each day at 10 AM with an opening circle and ritual and then move into our learning space and be in class until 12:30. There will be a 2 hour lunch break from 12:30 until 2:30 which often may include a special project to work on during that time. Afternoon session will be from 2:30- 5 PM. Our classroom will be our sacred community space in the house, the hedgerows, the seashore and the garden. On Friday our classroom will include the vibrant Kinvara Farmer's Market!

Saturday June 30: Departures

General Herb School Curriculum (*subject to change*):

Week One:

Healing Modalities/ 6 steps of healing/ optimum nourishment

Intro to Brigid and Celtic/ Irish spirituality/ the herbs as sacred thresholds

Body systems: nervous system, lymphatic system, immune system

Aromatherapy

Warrior tradition/ Sacred Warriresses

Tea blending

Herbcraft: body scrub, aromatherapy spritzer, smelling salts, facial exfoliants, smudge stick, anointing oil

Tincture-making

Sacred trees of Ireland

Week Two:

Herbal syrups

Flower remedies

Body systems: digestive system, endocrine system, cardiovascular system

Herbcraft: foot bathing, salve-making, facial creams, herbal poultices

Herbal Skincare

Creating sacred space

Celtic lunaria

Herbal Book of Hours

Maeve, goddess of sovereignty