

# Plant yourself

at Woodland West

June 22<sup>nd</sup> 23<sup>rd</sup> Sarah Orlowski is leading us

through the woods and into our hearts as we learn to  
connect with our plant world.

This two day workshop will include wild herb plant walks,  
uses and harvesting, plant meditation, historical uses,  
tincture prep and medicine making.

contact info...403 931 3649, [margit.yogini@gmail.com](mailto:margit.yogini@gmail.com)  
register by contacting Margit McNaughton  
cost \$275, deposit \$100 non refundable

Sara Orlowski <http://www.herbconsultant.org/>

...the day includes Woodland West herbal blend tea, coffee, snacks,  
georgous lunch from the edible wilds of our forest, our garden  
and local farmers...

<http://www.eventbrite.ca/event/6643441713>

9am-4pm, west Millarville, tucked into a valley located on the Kananaskis border

