

# 2022 Bloom Series

LIVE CLASS SERIES ON  
THURSDAYS AT 6PM EST

## *January*

- 6 Moxa Meditation with Geo Edwards
- 13 Plant Tye Dye \*Prerecorded\* with Clarké Lunara
- 20 Ancestral Postpartum Wisdom from the SWANA/African and Asian Region- PART 1 with Fatima Abdallah
- 27 -Tropical Herbal Cordials Using Fruits & Herbs with Molly Meehan Brown

## *February*

- 3 - Herbs for Stress & Anxiety with Angela Rahim
- 10 - Traditional Afro - Costa Rican Coconut Oil Making with Alda
- 17 Ancestral Postpartum Wisdom from the SWANA/African and Asian Region- PART 2 with Fatima Abdallah
- 24 Afro Costa Rican Traditional Medicinal Plants with Alda

## *March*

- 3 - Plant Families: Botany & Medicine with Holly Poole-Kavana
- 10 Tax Planning for Herbalists with Christina Lynch
- 17 Ancestral Postpartum Wisdom from the SWANA/African and Asian Region- PART 3 with Fatima Abdallah
- 24 Everyone is an Artist: Cultivating Creative Flow with the Moon with Sarah Damian

## *April*

- 7 The Gathered Plate with Liz Henke
- 14 ABC Herbal Workshop for Kids with Folami Irvine
- 21 Sowing Words & Seeds with Geo Edwards
- 28 Natural Farming Methods-PART 1 with Raven Davis

## *May*

- 5- Intro to Permaculture with Angela Rahim
- 12 Botanical Mindful Drawing with Tyler Keegan Grigsby
- 19 Flower Power - Flowers & Our Wellbeing with Yuré Calvo Santana
- 26 Natural Farming Methods-PART 2 with Raven Davis

## *June*

- 2 Drawing in the Moon: Using Moon Phase Energy to Create Magic in Your Life with Liz Henke
- 9 Regenerative Foraging for Herbalists with Calyx Liddick
- 16 Introduction to Dowsing with Jay Michonski
- 23 Kemeti Yoga for Beginners with Lindsay Gary

## *July*

- 7 - Soil Arts and Science : Cultivating Soil for Urban Landscapes with Terrence Topping-Brown
- 14 - Metheglins: Meads for Healing and Health with Christa Daring
- 21 - Backyard Medicine: Herbs Growing Near You & How to Use Them with Madeleine Keller
- 28- Aromatic Waters: Making Hydrosols in Your Kitchen and Practical Ways to Use Them with Liz Henke

## *August*

- 4 The Art of Natural Dyes- Working with Plant Pigments to Color Your World with Kara Fleshman
- 11 Canning: Preserving the Seasons with Christa Daring
- 18 - Flower Essences for Conflict and Change with Madison Mccoy
- 25 Herbal Creams with Molly Meehan

## *September*

- 1 The Art of Natural Dyes - Working with Plant Pigments to Color Your World PART 2 with Kara Fleshman
- 8 - Tonics, Syrups and Shrubs with Caroline Rose Helm
- 15 - Seed Saving: Saving Seeds One at a Time with Yuré Calvo Santana
- 29 - Welcoming The Sacred with Queen Tuya Nu

## *October*

- 6 A Brief History of Plant Evolution with Holly Poole-Kavana
- 13 - Natural Household Cleaning with Caroline Rose Helm
- 20 - Botanical Watercolors 101 - Flow & Structure in Flowers and Herbs with Namita Kulkarni
- 27 - Intuitive En-vision with Natasha Hatendi

## *November*

- 3 Grain Therapy with Geo Edwards
- 10 Secrets of the Cervix: Uncovering Your Portal Power with Qiddest Ashé
- 17 Yoga for Pelvic Floor Health with Namita Kulkarni

## *December*

- 1 Herbs for Sleep and Dreaming with Brita LaTona
- 8 - Winter Wellness with Caroline Rose Helm
- 15 The Pre-extraction Method for Making Salves with Holly Poole-Kavana
- 22- Plant Medicine + Movement Lara Pacheco