

2023 Wild Ginger Herbal Center

# bloom series

part 2

## JULY

- 6 - Fermentation for Self-Preservation with Corrina Wainwright
- 13 - Lacto-fermented Sodas with Suzzana Stone
- 20 - Nourishing the Postpartum Body
- Class 1 ~ Broths and Stews with Ellenie Cruz

## AUGUST

- 3 - Dyi Florida(Holy) Water with Tinisha Walker Gods Garden Girl
- 10 - Pleasure Pathways for Embodying Sensual & Sexual Sovereignty Part I with Netsenet Ghiday
- 17 - Nourishing the Postpartum Body Class 2 ~Porridges with Ellenie Cruz
- 24- Swamping in the Age of the Internet with Kwezt Kade
- 31 Bath Rituals with Ayshia Abinojar

## SEPTEMBER

- 7 -Pleasure Pathways for Embodying Sensual & Sexual Sovereignty Part II with Netsenet Ghiday
- 14 -Herbs for the Thinning Veil: Autumnal Herbalism with Magic Nocks
- 21 - Nourishing the Postpartum Body Class 3 ~Desserts with Ellenie Cruz
- 28- Embrace the Yin Time with Cassandra Herbert

## OCTOBER

- 5 -Pleasure Pathways for Embodying Sensual & Sexual Sovereignty Part III with Netsenet Ghiday
- 19 - Aromatic Joy Using Our Senses to Connect to Plant Medicine with Irischa M Valentin
- 26- Between the Tides - Seaweed Medicine with Tasha Greenwood

## NOVEMBER

- 2 -Talking With The Plants: Stories of Afro Indigenous Herbalists with Jenelyse Woolery
- 9 - Herbs for your Moon Cycle with Yeni Gonzalez
- 16 - Body Wisdom: A Mental Health Toolkit with Kay Weinberg
- 30- Intro to Weaving with Kara Fleshman

## DECEMBER

- 7 -Healing Rheumatoid Arthritis With Food with Margaret Gathunguri
- 14 - The Breathing Body: GYROKINESIS with Heather Doyle
- 21- Herb Infused Oils with Danielle Pilarinos

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