

RaeFlower Holistics Presents

Connecting to Our Roots

A 13-week Intro to Herbalism Intensive Program

Dear Friends,

Thank you so much for showing interest in the 3 Month Connecting to Our Roots: Intro to Herbalism Intensive Program! The role of this program is to provide participants with a solid foundation in herbal knowledge, centering ancestral and decolonial approaches to the tradition. Teaching is truly a passion of mine and to be able to co-create learning spaces with my students is always such a joy.

About the Teacher



I have been studying plant science for 10 years and have been an educator in the field for 8. I always aim to cultivate spaces where connecting with the land feels accessible and healing, especially as colonization and white supremacy have intentionally tried to rob Black and Brown folks of these opportunities. I became inspired to create this intensive after struggling to navigate western medical systems and observing the erasure of histories that sometimes occur in western herbal spaces. With my teachings, I hope to tell the stories of the plants and my ancestors while incorporating clinical methods of practice to enable participants to both commune with the plants and advocate for their health in western medical spaces.

What to Expect

The CTOR: Intro to Herbalism Intensive program aims to be create a supportive and engaging class atmosphere. Each class will be taught live over zoom with the recordings sent out on a weekly basis. There will be space devoted to learning, sharing, and connecting with self, your classmates, and the plants. By the end of this course, students will have had the opportunity to develop their own unique intuitions around plant medicines and be given the tools to support themselves and the people they love in basic herbal care.

Class Schedule and Structure

Start Date: Thursday, March 28th

Class time: Zoom from 6-8:20pm EST

- Welcome and grounding into space
- Weekly Herbal Highlight: Highlighting an herb, herbalist or herbal tradition from Black land traditions
- Lesson
- Closings, questions, and group share out

Cost

Offering:

Registration Fee: \$1,111

3 month payment plans available

BIPOC need based sliding scale available

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Syllabus

Class Date	Lesson Title	Lesson Topics and Questions
3/28	Diving into Plant Relationships	<ul style="list-style-type: none">• Animal and plant relationships through time• The ways that colonialism and capitalism have affected our relationships in the present• What is herbalism and how do we ground in the plants and ancestral traditions?
4/4	Acquainting with the Medicines	<ul style="list-style-type: none">• What is our responsibility to the plants when relating to them?• What are different forms of herbal medicine and when do we engage them?
4/11	Herbal Actions, and Energetics	<ul style="list-style-type: none">• Botany basics and plant identification• How different plant parts hold different constituents• Exploring herbal actions and how they are a useful tool• Exploring energetics
4/18	BREAK	
4/25	Exploring Botany, Monographs, and Plant Families	<ul style="list-style-type: none">• Botany basics and plant identification• What is a monograph and what is materia medica
5/2	Breathe Easy: Herbs and the Respiratory System	<ul style="list-style-type: none">• Intro to respiratory anatomy and physiology• Common actions, energetics, and methods of support• Supportive herbs and holistic approaches
5/9	Tummy Talks: Herbs and the Digestive Systems	<ul style="list-style-type: none">• Intro to digestive anatomy and physiology• Common actions, energetics, and methods of support• Supportive herbs and holistic approaches
5/16	Stress Work: Herbs and the Endocrine-Nervous Relationship	<ul style="list-style-type: none">• Intro to nervous and endocrine anatomy and physiology• Common actions, energetics, and methods of support• Supportive herbs and holistic approaches
5/23	Immune Support: Herbs and the Immune System	<ul style="list-style-type: none">• Understanding the immune system and immunity• Common actions, energetics, and methods of support• Supportive herbs and holistic approaches
5/30	BREAK	
6/6	The Expansive Heart: Herbs and the Emotional and Physiological Heart	<ul style="list-style-type: none">• Intro to cardiac anatomy and physiology• Common actions, energetics, and methods of support• Supportive herbs and holistic approaches
6/13	Protection, Breakdown and Release: Herbs and the Skin, Hepatic, and Renal Systems	<ul style="list-style-type: none">• Intro to skin, hepatic, and renal anatomy and physiology• Common actions, energetics, and methods of support• Supportive herbs and holistic approaches
6/20	Communing with Each Other and the Plants: Moving Forward	<ul style="list-style-type: none">• Revisiting roles and responsibilities as herbalists• Reflection and feedback• Case study• Closings and thank yous

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What Past Students Have Had to Say

"Taylor is by far one of the strongest teachers I have learned from in my herbal education of 6 years. She has an incredibly wide range of knowledge, experience, patience and joy that she brings to every interaction. Her consideration to our learning time and understanding are unparalleled. You will learn photochemistry, body systems, medicine making, formulation alongside the rich histories of those who have built the foundation of herbalism and are often left out. Taylor elevates what an herbal education can be and should be."



"This class has been everything that I've been wanting and looking for in an herbalism class. Tay is a patient and magical teacher-the space felt safe, fun, informative, and true. The flow and flexibility of the material and the joy and connection is FELT in the cohort as you take this journey together- a balm for the spirit in our busy world. I HIGHLY recommend"

"Taylor is a marvelous person to learn from and with, offering the tenderest, sweetest, and most cogent perspective on herbal medicine and our bodies' relationship with the land and the medicine that grows on it! They help make complicated systems easy to understand and reframe your understanding of medicine into one of relationships and conversation and listening rather than transaction or mechanics. The space they hold feels cozy, safe, and illuminating."

"This class is a great way to ease into herbalism. A way to learn about the body systems and how different herbs work with those. Taylor has a deep knowledge of herbalism and will make you feel comfortable, warm and open. She provides a safe and easeful space for learning and makes it easy to feel at home. Her attention to detail will allow you to have a deep connection and understanding of the subject"