

# WILD PLANTS AND NATIVE TREES AS MEDICINE

An Experiential Course



This weekend course teaches you how to identify Native and Wild plants and utilize them in everyday cooking, first aid and overall wellbeing and vitality. You will learn about:

- Edible wild plants
- Identification and use of wild plants and trees
- Herbal infusions, wild plant soups and salads from the bush
- Herbal first aid
- How these specific wild plants/trees can help your health, vitality and immunity.

**Your teacher:** Amy is a qualified herbalist, with a background in Science. She works both on a scientific and intuitive level and has been doing so for a long time. For more info [www.plantrhythms.co.nz](http://www.plantrhythms.co.nz)

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