

Shamanic Herbal Apprenticeship

NZ Wild Plants and Native Trees

Wild Edible and Medicinal Plants 2026

- Deepen your relationship with both yourself and plants
- Bush medicine preparations
- Wild edible and medicinal plant identification and properties
- Wild plant cuisine and harvesting
- Herbal constituents; minerals, alkaloids
- Parasite cleansing & Herbal antibiotics
- Rediscover different levels of responsibility for your health
- Discover the medicinal resources available in natural areas
- Deepen your understanding of human and plant anatomy
- Materia medica of wild plants, and identification and use of NZ bush trees
- Collecting & preparing your own Herbarium
- Working closely with a Plant ally



- Herbal nutrition and wild plant cooking
- Using movement, dance and meditation techniques to strengthen nature awareness & earth connection
- Kinesiology techniques
- Medicine wheel circle work
- Plant sound journeys
- Development of your gifts of healing
- Intuitive development; healing journey
- Energetic and scientific plant properties
- Reconnect deeply with your own nature, a healing journey
- Nourishing support, and a return to

Replenishing Promise Wellness

2 part course;

First part: May 1st to 6th, 2026

Second part : June 1st to 6th, 2026

\$3,200; includes marae style accommodation & all amenities on site.

10 am – 5pm sessions every day

www.plantrhythms.co.nz / Ph: 02189874

Location: North Piha, West coast of AK



Plant Rhythms

