

2009

EVENTS, PROGRAMS, AND WORKSHOPS TO BE HELD AT

at HERBAN LIVING

ENVIRONMENTAL EDUCATION CENTER

242 General Miller Highway, Temple, NH 03084 • 603-878-0459 • www.herbanlivingbandb.com

The mission of Herban Living Environmental Education Center is to nurture greater connections to self, others, community and earth through programs on the environment, art, farming, traditional skills and self discovery. The weaving together of these connections fosters gentler treading on the tapestry of our earth home.

APRIL

Dance Yoga

Thur., April 2, 9:00am. Put your yoga into dance on the earth with certified instructor Laurie Boyle! \$10

Happy 1st Birthday Herban Living!

Fri., April 10, 5:00-9:00pm. Open House, Potluck dinner celebration of our success, see a PowerPoint presentation on "The Importance of Local Agriculture," play games and enjoy some cake.

Spring Cleaning with Medicinal Herbs

Tues., April 14, 6:30-8:30pm. Root beer was traditionally a spring cleansing 'tonic' beverage! Learn to detox from winter using simple herbs. \$15/class. Series of 6 monthly herbal classes only \$75. Lead by Dee Slingerland of Peace of Earth Herbal Wisdom, pre-register.

Renewable Energy for your Home

Sat., April 25, 9:00-noon. Tyler Austin of Gro-Solar discusses the how's and why's of energy production options for your home, including solar hot water and photovoltaic solar electricity. Does your home qualify? How much energy can be saved and/or produced? Come and find out! Pre-register, by donation

Dance Yoga

Thur., May 7, 9:00am. Certified instructor Laurie Boyle! \$10

MAY

May Day Celebration

Sat., May 9, 11:00-4:00pm. Come dance around the May Pole infusing the gardens with fertility and share a potluck meal. An overview of the Gardening for Peace program will be presented. Donations accepted.

Gardening for Peace

Tues., May 12, 8am-noon. Tuesdays all season, come for an hour or longer

Making Herbal Prep's

Tues., May 12, 6:30-8:30pm. Teas, Tinctures and Decoctions-What does it all mean? Learn how to use and make herbal medicines. Dee Slingerland \$15/class, pre-register

Landscape Photography

Looking at the Natural World through the Lens. Thur., May 14, 7-9pm. Nationally recognized filmmaker and photographer Richard Kahn will lead participants through a technical workshop with an emphasis on thinking about 'seeing' and the translation into images. Call to pre-register. \$25/person

Foraging and Wild Harvesting

Sun., May 17, 2-6pm. Tim Keating, Nothing connects us more to Earth and our Nature than the act of eating. Our culture has changed our relationship to the world, having assumed control of Nature. In the first of three day-long seasonal journeys, the participant will learn to identify wild edible plants that grow in this region. The day will include a slide show of common edible plants. Discussion of the psychology, ecology and spiritual aspects of foraging for food and a co-operative potluck meal and celebration of the food we've gathered that day. Sundays, June 28, and July 26. \$30/session, \$50/bring a friend. Minimum 10 registrants, pre-register today!

Local Food Potluck

Sun., May 17, 6:00pm. RSVP preferred, Sundays, June 28, July 26, August 23, October 1

Open Meditation

Thur., May 21, 8-10am. Lead by Wendell Smith, 3rd Thursdays all season, free, outdoors, June 18, July 16, August 20, Sept. 17, Oct. 15.

JUNE

Gardening for Peace
Tuesdays, 8am-noon

Dance Yoga

Thur., June 4, 9:00am. Laurie Boyle, \$10

Introduction to Soap Making

Tues., June 16, 6:30-8:30pm. Learn the basics of saponification and how you can make your own soap! Dee Slingerland \$15/class, pre-register

Open Meditation,

Thur., June 18, 8-10am. Wendell Smith, free, outdoors

Solstice Celebration

Sat., June 20, 5pm-dark. Come celebrate the fire of an ever loving earth! Potluck, music, games and a few fireworks. RSVP preferred

Shamanic Healing with the Spirits of Plants

Thur., June 25, 7-9pm. Chris Griffin, For millenia, humans have had special relationships with the spirits of nature-mountains, rivers, oceans, animals and plants. These relationships are the source of blessings and healing, and enable humans to live in balance with our planet. Western society has largely forgotten these relationships, yet people are reestablishing this connection to the natural world. Plant Spirit Medicine believes the spirit of a plant provides powerful medicine for the spirit of a person. Donations accepted.

Foraging and Wild Harvesting,

Sun., June 28, 2-6pm. Tim Keating. Summer plants, see *May description*, Pre-Register, \$30/person, \$50/bring a friend. Minimum 10 registrants

Local Food Potluck

Sun., June 28, 6:00pm. RSVP preferred, Sundays, July 26, August 23, October 11

Dandelions Summer Camp

June 29-July 3. Children ages 6-11 years. In a nurturing setting your child will explore and experience the interconnected web of life. Half day (\$100), full day (\$200) Call for a brochure or visit www.herbanlivingbandb.com

JULY

Gardening for Peace
Tuesdays, 8am-noon

Dance Yoga

Thur., July 2, 9:00am. Laurie Boyle, \$10

Dandelions Summer Camp

July 6-10. Children ages 6-11 years. In a nurturing setting your child will explore and experience the interconnected web of life. Half day (\$100) and full day (\$200) Call for a brochure or visit www.herbanlivingbandb.com

Dandelions Summer Camp

July 13-17, Children ages 6-11 years.

Building Immunity with Herbs and Foods,

Tues., July 14, 6:30-8:30pm. Dee Slingerland \$15/class, pre-register

Open Meditation

Thur., July 16, 8-10am. Wendell Smith, free, outdoors

Shamanic Healing with the Spirits of Plants

Thur., July 16, 7-9pm. see *June 25*, Chris Griffin, donations accepted

Dreaming with the Spirits of Plants

Sat., July 18, 2-6pm. Chris Griffin. Our lives are completely intertwined with the lives of plants. We rely on plants for food, clothing, shelter and many other needs. However, most of us really don't know plants beyond the material exploitation of them. Plants are as generous in their spiritual gifts as they are with their physical gifts. When we reconnect with the plants that we share this world with, we come into greater alignment with ourselves, with the spirits of the place in which we live, and with all of life. This experiential workshop explores the profound connection that humans share with the plant people, and provides an opportunity to experience relating to plant spirits through a shamanic dream-journey. \$30/person

Preparing the Harvest

Tues., July 21, 6:00pm. Make real, traditional Pickles by lacto-fermenting, \$5/person, RSVP preferred

Flower Pressing with Children

Sat., July 25, noon-2pm. RSVP preferred, donations accepted

Foraging and Wild Harvesting

Sun., July 26, 2-6 pm. Tim Keating, late summer plants, see *May description*. Pre-register, \$30/person, \$50/bring a friend

Local Food Potluck

Sun., July 26, 6:00pm. RSVP preferred, by donation, Sundays, August 23, October 11

AUGUST

Gardening for Peace

Tuesdays, 8am-noon

Dance Yoga

Thur., August 6, 9:00am. Laurie Boyle, \$10

Preparing the Harvest

What to do with it all? Tues., August 18, 6:00pm. Pickling, freezing, drying-traditional and simple steps to store your food. \$5, RSVP preferred.

Open Meditation

Thur., August 20, 8-10am. Wendell Smith, free, outdoors

Local Food Potluck

Sun., August 23, 6:00pm. RSVP preferred, donations accepted

SEPTEMBER

Gardening for Peace

Tuesdays, 8am-noon

Dance Yoga

Thur., Sept. 3, 9:00am. Laurie Boyle, \$10

Lacto-Fermentation and Gut Health

Tues., Sept. 15, 6:30-8:30pm. Learn how fermented foods, like old fashioned pickles, aid in digestion, absorption of nutrients and improve your overall health. \$15/class, Dee Slingerland, pre-register

Open Meditation

Thur., Sept. 17, 8-10am. Wendell Smith, free, outdoors

Out Standing in their Field

September 20. A fall harvest celebration of great local food, community and the bounty of a loving earth featuring chef Mike Webb and farmer Lisa Beaudoin with music by FolkSoul. A fundraising event not to be missed! 3-8pm, \$60/person.

Preparing the Harvest

September 22, 6:00pm. What to do with it all? Pickling, freezing, drying-traditional and simple steps to store your food, \$5, RSVP preferred

OCTOBER

Gardening for Peace

Tuesdays, 8am-noon

Dance Yoga

Thur., Oct. 1, 9:00am. Laurie Boyle, \$10

Making Fairy Houses

Sat., Oct. 3, 10:00-noon. Help them get ready for winter, Bring your lunch, RSVP preferred, donations accepted

Local Food Potluck

Sun., October 11, 6:00pm. RSVP preferred, by donation

Making Herbal Spa Gifts

Tues., Oct. 13, 6:30-8:30pm. Learn to make facial toner, powder, cream and masks-fun! \$15/class, Dee Slingerland, pre-register

Open Meditation

Thur., Oct. 15, 8-10am. Wendell Smith, free, outdoors

Landscape Photography

Looking at the Natural World through the Lens Thur., Oct., 15, 7-9pm. Nationally recognized filmmaker and photographer Richard Kahn will lead participants through a technical workshop with an emphasis on thinking about 'seeing' and the translation into images. Call or pre-register. \$25/person

Out Standing in their Field

Sun., Oct. 18. A fall harvest celebration of great local food, community and the bounty of a loving earth featuring chef Mike Webb and farmer Lisa Beaudoin with great local dance music. A fundraising event not to be missed! 3-8pm, \$60/person.

Preparing the Harvest

Tues., Oct. 22, 6:00pm. What to do with it all? Pickling, freezing, drying-traditional and simple steps to store your food, \$5, RSVP preferred

Not all classes are listed. Check our website for updates in programming!

WWW.HERBANLIVINGBANDB.COM