

THE SPIRIT OF THE PLANTS (INTRO)

4-DAY ALGONQUIN RETREAT

ABOUT THIS TRIP

The plant world provides us many gifts; Nutrition, Medicine, Utilitarian Uses, Natural Beauty & Guidance among others. During our time together we will explore the physical and spiritual essence of plants. We will start by focusing on proper identification techniques, the use of field guides, drying, storing and preparation of these plants. From there we will explore the edible and medicinal properties of these plants and learn about the fine art of herbal tea making. Once we lay this foundation we will begin to learn what the plants have to teach us on an intuitive and spiritual level. Letting the essence of these green allies filter their ancient knowledge into our lives. These skills and techniques will help to deepen your relationship with the plant nation and provide a solid foundation on which to increase your knowledge.

Dates: August 22-25, 2009

Prices: Program: \$C547/p or \$C985/for two

Included: Meals from day 1 to lunch on day 4. All necessary equipment, permits, guide, and programming.

What to Expect: Arrival from 2-4pm, 3 night/4 days at Retreat centre, paddling and hiking daily, departure between 3-5pm.

