

# Herbal Wisdom – a one year foundation course in Herbal Medicine

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This earth-based course is centred around our native plants. With live online tuition and four practical workshop days in beautiful Devon countryside, you can gradually develop a competent proficiency within the course framework to recognise, gather and make your own herbal remedies for treating yourself, family and community.



In the walled garden – photo: Sara Hills



Top of the woods – Photo: Sara Hills

This course is open to anyone with an interest in the natural world, anyone prepared to be immersed in this, our traditional and powerful fundamental medicine. In a wider sense, this holistic area of study also encompasses philosophy and core values and you will find yourself deepening your understanding of your own well being, as the herbs infuse themselves into your life.

Guided by the course tutors and following herbal teachings of many great authors, this course is science based and involves an understanding of the body, disease processes and how herbs can positively influence this. There will be opportunities to relate this to your own life, with discussion, interactive learning, guided tasks and self study.

This foundation course provides a grounding for taking your studies further if you so wish and become a professionally registered and accredited herbal practitioner. Successful completion of this course opens doors to courses like the School of Herbal Medicine's Advanced Diploma in Herbal Medicine, in Somerset. Reach for the stars but start at the roots!

# What this course offers you:

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Beautiful photo credits: Christa Harris

Genuine grass-roots earth based herbalism - using native herbs

Simple practical local medicines for your own wellbeing and those around you

Harvesting and making your own remedies

Discover the healing properties of accessible plants, seaweeds and fungi

Practicing herbalists as tutors for the live online seminars

Online forums for discussion - create a herbal community

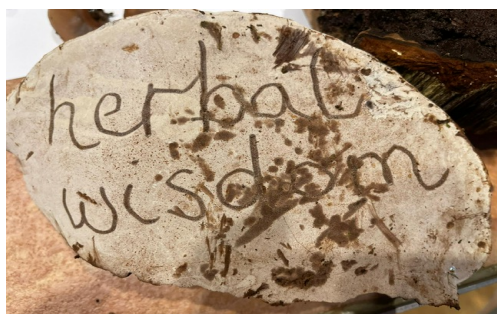
Recommended practical sessions in Devon, or in your locality

Herb walks

Meeting the plants

Developing your own relationship with herbs, including tea tasting

An encouragement to find out more, and/or as a stepping stone to further study



Medicinal fungus – 'Artists bracket' – Photo: Sara Hills

<b>A systems approach</b>	<b>When modules start</b>	<b>Body focus</b>	<b>Herb examples included</b>	<b>Examples of learning activity, PRACTICALS</b>
<b>Building blocks – The Gut</b> Digestion, assimilation of nutrients from food. <b>Protection</b> Strong defenses.	September is course introduction and first Practical Sept./Oct./Nov.	Digestive system and the gut bacteria. Entry points for infection. Immune system.	Dandelion, Marshmallow Fennel Peppermint Agrimony Elder, Echinacea, Elecampane, Turkey tail Thyme	Bitters, gut soothing and restoring herbs. Making and tasting herb teas. <b>1<sup>st</sup> PRACTICAL DAY including fungi and seaweeds.</b> Making infused oils.
<b>Balance &amp; equanimity</b> How herbal actions can help to relieve stress and anxiety. <b>Herbal First aid</b> Simple acute medicine remedies.	November January	Sleep, circadian rhythms and our primitive nervous system. Skin, muscles, bones and joints.	Chamomile, Lemon Balm St Johns Wort Skullcap Calendula, Yarrow, Comfrey and Teasel.	Discussion, reading and research. How a treatment plan could be used. <b>PRACTICAL DAY Making an ointment. Skin remedies.</b>
<b>Purification</b> How the body filters fluids and keeps what it needs. <b>The Sorting House</b> Diet and nutrition.	February	Bladder, kidneys sorting Liver, gall bladder	Nettle, Birch leaf, cornsilk, couchgrass. Milk thistle and Artichoke.	Herbs to help urinary health, flow and tract infections. Detoxing. Food as medicine.
<b>Communication</b> within the body, cognition herbs.	March	Main glands: adrenaline, metabolic ‘gears’ and blood sugar regulation.	Borage, Liquorice, Holy basil and Rosemary	Appropriate medicine for the individual, communication skills.
<b>Energy and exchange</b> Inner and outer environments: Breathing. <b>The matrix</b> What happens in our bodies at a microscopic level. <b>Sexual and reproductive herbs</b> Herbs to support pelvic circulation and hormone balance.	April May	Lungs, and where oxygen goes. Lymph and Interstitial fluid. Female and male reproductive system herbs.	Plantain Cleavers, Burdock, Red clover Bilberry and Ginkgo. Sage, Hops, Raspberry leaf, Black cohosh and Mugwort.	<b>PRACTICAL DAY – Actions of herbs, tonics and roots.</b> What are Anti-oxidants? Roles of key herbs in reproductive health. <b>Practical plant study of a wild herb.</b>

<b>A systems approach, continued</b>	When modules start	Body focus	Herb examples included	Examples of learning activity, PRACTICALS
<b>Heart herbs</b> Circulation, blood pressure, dynamics and return flow.	June	Cardiovascular system; heart and blood vessel health. Herbs for the circulation	Hawthorn, Ginger, Horse chestnut.	<b>PRACTICAL DAY – a healer can see often things that we can't: finding each other's key herbs.</b>
<b>"Stirring the Cauldron" – recap and refresh</b>	July	Summary and overview. Herb/drug interactions.	Midsummer herbs – Elderflower, Lime blossom and Rose	<b>Revision.</b>

## The Course Tutors



### Sara Hills

I trained as a Medical Herbalist from the University of East London in 2007, and since then I have qualified in Sports Massage therapy. Now practicing from my clinic at Yealmbridge, near Plymouth. I teach and have written modules for the School of Herbal Medicine, a professional course, and am a student clinic supervisor there. I lead seasonal forage walks in my locality; the South Hams estuary of Newton Ferrers, Devon. I have previously worked in agriculture and education. I think I'll always still be learning myself though! I like to help people reconnect with the natural world and reclaim our herbal knowledge.



### Peter Neumann

Qualifying professionally with the School of Phytotherapy in 2002, I practice from Totnes Natural Health Centre in Devon. For 18 years I am part of Bowden House Community, which cares for 10 acres of grounds. Here I run volunteer afternoons, to grow herbs and make medicines.

Delighted too to be a materia medica (therapeutic herbs) teacher and a clinic supervisor at the School of Herbal Medicine in Somerset. Recently I have qualified in the UK, and the US, in "Plant Spirit Medicine"; I believe the plants hold a timeless wisdom in their relationship with us, and they wait for us to rekindle it.

# Testimonials.....

Dear Sara and Peter

Firstly ~ thank you so much for this course which came along just at the right time for me after 2 years of pandemic stress and personal health challenges.

It gave me a lot of hope ~ learning new things and connecting deeper with nature and the nourishment that brings.

I appreciate the huge amount of work that has gone into planning the syllabus and creating seminar information. By the end it felt that it had been quite an ambitious programme and I would not say I now feel at all ready or able to offer herbal advice to other people but I don't think that I joined the course for that purpose.

I loved being at Bowden House in the gardens and the classroom ~ sharing lunch and the footbaths and tea drinking! Also loved the sea shore day with Sara!

Christa

Dear Sara & Peter,

Thank you so much for a great, in-depth course, which will take some time to digest. I echo what Christa and others shared today - that you obviously both worked very hard putting it all together! I really enjoyed the hands-on practical days...which were all special in their own way but I particularly enjoyed the intro to seaweeds & fungi, as well as all the making of tinctures etc. They increased my knowledge and helped me gain confidence to start building up my own medicinal treasure chest and start sharing this with family and friends.

Also, the knowledge of the herbs has filtered into my everyday awareness more and more and I've noticed my interest in cooking increasing this past year...beyond doing my usual healthy meals, I've felt more adventurous to try out new recipes and of course include lots of yummy herbs and spices. Funny, I'd not made the connection before writing this feedback!

Camilla



## COURSE COSTS AND BOOKING

We are now taking bookings for the year Sept 2025 – July 2026 :  
Places are limited to 12 students, it is open to all with a keen interest in herbal medicine, who want to take their understanding further.

This course is also accessible to anyone who can't attend in person practicals, and has access to a temperate climate like N. and W. Europe, the Eastern states of the US and Canada. It's possible to complete practicals in your area, with in-line support.

There are monthly assignments, parts of the course will be assessed, more details are available on request

**The cost of the whole course is £625 – this includes:**

- **10 modules of 2 to 2 ½ hours of live webinar tuition on Zoom. Summary objectives and notes**
- **Tuition on the 4 practical days – meeting the course tutors on 4 weekend days over the year**
- **Tuition for a plant study in your locality**
- **Course assessment and feedback**
- **The opportunity to connect with the other students**
- **The PRACTICAL DAYS will take place on weekends in October, December, late March and late May, and it's a great opportunity to learn herb identification and the hands on making of remedies together. Then you get to meet the tutors and connect with the other students.**
- **In addition to the tutorials, there is an optional “plant connection study” that you can do in your own locality in late May or June.**



If you are from outside of the U.K., or are not able to travel, we can give you additional tuition to enable you to complete the practical day in your area. (Additional tuition is £32 for each session). If you have any learning needs that we can support you with please let us know.

To book your place fill in the form sent as a separate document “ COURSE COSTS AND BOOKING 2025.docx” and return it to [sarajanehills@gmail.com](mailto:sarajanehills@gmail.com)

We are accredited with the Complementary Medicines Association.

