

Tuesday Nights @



Thyme & Dough

333 W Hwy 290
Dripping Springs

7:00 - 8:30pm

\$30/class(pre-paid)

\$175/all 7 classes
(pre-paid)

call Tara @
(830) 825-2101

March 22

Herbs 101 ~ A Way of Life

- A basic level of understanding the use of herbs in our daily lives. We will cover teas, powders, tinctures & more.
- Leave with an herbal goodie

April 5

The Art of Salve Making

We invite you to make a salve to heal yourself, loved ones, & even four legged friends.

- Take home your own sample salve

April 19

Growing Healing Herbs

In honor of Earth Day, learn how to grow and use 7 herbs that grow well in Central Texas gardens.

- Receive your very own herb plant friend

May 3

Stress Less & Live Longer

This class introduces herbs that calm the nervous system & relax the muscular system. You'll make a blended tea.

- Leave with your own blended tea

May 17

Be Heart Healthy

Protect your heart with herbs that feed & nourish your body. Learn how to make a healing, tasty syrup.

- Bring a syrup sample home

May 31

Balanced Belly

Experience the benefits of bitter herbs for our digestive system. Learn how to make a tincture.

- Take home a tincture to balance your belly

June 14

Tour of Earthwise Herbals

Join us at Earthwise farms to see where the magic happens. We will tour the Gardens & Herbal formulation shop where we will taste many herbs.

Brought to you by:

and Taught by Certified Herbalists

Tara Tetreault

and

Beth Ebbing

