



Fall
2011

Wellness Classes

Join us to learn about alternative health & wellness



Kootenay Country Store Co-op

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Backyard Herbal Medicine Making with Yarrow Willard

Saturday, October 22; 9:30am-1pm

Member Price: \$20/\$35 for both Oct 22 Workshops, Non-Member: \$25/\$40 for both

In this intensive we will be learning about the processing and preparing of herbs, both fresh and dry. We will touch on the topics of harvesting, infusions, decoctions, tinctures, elixirs, macerated oils, salves and more. Some of the herbal preparations will be created hands-on in class, for sampling and bringing home.

Medicinal Mushrooms: Use & Preparations

with Yarrow Willard

Saturday, October 22; 2-5pm

Member Price: \$20/\$35 for both Oct 22 Workshops, Non-Member: \$25/\$40 for both

The healing powers of medicinal mushrooms have been revered for centuries. So strong are the claims and legends, that studies in dozens of countries around the world have been done, helping to verify and understand how and why they have such a profound effect on health. In this three hour intensive we are going to unravel some of the mystery behind the use of medicinal mushrooms. Looking at everything from history and tradition, to modern science and health applications. We will visit many of today's most popular healing mushrooms as well as local varieties that are similar, including preparation and in class sampling.

Join us in the store for an informal Q&A with

Yarrow Willard

Friday, October 21, 2-5pm





The Complete Master Cleanse & Beyond

with Tom Woloshyn

Free Lecture

Thursday, November 3; 6:30-8:30pm

Day Long Workshop

Member Price: \$135 Non-Member: \$150 Includes Vita-Flex Instructional DVD

Saturday, November 5

Part 1: The Master Cleanse: Cleansing, healing & Parasites 9am-12pm


We will answer questions like: How does the Master Cleanse work? Who can do it, for how long and how can we maximize results. We will discuss adjuncts that can be used during a cleanse. Also covered: Parasites, the Mind/Body connection and Louise Hay's work. This is a very in depth lecture and will give participants a thorough understanding of cleansing and healing in general.

Part 2: Vita-Flex & Vita-Flex Treatments 1:30-5:30pm

We will be learning how to do Vita-Flex and some very simple and basic aspects of a Vita-Flex treatment. This is a healing touch treatment done while in a seated position. The client has only to remove their shoes and socks. Essential oils are applied for physical conditions and emotional states. This unique combination along with the use of Louise L. Hay's principles brings mind, body and spirit into the realm of the session

Part 3: Colour Therapy as Energetic Healing 7:00-9:00pm

Colour Therapy is simply the application or shining of specific colors or frequencies of light onto the body to assist the body in healing itself. Color is like another form of nutrition, but instead of ingesting orally, we assimilate through the skin of the body. When we lack specific nutrients we can shine an appropriate color on the body to increase assimilation and effectiveness of the nutrient in the body.



Our Instructors

Yarrow Willard

From a young age, Yarrow Willard was immersed in the world of herbal medicine, living in nature and doing herb walks with his parents and their students. Working his way up through school and various health food stores, Yarrow graduated as a clinical and master herbalist from the Wild Rose College of Natural Healing in 2004. He moved out to the west coast to apprentice with a renowned local herbalist and start a practice in herbal medicine. In 2008 he and his partner Angela made the choice to open the Harmonic Arts Botanical Dispensary for herbal medicine after finding that the missing link in their community seemed to be a consistent access to high quality herbs and tinctures. Their Dispensary now offers over 1000 products and helps kin-ect herbalists and enthusiasts around Canada.



Robin Flynn

Robin Flynn M.S.C., of Radiant Health Consulting, is a health and wellness educator who works with individuals in their journey to claiming radiant health. Robin is passionate about making health and herbalism delicious and exciting. From the deep woods and country roads to our back yards, medicinal and edible plants await re-discovery. The nourishment is here, and Robin's wellness classes offer delectable recipes and approaches to utilizing the medicine and abundance of this land.



Tom Woloshyn

Tom began practicing and counseling in holistic health methods in 1980, after taking a course in the healing techniques of Stanley Burroughs and the teachings of Louise L. Hay. He is the author of The Complete Master Cleanse and Beyond the Master Cleanse He has now done over 1400 days of the Master Cleanse since his introduction in 1979. His main focus of expertise includes: the Master Cleanse, colour therapy, colon lifts, Vita-flex, massage, Mind-Body connection, detoxification and the use of essential oils.



Registration and Cost

Registration for the classes begins Saturday, October 1, 2011. Please register at least 2 weeks in advance for the class you wish to attend and pay for class at time of registration. You may register in person at our Customer Service desk, or by phone: 250-354-4077. Please pay by credit card when registering by phone.

Class costs vary. See Class description for details.

Cancellation Policy

If you cannot attend a class, please give **48 hours** advance notice. No refunds are given for cancellations, but we can apply a credit to your account.

Location

All cooking classes are held at:
Chamber of Commerce (upstairs), 225 Hall St. at the entrance to the Nelson and District Community Complex parking lot.

Other News

For information about upcoming classes, workshops, events, Co-op produce specials and other news, sign up for the Kootenay Co-op eNEWS. Visit www.kootenay.coop and look for the CO-OP eNEWS icon on the right hand side of the screen.

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