


WELEDA

Since  1921

Goethean Plant study day

ARNICA

Thursday 23rd May

10.30am - 4.30pm

Following the ideas of Goethe and working as a group, we'll be observing Arnica's 'personality' and seeing how a plant's therapeutic uses can be revealed by the way it grows.

We'll discover lots of aspects about this amazing plant that we didn't know before, as well as forging new connections to the wider plant world.



Things to consider:

- Please wear suitable clothing for being outside for the whole day (dress for four seasons!) not forgetting a waterproof coat and a warm layer (and a blanket if you're nesh!)
- Please consider bringing a sun hat, sunglasses and a cushion.
- Wearing the correct footwear is really important. The ground is uneven so ideally wear walking boots. White shoes may not remain white by the end of the day and open toed sandals are not recommended.

Cost: £60 per person

Lunch & Refreshments are included in the price.

There will be opportunities to listen to traditional music in the studio after the workshops from 7 to 9 pm.

Venue: Studio Equinox

Poyntzfield herb Nursery, Black Isle,
By Dingwall IV7 8LX, Scotland, UK



Buy tickets today
online at:

www.weleda.co.uk/courses-and-workshops