



Herbal Walks and Events 2021

| Date | Subject | Location |
|---|---|---|
| <p><u>April – November 2021</u> Herbal Studies Course</p> | <p>8-Month Herbal Studies Course</p> <p>Training in herbalism / Holistic wild herbs and medicinal herbs studies. Get to know and understand the plant world with all your senses. Focus on nature's ways!</p> <p>Teacher: Brigitte Addington and guest speakers</p> | <p>Worldwide Communication Center for Herbalists Brigitte Addington</p> <p>Erlenfeld 19a 91056 Erlangen Germany</p> |
| <p><u>March, 23, 2021</u> 19.30 – 21:30 Herbal walk</p> | <p>The Wild of the Herbs and the Jewel in Every Stone</p> <p>Multiply the energy and healing properties of wild greens and precious stones - a powerful combination. Inspirations and gifts from Mother Earth. Get in touch with body, mind and soul.</p> <p>Guest speaker: Brix Waltraud and Brigitte Addington</p> | <p>„Im Kraftquell“ Äußere Großweidenmühlstr. 23 90419 Nürnberg Germany</p> |
| <p><u>April 29, 2021</u> 18.00 – 20.00 Herbal walk</p> | <p>Herbal walk</p> <p>Explore delicious and healthy, vitamin packed medicinal and wild herbs on a short walk in the beautiful Bavarian countryside. Wild plants for body, mind and soul!</p> <p>Teacher: Brigitte Addington</p> | <p>Parking lot of Castle Atzelsberg 91080 Marloffstein / near Erlangen Germany</p> |
| <p><u>May 07, 2021</u> 18.00 – 20.00 Herbal walk</p> | <p>Deepen your understanding of our medicinal and wild herbs</p> <p>During this small excursion in the local environment you will discover new native medicinal and wild herbs. Nature's pharmacy at the wayside, packed with vitamins, delicious and healing.</p> <p>Teacher: Brigitte Addington</p> | <p>Medicon Gesundheitszentrum Hopfgartenweg 7 90451 Nürnberg Germany</p> |
| <p><u>June 15, 2021</u> 10.00 - 17.00 Class and walk</p> | <p>Healing with Flower Essences</p> <p>“They cure, not by attacking the disease, but by flooding our body, with the beautiful vibrations of our Higher Nature, in the presence of which, disease melts away as snow in the sunshine” (Edward Bach).</p> <p>The living forces of nature collected from the blooms of our flowering herbs, prepared, and placed in liquid stock and dosage bottles are used in healing our physical, etheric, astral, and spiritual bodies.</p> <p>Teacher: Brigitte Addington</p> | <p>Communication Center for Herbalists Worldwide Brigitte Addington</p> <p>Erlenfeld 19a 91056 Erlangen Germany</p> |
| <p><u>June 27, 2021</u> 14.00 – 17.00 Herbal walk</p> | <p>Wild Green beside the road</p> <p>Widen your knowledge of our native medicinal herbs and delight in the “weeds” which transform themselves into delicious and healing wild herbs.</p> <p>Teacher: Brigitte Addington</p> | <p>Sankt Johann 6 91056 Erlangen Germany</p> |
| <p><u>July 20, 2021</u> 19.30 – 21:30 Herbal walk</p> | <p>The Wild of the Herbs and the Jewel in Every Stone</p> <p>Multiply the energy and healing properties of wild greens and precious stones - a powerful combination. Inspirations and gifts from Mother Earth. Get in touch with body, mind and soul.</p> <p>Guest speaker: Brix Waltraud and Brigitte Addington</p> | <p>„Im Kraftquell“ Äußere Großweidenmühlstr. 23 90419 Nürnberg Germany</p> |

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| <p>05. – 08. August 2021</p> <p>Herbs and Yoga Journey</p> | <p>Yoga and healing herbs for body mind and spirit in Austria</p> <p>Traditional medicine, modern science and the nature of herbs and plants.</p> <p>Lectures and herb gathering excursions will convey knowledge from both folk medicine and modern science. Enriching body, mind and spirit.</p> <p>The beautiful Tyrolean mountains hold many healing treasures in store for us. Come and explore Mother Nature's delicious and vitamin-rich greens for use in the kitchen and find out how so-called "weeds" turn into soothing remedies for your health.</p> <p>Discover interesting facts about the use of wild herbs and plants to enrich your diet or to add to your home pharmacy.</p> <p>The wild herbs and plants excursions are incorporated into the normal yoga vacation schedule.</p> <p>Sivananda Yoga team together with Brigitte Addington</p> | <p>Sivananda Yoga Vedanta Retreat House</p> <p>Bichlach 40 6370 Reith bei Kitzbühel, Tyrol, Austria</p> <p>Tel. +43 5356/67 404, Fax +43 5356/67 404 4</p> <p>For information and registration please use following email: tyrol@sivananda.net www.sivananda.at</p> |
| <p>September 26. 2021 13.00 – 16.00</p> <p>Herbal walk</p> | <p>Wild herbs, edible weeds and leaves from trees</p> <p>Identify wild edibles and herbs. Learn harvesting techniques. Herbal and first-aid application. Get wild food recipes.</p> <p>Teacher: Brigitte Addington</p> | <p>Sankt Johann 6 91056 Erlangen Germany</p> |
| <p>November 19.11. – 03.12. 2021</p> <p>Journey</p> <p>Exotic herbs Ayurveda Yoga and Culture</p> | <p>Exotic Journey to India</p> <p>Immerse yourself in the healing garden of Indian herbs, yoga and Ayurvedic treatments. Health, wellness, sublime scenery as well as lovely people will touch your inner spirit.</p> <p>Accompanied by Brigitte Addington</p> | <p>Indus Valley Ayurvedic Centre Mysore – India</p> <p>www.ayurindus.com</p> |
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For more information or registration, please, get in contact with me:

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