

Fall 2010 Classes and Workshops

African Drumming

Every Monday, 7 pm. \$15 Tuition

Learn traditional rhythms and technique with instructor Jason Isla. Drop-ins ok. Drums available for rent.

Roots of Herbalism

Saturday September 18-19, 11a – 5 p daily

\$260 tuition; \$175 for seniors and full-time students;

\$220 when you register with a friend

Join us for a comprehensive introduction to the science and art of herbal medicine. Pre-requisite for our Family and Community Herbalist certification programs. Learn 25+ herbs hands-on plus how to make herbal medicines.

Introduction to Holistic Nutrition

Four week series begins Sat Oct 2, 10:30 a.m.

\$35 per class or \$99 for the series

This four week course covers basics of holistic nutrition including healthy environment, energetics of food, blood type diets, eating with the seasons, and more.

Forest Gardening for Central Florida

Sat Sept 25 2 pm, \$25 tuition

Forest Gardening uses the permaculture principles of mimicking nature in order to create perennial low-maintenance food systems that become more productive year after year. Learn techniques to set up your garden ONE time, and then eat from it for years to come.

Healing Rhythms with Buddy Helm

Sat Sept 25, 7 pm \$25 tuition in advance

Discover ancient rhythms and their capacity to bring peace, stress-relief, clarity and long-term healing benefits.

Organic Gardening 101 Series

Meets on Sundays at 2 pm

Sept 26: Beginner Basics

Oct 3: Planting your Fall Garden

Oct 10: Propagation and Seeds

Oct 17: Soil Secrets

\$25 per class or \$80 for the four week series

Self Discovery through Journaling

Five week series begins Tues Sept 28

Meets 6-8 pm. \$175 tuition

Learn tips and techniques for a consistent, fruitful practice that offers stress relief, awakening and personal peace.

Journey Through the Chakras

Eight week series begins Weds Sept 22, 6:30 pm

\$150 tuition pre-register; \$175 day of

Explore our chakra system, a series of seven energetic centers. Learn their qualities and how to care for them.

DIY Probiotics: Kombucha

Sat Sept 25, 10 am -or- Sat Oct 16, 2 pm

\$35 tuition includes culture

Learn how to make your own nutritious probiotic beverage.

Introduction to Flower Essences

Five week series begins Thur Sept 30, 6:30 pm

\$250 tuition includes materials; Save \$50 by Sept 1, or

with a friend. Learn about this powerful system of healing and balance to bring peace and harmony to your life.

Deep Ecology 2.0

Meets Sundays at 5 pm, Sept 26-Oct 17. \$5-10

Explore the healing, reconnecting work of Joanna Macy.

Transition 2.0

Fridays, 6:30 pm, Sept 24-Oct 15. \$5-10

Discover the philosophies and tools to be a community transitioning from oil dependence to local resilience.

Relaxation is the Key to Performance

Saturday October 2, 2 pm \$25-15 tuition

Introduction to Journaling

Sat Oct 16, 2 pm. \$35; \$25 with a friend

Discover how journaling can be used as a tool for self-discovery, stress relief and personal empowerment.

Mayan Abdominal Massage

Fri Oct 15-Sun Oct 17 in Oviedo

Discover this ancient technique for profound physical healing. Learn more at www.arvigomassage.com.

Menu for the Future

Six week series begins October 22, 7 pm

\$60 tuition includes textbook

Learn about sustainable food issues and simple, easy ways you can integrate this info to take action in your daily life.

Surviving the Holidays

Tues Nov 2, 6 pm, or Nov 7 2-4 pm; \$35

Discover how to stay centered & calm during the holidays.

Biodecoding and Women's Health

Sat Oct 30-Sun Oct 31 | www.biodecoding.com

Herb Walks

Sat Sept 11 or Oct 30, 9 am or Sun Nov 14, 2 pm

Join herbalist Emily Ruff for a tour to identify edible and medicinal plants growing all around us. \$20 tuition

Sugar Blues

Thurs Nov 18, 6:30 pm. \$25-15 sliding scale

Can't stop craving sweets? This empowering class will offer tools and tips to overcome your sugar cravings and experience energy and health – just in time for the holidays.

What You Say Is What You Get

Saturday November 20, 2 pm \$40

Learn how language affects the life we create.

Introduction to Mayan Medicine

Nov. 9 Understanding of Health and Dis-ease

Nov. 16 Tools of Medicine and Spirit

Nov. 23 Herbs of the Maya

\$25 per seminar or \$60 for the series

Herbal Giftmaking Playshop

Fri Nov 19, 7 pm - or - Sat Dec 4, 2 pm

\$35 tuition includes materials, \$30 with a friend

Make your healing herbal gifts just in time for the holidays, and take home samples along with recipes.

Universe Responding

Sat Oct 23, 3 pm and Sat Dec 11, 3 pm. \$20

With author Valleri Crabtree, learn how to use the Universe Responding formula to co-create the life you've imagined.

We encourage pre-registration for all classes, as space may be limited.

**Register online at
www.HolisticLivingSchool.org
or by calling 407-595-3731.**

Partial scholarships and work-study positions are available by application, located on the Get Involved page of our website.

Fall 2010 Special Events

New and Full Moon Circles

We gather at the peaks of the lunar cycle in our garden to celebrate the rhythms of nature with music, song, dance, and meditation. Join us at 7pm; bring an instrument & a friend!

Transition Movie Nights

Saturday Oct 2, Nov 6, Dec 4 7 pm

\$5 Love offering suggested

Learn about sustainable living and strong communities through empowering films.

Transition Training

Nov 11-14 | more info at www.TransitionOrlando.org

Coming this fall: Holistic Living Library

learn more at www.HolisticLivingSchool.org/library

Community Herbal Clinic

Now is the time – your health cannot wait! Our reduced rate Community Clinic provides an open, safe space for exploring greater health in personal consultation with holistic herbalists. Our clinic appointments will provide you with a personalized hour to hour-and-a-half review of your health and together with a practitioner, you will take home a protocol featuring simple and effective nourishment, herbal, and lifestyle techniques to help you overcome health imbalances.

Contact our office for more information or to make an appointment. No one will be turned away for lack of funds. Space is limited, and each year's clinic has a waiting list. We encourage you to apply early for your appointment by contacting our office.

ABOUT US

The Florida School of Holistic Living is a 501c3 nonprofit educational organization working in Central Florida since 1999 with a mission to empower and educate individuals and to cultivate sustainable community.

Our Main Campus is located just northeast of Downtown Orlando and features two buildings.

Our Administrative Office includes our consultation room and our community education garden. Our Education Annex just a block away is home to our library and main classroom.

We invite you to visit us to explore a lifestyle that empowers self-reliance and community partnership, encouraging us to be the change we wish to see in the world.

CONTACT US

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Please share with a friend to continue the cycle!



Florida School of Holistic Living

FALL 2010 CATALOG

*“The Earth is what we all
have in common.”*

- Wendell Berry