

**VHAR Schedule:****Module I: February 26-March 1, 2021**

<b>Date and Time</b>	<b>Topic</b>	<b>Description</b>	<b>Location</b>
<b>Friday, February 26</b> 6:00 pm-?	Dinner and Introductions	We will start with a group dinner at a local restaurant and take some time to introduce ourselves and get to know one another.	Agave Roja, Corolla
<b>Saturday, February 27</b> 8:00-8:30	Breakfast		Breakfast Nook
8:30-9:00	Opening and Welcome		Classroom
9:00-10:30	Lecture: Integrative Medicine and Evaluation	This lecture will address the integration of herbal medicine, pharmaceuticals and other treatment modalities in a way that puts the "whole" in "wholistic." Communication with other practitioners and specialists can be crucial to case management, and using a language that everyone understands facilitates patient care. The Holistic history and physical exam includes multiple factors, observations and questions that may not always be included in a standard physical exam.	Classroom
10:30-11:00	Break	Qi Gong available	
11:00-12:30	Lecture: Introduction to Western Herbal Medicine	This lecture will go over the basics of medicinal use of Western Herbs. The concept of Evidence-based Medicine will be introduced. We will discuss how herbs can be used in terms of physiology, treatment modalities, safety and interactions. How to read a monograph will be explained, and there will be cases presented. There will also be an herbwalk presentation.	Classroom
12:30-2:00	Lunch		
2:00-3:00	Lecture: Phytopharmacology I	This 2-part lecture will go through the chemistry of herbs and their constituents. It will help the student identify the use of an herb by its taste and energetics. Students will sample herbs that embody each constituent group. Lastly, we will talk about the chemicals that make foods certain colors and the health benefits of each.	Classroom
3:00-3:30	Break	Qi Gong available	
3:30-5:30	Lab: Tea Making	Preparations of infusions and decoctions will be made, as well as methods for combining them. All teas will be tasted. We will also learn to make Nourishing Blends, which are tea blends formulated to supplement nutrition. We will also introduce students to the apothecary.	Kitchen Classroom and Apothecary
<b>Sunday, February 28</b> 8:00-8:30	Breakfast		Breakfast Nook
8:30-9:00	Morning Intention		Breakfast Nook
9:00-10:30	Lecture: Herbal Modalities around the World	Western Herbal Medicine is one of many ways to look at herbal medicine in our	Classroom

		world. Since people grouped together into communities, they have developed culturally unique philosophies of medicine. In this lecture, we will briefly describe TCVM, Ayurveda, Doctrine of Signatures and Humoral Theory.	
10:30-11:00	Break	Qi Gong available	
11:00-1:00	MM: Nervines	Monographs of 8-12 herbs both for the nervous system and for mental health ("nerves") will be presented. There will also be an organoleptic component to this lecture, with tasting of the herbs dried, in tea and in tincture forms. Fresh herbs will be shared when available.	Classroom
1:00-2:30	Lunch		
2:30-4:00	Herb walk	This excursion will include a guided herb walk and personal nature meditation. We will learn about cultivated and native medicinal plants and then have a guided meditation.	Lowood Garden
<b>Monday, March 1</b> 8:00-8:30	Breakfast		Breakfast Nook
8:20-8:30	Morning Intention		Classroom
8:30-10:30	MM: Cardiovascular	Monographs of 8-12 herbs both for the cardiovascular system will be presented. There will also be an organoleptic component to this lecture, with tasting of the herbs dried, in tea and in tincture forms. Fresh herbs will be shared when available.	Classroom
10:30-11:00	Break	Qi Gong available	
11:00-1:00	MM: Pulmonary	Monographs of 8-12 herbs both for the pulmonary system will be presented. There will also be an organoleptic component to this lecture, with tasting of the herbs dried, in tea and in tincture forms. Fresh herbs will be shared when available.	Classroom
1:00-2:30	Lunch		
2:30-4:30	Personal Wellness: Lecture/Lab – Breathing and Meditation	We will begin with a lecture on various forms of meditation as well as exploration of breathing methods for health, including both relaxing and energizing approaches. Then we get to go to the beach to practice these techniques!	Classroom and Beach
4:30-5:00	Closing		Beach

## Module II: March 19-22, 2021

Date and Time	Topic	Description	Location
<b>Friday, March 19</b>	Breakfast on your own		
8:30-9:15	Travel to Island Farm		Van
9:30-11	Island Farm Field Trip	On this field trip, we will be stepping back in time to experience mid-1800's farm life. We will spend time discussing the medicinal herbs in the kitchen garden and the traditional "medicine chest." We will also look at the crops and trees grown, and visit a traditional cookhouse.	Island Farm
11-12:30	Free Time	This time will be to explore the rest of the farm, ask questions and enjoy a picnic lunch we will be bringing with us.	Island Farm
12:30-12:45	Travel to Elizabethan Garden		Van
1:00-3:00	Herbwalk	This excursion to the Elizabethan Gardens will include a guided herb walk and personal nature meditation. The Gardens start with a proper English herb garden, which includes many non-culinary medicinal herbs. We will then progress through the Gardens while learning about many native and beautiful species of plants.	Elizabethan Garden
3:00-3:45	Return to Lowood		Van
<b>Saturday, March 20</b>	Breakfast		Breakfast Nook
8:00-8:30			
8:20-8:30	Morning Intention		Classroom
8:30-10:30	MM: GIT	Monographs of 8-12 herbs both for the gastrointestinal system will be presented. There will also be an organoleptic component to this lecture, with tasting of the herbs dried, in tea and in tincture forms. Fresh herbs will be shared when available.	Classroom
10:30-11:00	Break	Qi Gong available	
11:00-12:30	Lecture: Ethnomedicine	The origins of herbal medicine are from native cultures around the world. This lecture will explain how many cultures have chosen medicinal herbs throughout time, and then proceed to detail how a few specific native cultures choose their herbs. The societal examples will focus on ethnoveterinary uses of herbs. We will also briefly discuss how pharmaceuticals have coopted herbal chemicals for allopathic drugs and the pros and cons of traditional herbal use versus pharmaceutical use.	Classroom
12:30-2:00	Lunch		
2:00-3:30	Lecture: Organoleptics	The definition of organoleptics is "being, affecting, or relating to qualities (as taste, color, odor, and feel) of a substance (as a food or drug) that stimulate the sense organs" (Merriam Webster dictionary). In this lecture, we will explain groups of herbs and their uses based on their	Classroom

		organoleptics. The class will discuss the 5 common flavors described in herbal medicine, and taste examples of each flavor. Students will begin to discern the quality of herbs based on their organoleptics.	
<b>Sunday, March 21</b> 8:00-8:30	Breakfast		Breakfast Room
8:20-8:30	Morning Intention		Classroom
8:30-10:00	Lecture: Food Therapy	This lecture will discuss using food as medicine, with and without herbs. We will briefly discuss homecooking for pets, both healthy and with chronic disease. If we have time, we will look at the origins and medicinal qualities of spices in food.	Classroom
10:00-10:30	Break	Qi Gong available	
10:30-12:30	MM: Adaptogens	This lecture will start with a detailed explanation of adaptogens as an herbal group. Monographs of 8-12 herbs will be presented. There will also be an organoleptic component to this lecture, with tasting of the herbs dried, in tea and in tincture forms. Fresh herbs will be shared when available.	Classroom
12:30-2:00	Lunch		
2:00-4:00	Lab: Food Therapy	In this lab, we will be making bone broth, edible medicated oils, nut butter balls and elderberry syrup, among other things. We will demonstrate the crockpot method of homecooking for animals, with and without herbal supplementation. We will also be tasting student tea blends.	Kitchen Classroom
4:00-5:30	Lab: Making Food Naturally	This lab will be continued with human food, in which we make fun wholesome foods, such as nut butters and milks, kefir and mayonnaise.	Kitchen Classroom
<b>Monday, March 22</b> 8:00-8:30	Breakfast		Breakfast Nook
8:20-8:30	Morning Intention		Classroom
8:30-10:30	MM: Liver	Monographs of 8-12 herbs for the liver will be presented. There will also be an organoleptic component to this lecture, with tasting of the herbs dried, in tea and in tincture forms. Fresh herbs will be shared when available.	Classroom
10:30-11:00	Break	Qi Gong available	
11:00-12:30	Student Herb Walk Presentations and Teas	2-3 herb walk presentations plus tea homework sampling	Classroom
12:30-1:00	Closing		Classroom

### Module III: April 17-19, 2021

Date and Time	Topic	Description	Location
<b>Saturday, April 17</b> 8:00-8:30	Breakfast		Breakfast Nook
8:30-9:00	Morning Intention		Classroom
9:00-10:30	MM: Mushrooms	Monographs of 8-12 mushrooms will be presented. There will also be an organoleptic component to this lecture, with tasting of the mushrooms dried, in tea and in tincture forms. Fresh mushrooms will be shared when available.	Classroom
10:30-11:00	Break	Qi Gong available	
11:00-1:00	Lecture: Formulation and Dosing	In this lecture, we will go through how to put together an herbal formula. Things to consider include: type of administration, type of herb, number of herbs, specifics of patient, environment and speed of delivery. We will also discuss the determination of dosage, and the many methods to decide on a dose. There will be case examples of formula preparation. Herbal labeling will be detailed. Lastly, we will discuss marketing as a veterinary herbalist.	Classroom
1:00-2:30	Lunch		
2:30-4:00	Lab: Tinctures	This lab will cover making tinctures with a variety of menstrua, including glycerites, vinegars and alcohols. We will also model the Simpler's Method and the Weight to Volume Method of measuring ingredients. The preparation of simples and formulas will be covered.	Kitchen Classroom
4:00-4:30	Break	Qi Gong available	
4:30-6:0	Student Herb Walk Presentations and Foods	2-3 herb walk presentations and food homework sampling	Classroom
<b>Sunday, April 18</b> 8:00-8:30	Breakfast		Breakfast Nook
8:20-8:30	Morning Intention		Classroom
8:30-10:30	MM: Urinary	Monographs of 8-12 herbs for the urinary system will be presented. There will also be an organoleptic component to this lecture, with tasting of the herbs dried, in tea and in tincture forms. Fresh herbs will be shared when available.	Classroom
10:30-11:00	Break	Qi Gong available	
11:00-12:30	Lecture: Meet the Natives	Guest lecturer: Vickie Shufer  Immerse yourself into the plant world and become acquainted with major plant families and key characteristics for identification. Hone your botany skills by observing and recording leaf, flower, and fruit types. Discover the role these plants	Classroom

		play in the daily lives of those who use them.	
12:30-2:00	Lunch		
2:00-2:30	Drive to Currituck Banks Reserve		Van
2:30-4:00	Herb Walk	We will be traveling to this park twice, once in the fall and once in the spring. This will afford students the opportunity to see the different life stages of plants. The Outer Banks Maritime Forest has a plethora of native plant species, some medicinal, some edible and some part of the ecosystem. This park also has wildlife, and we will be able to examine animal tracks and discuss the ecosystem as a whole from an herbal, veterinary and environmental standpoint.	Currituck Banks Reserve
4:00-4:30	Return to Lowood		Van
<b>Monday, April 19</b> 8-8:30	Breakfast		Breakfast Nook
8:20-8:30	Morning Intention		Classroom
8:30-10:30	MM: Endocrine	Monographs of 8-12 herbs for the endocrine system will be presented. There will also be an organoleptic component to this lecture, with tasting of the herbs dried, in tea and in tincture forms. Fresh herbs will be shared when available.	Classroom
10:30-11:00	Break	Qi Gong available	
11:00-12:30	MM: Reproduction	Monographs of 8-12 herbs for the reproductive system will be presented. There will also be an organoleptic component to this lecture, with tasting of the herbs dried, in tea and in tincture forms. Fresh herbs will be shared when available.	Classroom
12:30-2	Lunch		
2:00-3:00	Personal Wellness: The Wellness Wheel	We will go through the Wellness Wheel, which is a self-assessment of our lifestyle and wellbeing. We will explain all the pieces and how the assessment brings awareness to many aspects of our lives.	Classroom
3:00-3:30	Closing		Classroom

## Module IV: October 2-4, 2021

Date and Time	Topic	Description	Location
<b>Saturday, October 2</b> 8:00-8:30	Breakfast		Breakfast Nook
8:30-9:00	Morning Intention		Classroom
9:00-10:30	Lecture: Compassionate Care for Patients	Several herbal therapies can be useful for palliative care, especially during chronic disease and as a patient nears the end of life. This lecture will provide a framework for choosing appropriate therapies that can benefit the patient and help to maintain quality of life. Decision-making considerations, client education and treatments will be discussed along with case examples.	Classroom
10:30-11:00	Break	Qi Gong available	
11:00-12:30	Personal Wellness Lecture/Lab: Compassionate Self-Care	Compassion fatigue is a real concern in the veterinary profession and it is important to develop supportive strategies to focus on the value and enjoyment of life. This talk will introduce many considerations to enhance mind, body and spiritual practices to improve awareness of personal needs. This will include ideas for enhancing personal quality of life and establishing positive habits. The information provided is not meant to be a substitute for skilled professional care, but is intended to increase awareness of any needs for further whole body care, either personally or professionally.	Classroom
12:30-2:00	Lunch		
2:00-4:00	Virtual Herb Walk: Wild Weeds Cooking	Guest lecturer: Vickie Shufer  This virtual herb walk will teach us about the many nutritious and cleansing early spring greens. In this lab, we will learn about these fresh herbs and then learn to prepare them in a variety of ways. Bring your appetite!	Kitchen Classroom
<b>Sunday, October 3</b> 8:00-8:30	Breakfast		Breakfast Nook
8:20-8:30	Morning Intention		Classroom
8:30-10:30	MM: Dermatology	Monographs of 8-12 herbs for the skin will be presented. There will also be an organoleptic component to this lecture, with tasting of the herbs dried, in tea and in tincture forms. Fresh herbs will be shared when available.	Classroom
10:30-11:00	Break	Qi Gong available	
11-12:30	Student Herb Walk and Presentations Tinctures	2-3 herb walk presentations and tincture homework sampling	Classroom
12:30-2:00	Lunch		
2:00-4:00	Lab: Oils and Salves	In this lab, we will start by making herb-infused oils. Demonstrated methods to	Kitchen Classroom

		prepare oils will include solar infusions, the crockpot method, and the double boiler method. Other methods will be explained. The lab will continue with salve-making from the herbal oils. We will also create lotion, lip balm, lotion bars and salt scrubs. Lastly, we will demonstrate adding tinctures to lotions for topical use.	
4:00-6:00	Dinner Break		
6:00-8:00	Movie Night	<i>Juliette of the Herbs</i> – with snacks	Classroom
<b>Monday, October 4</b> 8:00-8:30	Breakfast		Breakfast Nook
8:20-8:30	Morning Intention		Classroom
8:30-10:30	Lecture: Cancer Treatment - Theory, Formulas and Cases	The herbal approach to cancer therapy focuses on helping the body to heal itself through immune and antioxidant support in addition to using the anti-neoplastic properties of many plants. Creation of individualized supportive herbal formulas using traditional and scientific knowledge will be covered. Classic anti-neoplastic formulas will be discussed with a Materia Medica-based explanation of the herbs in the formulas. Cases using classic and individualized treatment protocols will be presented.	Classroom
10:30-11:00	Break	Qi Gong available	
11:00-12:30	Lecture: Essential Oils, Phytopharmacology and Safety	This lecture will cover the phytopharmacology of Essential Oils, to explain their activity in the plants. It will also cover issues of safety with their usage. There will be case examples.	Classroom
12:30-2:00	Lunch		
2:00-4:00	Personal Wellness Lab: Herbal Skin Care	Part of self-care is caring for our physical bodies. Our skin is both our largest organ and also a major organ of detoxification. Therefore, good skin care is a big part of good health. We will be using the products made in the oils and salves lab along with others provided to detoxify and nourish our faces. There will be a brief presentation on other skin care products and their uses.	Kitchen Classroom
4:00-4:30	Closing		Classroom



**Module V: October 23-25, 2021**

<b>Date and Time</b>	<b>Topic</b>	<b>Description</b>	<b>Location</b>
<b>Saturday, October 23</b> 8:00-8:30	Breakfast		Breakfast Nook
8:30-9:00	Opening and Intention		Classroom
9:00-11:00	MM: Antimicrobials	Monographs of 8-12 antimicrobial herbs will be presented. There will also be an organoleptic component to this lecture, with tasting of the herbs dried, in tea and in tincture forms. Fresh herbs will be shared when available.	Classroom
11:00-11:30	Break	Qi Gong available	
11:30-12:30	Lecture: Phytopharmacology: Part II	This 2-part lecture will go through the chemistry of herbs and their constituents. It will help the student identify the use of an herb by its taste and energetics. Students will sample herbs that embody each constituent group. Lastly, we will talk about the chemicals that make foods certain colors and the health benefits of each.	Classroom
12:30-2:00	Lunch		
2:00-3:30	Student Herb Walk Presentations and Oil/Salves	2-3 herb walk presentations and exhibition of oil and salve homework	Classroom
3:30-4:00	Break	Qi Gong available	
4:00-5:30	Lecture: Naturalist's Journal	This lecture will demonstrate how to write and keep a naturalist's (or in our case an herbalist's) field journal. Ideas will be presented to enable the student to create a personalized journal by observing and recording findings in nature taking into account local environmental conditions, weather, seasonal changes and other factors. We will discuss both scientific and artistic aspects of journaling.	Classroom
<b>Sunday, October 24</b> 8:00-8:30	Breakfast		Breakfast Nook
8:20-8:30	Morning Intention		Classroom
8:30-10:00	Lecture: Pain Management	This lecture presents an integrative approach to pain management starting with the recognition of physical and behavioral signs of pain in animals. Multiple supportive herbal properties will be discussed including anti-inflammatory, anti-anxiety, muscle-relaxant and others. The goal is to use multiple herbal actions in synergy to improve patient comfort. Often pharmaceutical drugs are needed for severe pain control and the combination of herb/drug therapies are covered, including possible side effects and herb-drug interactions., circulation, joint support herbs	Classroom
10-10:30	Break	Qi Gong available	

10:30-12:30	MM: Musculoskeletal	Monographs of 8-12 herbs for the musculoskeletal system will be presented. There will also be an organoleptic component to this lecture, with tasting of the herbs dried, in tea and in tincture forms. Fresh herbs will be shared when available.	Classroom
12:30-2:00	Lunch		
2:00-2:30	Drive to Currituck Banks Reserve		Van
2:30-4:30	Herb Walk	We will be traveling to this park twice, once in the fall and once in the spring. This will afford students the opportunity to see the different life stages of plants. The Outer Banks Maritime Forest has a plethora of native plant species, some medicinal, some edible and some part of the ecosystem. This park also has wildlife, and we will be able to examine animal tracks and discuss the ecosystem as a whole from an herbal, veterinary and environmental standpoint.	Currituck Banks Reserve
4:30-5:00	Return to Lowood		Van
<b>Monday, October 25</b> 8-8:30	Breakfast		Breakfast Nook
8:20-8:30	Morning Intention		Classroom
8:30-10:30	Forum: Cases	Students send their cases in advance and we will work them up and discuss	Classroom
10:30-11:00	Break	Qi Gong available	Classroom
11:00-12:00	Herbal Games	This will be a fun way to review what you have learned about herbs over the last 6 months!. There will be prizes!	Classroom
12:00-12:30	Break	Students will prep for Medicine Show	Classroom
12:30-3:00	Catered Lunch, Student Medicine Show and Graduation	Student Medicine Show and Graduation Ceremony	Classroom
3:00-5:00	Final Party	Families and friends welcome	Lowood