

East Meets West: A Joining of Herbal Worlds

Date and Time	Topic	Description	
Saturday, April 5, 2025 8:00-8:30	Registration, Breakfast		Breakfast Nook
8:30-9:00	Intro to course, Welcoming		Classroom
9:00-11:00	Introduction to TCM and TCM Herbology	This lecture will be an introduction to Chinese Medicine concepts. This will include a brief overview of 8 Principles and 5 Elements, focusing on integrating Chinese herbalism with energetics. We will learn how to match botanicals to treatment goals. We will also become familiar with a Chinese Herbal monograph.	Classroom
11:00-11:30	Break		
11:30-1:30	Introduction to Herbs from the Western Perspective	In what is considered “Western Herbalism,” we actually use herbs from around the world. Many of these herbs come from Traditional Chinese Medicine. This lecture will go over the basics of medicinal use of Western Herbs. We will discuss how herbs can be used in	Classroom

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		terms of physiology, treatment modalities, safety and interactions. How to read a monograph will be explained.	
1:30-3:00	Lunch		
3:00-4:30	MM: Herbs Part 1	Monographs of 6-8 herbs will be presented in each part. Both the Chinese and the Western monographs 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
Sunday April 6, 2025 8:00-8:30	Breakfast		Breakfast Nook
8:30-10:00	MM: Herbs Part 2	Monographs of 6-8 herbs will be presented in each part. Both the Chinese and the Western monographs will be presented. There will also be an organoleptic component to this lecture, with tasting	Classroom

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		of the herbs dried, in tea and in tincture forms. Fresh herbs will be shared when available.	
10:00-10:30	Break		
10:30-12:00	MM: Herbs Part 3	Monographs of 6-8 herbs will be presented in each part. Both the Chinese and the Western monographs 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
12:00-1:30	Lunch		
1:30-3:00	MM: Herbs Part 4	Monographs of 6-8 herbs will be presented in each part. Both the Chinese and the Western monographs 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	Classroom

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		will be shared when available.	
3:00-3:30	Break		
3:30-5:00	Cases	In this final lecture, we will present cases. These cases will highlight herbs we covered. We will show their use in either a TCVM perspective or a Western Medicine perspective.	Classroom
5:00	Closing		Classroom