

An Introduction Herbs Wild Edibles Hydrotherapy

Revulsive
Ice Massage
Fomentations
Contrast Bath
Hot Foot Bath
Heating Compress



March 25-April 1, 2012



Tinctures
Ointments
Medicinals
Natural Toothpaste

\$370

Wildwood Health Retreat

www.wildwoodhealthretreat.org

Hydro, Herbs, and Wild Edibles

March 25-April 1, 2012

Registration: Registration is by phone. The cost for the 7-day seminar is \$370. A deposit of \$100 per person is required to reserve a place in the seminar, and is non-refundable. To register contact Darlene: W: 931-724-6706. Or, you may pay the deposit online using a credit/debit card at www.wildwoodhealthretreat.org and click on the "Pay Deposit" tab.

Arrival Time: Please arrive on Sunday after 3:00 PM. A light supper will be provided at 6:00 PM. The program begins early Monday morning.

What to bring: Seminar participants should bring all personal items, including water bottle, etc. Pack for comfort; bring casual clothes and good walking shoes—we have miles and miles of country roads that you might want to explore. A pen and paper would come in handy for taking notes.

Housing & Food: All participants are provided housing on the Health Retreat campus. Participants will be housed in the Health Center; singles will probably have a roommate. We serve an excellent vegetarian diet (no animal or dairy products). Two meals plus a light supper are provided each day.

Computers: Wireless Internet access is available.

Laundry: Laundry facilities are available. Participants should bring their own laundry soap (as well as other personal hygiene items, including toothpaste, soap, etc.).

Telephones: Telephones in the Health Retreat Campus may be used for local calls only. Cell phones work, but at times reception can be sporadic.

Alcohol & Tobacco: The Health Retreat doesn't allow alcohol, tobacco, caffeine, or other drugs. We desire to maintain the healthiest environment for our staff and our guests.

Work Contribution: We invite all participants to share in clean-up after one meal each day.

Credit Card Surcharge: When credit cards are used (except when making a seminar deposit), we add a 3 1/2% charge. This covers the cost of accepting credit cards, and helps us keep seminar prices affordable.