



OVERVIEW

In the first meeting of each month we will focus on opening up the relationship with the plant. We will be working with relational animistic practices, visioning, healing, and community ritual. Farm-to-altar lunch by Tara Lanich-Labrie of *The Medicine Circle* will be included. Each person will go home with a plant practice to deepen with the plant and our personal intentions for growth and/or healing for the month.

The second meeting of every month we will integrate what we have learned in the cultivation of the relationship with the plant over the month in ritual and a community sharing circle. We will have a potluck.

Throughout each month there will also be a private web group where we can share how our experiences are going with each other and ask questions in which Rachel will be available.

Special Guest and Farm-to-Altar Lunch

We have a magic-maker creating our Sunday class snacks and lunches from local and organic sources to deepen our experience of connecting with the plants and land. Tara Lanich-LaBrie, *The Medicine Circle*, is a shamanic/animistic practitioner focused on working with food and the land, creating "farm-to-altar" meals with organic produce from her partner's farm, Esoterra Culinary Gardens in Longmont, Colorado. For this series of classes, Tara will be journeying with the class as a whole to create meals that are radiant and simple offerings, correlating with each monthly session to nourish the whole person, thereby creating an opportunity to go deeper together in connection to the land and elements.

We also warmly welcome Lisa Dionne-Reese as Assistant for this class series.