

# “Mental Health, Naturally”

August 7-8, 2020

In today’s fast-paced world, there is no question that people are feeling the impact of chronic stress. This can manifest in many ways: poor sleep, low energy, muscle tension, anxiety, GI troubles, carb cravings, impaired immunity, low libido, inability to focus, depressed mood, and more. The weekend starts by examining the biology of stress, which opens the door to a deeper understanding of how to lessen its negative impact in our lives. Through the strategic use of herbs, supplements, food and mind-body practices, you will learn how to support cognition, focus, and restorative sleep. During this in-depth two day course you’ll experience forest bathing to handcrafting formulas that support immune, digestive, and emotional well-being - this immersive experience will show how the natural world can open us to a richer, fuller life.



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(All Times Are MDT)

## **Friday**

- 8:30am: Morning Tea and Coffee with Tieraona (Zoom)  
9:00am: Video One: The Impact of Psychological, Physical, and Environment Stress on Emotional Wellbeing  
12:00pm: Lunch Break  
1:00pm: Q&A with Tieraona (Zoom)  
2:00pm: Video Two: Diet, Nutrients, and Nutraceuticals  
4:30pm: Q&A with Tieraona (Zoom)  
5:00pm: Intermission/Break  
5:30pm: Virtual Herbal Happy Hour (Zoom)  
6:30pm: End of Day One

## **Saturday**

- 8:30am: Morning Tea and Coffee with Tieraona (Zoom)  
9am: Video Three: Plant Medicine and Recipes  
12pm: Lunch Break  
1:00pm: Q&A with Tieraona. (Zoom)  
2:00pm: Video Four: Creating Ritual, Ceremony, and Sanctuary  
3:45pm: Break for Ritual Preparation  
4:15pm: Closing Ritual  
5:00pm: Conclusion of Intensive