



# Herbal Medicine Making

August 1-3, 2024

For those looking to take their herbal knowledge to the next level, this three-day retreat will offer you the opportunity to go deep into the art of herbal medicine craft. Under the expert guidance of Tieraona Low Dog, MD, you will engage in fun and practical sessions to build your expertise and confidence in creating a wide range of herbal medicine products.

Spend time in the garden and wild landscapes, identifying and ethically harvesting plants to use in your medicines. We'll discuss the "what", "how", and "why" we prepare different herbs in certain ways. Create fresh and dried tinctures, alcohol free extracts, herbal honeys, gummies, and syrups, and learn strategies for enhancing their flavor. Become familiar with methods for making beautiful herbal oils that then form the base for your salves and creams, and strategies for extending their shelf life.

Though it is often overlooked, creating herbal teas that serve as both medicine and ritual is truly an art. Engage in a mini tea-workshop and learn to blend dried fruits, nuts, and essential oils to make delicious and luscious herbal tisanes.

You will leave with plenty of recipes and samples so that you can continue your herbal exploration at home! **Cost:** \$750



## MEDICINE LODGE RANCH HERBAL RETREAT





Lunch will be provided each day, and we will be able to accommodate vegan, vegetarian, and gluten-free guests. If you have dietary restrictions or preferences that go beyond these categories, we encourage you to pack your own lunch. We have a refrigerator and freezer where we can put anything that needs to be chilled.

**This class sells out fast. Grab your spot now!**

**This is appropriate for all levels of herbal medicine making knowledge.**

## SCHEDULE AT A GLANCE

### Thursday 8/01

8:30am: Depart the Rowe Park and Ride

9am: Arrive at Ranch

9am-5pm: In Session

5pm: Depart Ranch

5:30pm: Arrive at Rowe Park and Ride

### Friday 8/02

8:30am: Depart the Rowe Park and Ride

9am: Arrive at Ranch

9am-5pm: In Session

5pm: Depart Ranch

5:30pm: Arrive at Rowe Park and Ride

### Saturday 8/03

8:30am: Depart the Rowe Park and Ride

9am: Arrive at Ranch

9am-5pm: In Session

5pm: Depart Ranch

5:30pm: Arrive at Rowe Park and Ride



**MEDICINE LODGE RANCH**

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www.medicinelodgeranch.com

# Travel Information for Herbal Intensives

**AIRPORTS:** For those traveling by air, we recommend flying into [Albuquerque International Airport](#) (ABQ), renting a car upon arrival, and driving an easy one hour to Santa Fe, NM. There is an airport in [Santa Fe](#) (very small and charming) but flights are limited and often higher priced. As we are located literally off the map, on the mornings of our events, we will gather at a pre-planned meeting spot (about 45 minutes from Santa Fe), consolidate cars, and caravan to the ranch.

**RENTAL CARS:** [Albuquerque rental car center](#) or [Santa Fe Rental Cars](#)

**NOTE:** Ridesharing apps such as Uber and Lyft **are NOT a viable option** for getting to and from the ranch.

**LODGING:** Medicine Lodge is closest to the village of [Pecos, NM](#). There is camping, lodging, and AirBnBs in and around the Pecos Valley area ([Pecos](#), [Glorieta](#), [Eldorado](#)). However, most people choose to stay in Santa Fe which is continually [recognized as a top travel destination](#) and offers a wide variety of options for lodging, restaurants, and entertainment for any budget.

*Feeling adventurous?* Try local [campgrounds](#) and [Hipcamp](#) listings in our area.

*Want to be as close as possible?* Try these inns between Santa Fe and Pecos: [Pecos River Cabins](#), [Bobcat Inn](#),

*Coming with a group?* [Airbnb](#), [VRBO](#), [Flipkey](#), and [AdobeStar](#) offer a few home rental listings nearby or if you prefer the hotel life, [click here](#) to view Santa Fe's most well-reviewed hotels.

***Looking for Luxury Lodging?*** Try Santa Fe's [Four Seasons](#), [Rosewood Inn of the Anazi](#), [Inn of the Five Graces](#), or [Casas de Santa Fe](#).

## FOOD

**Santa Fe** – Evenings in Santa Fe are beautiful and there are loads of fabulous restaurants! [Click here](#) for a great list of some of our favorite places to enjoy dinner after a day at the ranch.

**Albuquerque** – Upon arrival and departure you may want to explore Albuquerque's food options. [Click here](#) for a guide to dining in Albuquerque.

***Looking for food in between the ranch & Santa Fe?*** The tiny village of Eldorado has some yummy options including, including a drive-thru cafe right off the freeway! [Click here for more info.](#)

## EVENTS & ENTERTAINMENT

[Click here](#) for local events and entertainment calendar, and [click here](#) for even more ideas and options. There is no shortage of interesting activities in New Mexico.

## BODYWORK

Looking for a massage or skin treatment? How about a yoga class? Try [The Body](#) or [Ten Thousand Waves](#), two of our favorites places in Santa Fe.

## LOCAL NEWS & WEATHER

Read all about it! The [Santa Fe New Mexican](#) and [Albuquerque Journal](#) are local favorites for the latest happenings and weather reports.

**MORE INFO:** We will be in touch via email with plenty more details as we get closer to your scheduled event. **Until then, [click here](#) for our FAQ.**