



## Herbs for the Mind

July 11-13, 2024

*Herbs for the Mind* is a three-day exclusive workshop for health professionals, therapists, herbalists, and other clinicians that want to effectively integrate herbal medicines and dietary supplements into their practice, providing their clients/ patients with natural alternatives for mental wellbeing, brain health, and sleep.

You will explore herbs that are specific for mental health, cognition, stress management, and sleep, deepening your understanding of the science, pharmacology, and their therapeutic application. You will learn how to safely make personalized herbal recommendations, taking into account dosing, potential herb-drug interactions, and contraindications. We will also examine what neuroscience tells us about the role of psychedelics, mind-body medicine, nutrition, as well as the power of ritual and nature.

Our time together will be a blend of lectures, case studies, and interactive sessions, as well as time in the garden, forest, and in ceremony, where we will sample and engage with non-intoxicating herbs traditionally used to open and expand consciousness. If you are looking to empower your clients/patients with natural solutions, we hope you will join us for this very special retreat in the beautiful mountains of northern New Mexico.

**Cost:** \$750

## MEDICINE LODGE RANCH HERBAL RETREAT





Coffee, tea, herbal teas, filtered water, fruit, and snacks are available all day. Lunch is provided both days and we can 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.

## SCHEDULE AT A GLANCE

### Thursday 7/11

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 7/12

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 7/13

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**  
support@medicinelodgeranch.com  
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.**