

HERBAL ENERGETICS



Understand Traditional Western Herbal Energetics

Herbal Energetics is an important part of traditional herbal medicine practice. It can easily be incorporated into modern Herbal Medicine and Naturopathic understanding.

Herbal Energetics can deepen your practice of herbal medicines by:

- Knowing the herbs on a deep and practical level
- Understanding clinical choices of herbal medicines
- Matching herbs to the individual presentation
- Phytochemistry and the impact on energetics
- Manufacturing techniques influencing energetics
- Adding the art back into the science of herbal medicine

Suitable for all Naturopaths and Herbalists, students and practitioners. Professional level education.

A unique course designed by a traditional herbalist with 30 years experience, 15 years teaching and a Masters in Herbal Medicine.

Visit the Holistic Studio website for more information

www.holisticstudio.com.au

HERBAL ENERGETICS



Understand Traditional Western Herbal Energetics

Dive into the wonderful world of Hot and heating, Cold and cooling, Dry and drying, Wet and Hydrating herbal actions.

Delve into the degrees of herbal influences, explore the variance of tissue states and break down the patient assessment techniques by identifying signs and symptoms through the energetic lens.

Develop a thorough understanding of the elements, temperatures, herbal degrees, tissue states, physical signs, astrological influences, with a strong focus on understanding plant chemistry, physiology, toxicology and herbal manufacturing methods.

Suitable for Naturopaths and Herbalists, professional level education.

- Self paced lessons
- Webinar presentations
- Live discussion groups
- Community forum
- Six modules
- Practical projects
- CPE

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HERBAL ENERGETICS

There are 6 modules in this course. Each module is released once a week. You can do this course at your own pace with access to materials for over 12 months. In each module there are self paced lessons, detailed notes, webinars, recipes, practical activities and more. You also have 24/7 access to a practitioner only community forum and 12 months of live and interactive discussion groups.

Discussion groups are a great opportunity to run through case studies, share your learnings and experience and discuss the latest treatments with your colleagues.

Should you wish to continue the course after 12 months, you are more than welcome at no extra charge.

A CPE certificate will be provided upon completion of the modules. You can claim up to 18 hours including the discussion groups!

Full or payment plan options available
Great value unique course supporting
traditional knowledge

Visit the Holistic Studio website for more information
or get in touch with any questions

www.holisticstudio.com.au

HERBAL ENERGETICS

1

Self Paced Lessons

Each module has a series of lessons, videos and interactive content, presenting the topics for the module.

2

Live Discussion Groups

An interactive discussion group is held once a month. Bring your questions and experience. Recording provided.

3

Webinars

Each module has 3-4 webinars you can watch anytime. They will go into the topics in more detail and deepen your understanding.

4

Practical

Each module has recipes and lifestyle recommendations you can use to understand the energetics on a deeper level.

5

Community Forum

A place for you to interact with your profession and share your experience, cases and questions. Available 24/7.

6

Optional Assessments

These are optional, there is no requirement to complete the projects. They can enhance your skill & confidence.



HERBAL ENERGETICS

Module 1

Herbal Energetics Introduction

Module 2

Hot & Heating

Module 3

Cold & Cooling

Module 4

Wet & Hydrating

Module 5

Dry & Drying

Module 6

Dosage & Energetic Formulations

Log on to www.holisticstudio.com.au and go to 'my library' to access recordings and webinars for your course and join the conversation in the community.

www.holisticstudio.com.au



HOLISTIC STUDIO HERBAL ENERGETICS

LIVE & INTERACTIVE PRACTITIONER DISCUSSION GROUPS

All held on Monday's 6pm - 7pm AEST

2024

20th May

17th June

22nd July

19th August

23rd September

21st October

18th November

16th December

2025

17th February

17th March

21st April

19th May



Log on to the Holistic Studio website
visit the 'Herbal Energetics Course' to join the meeting
Herbal Energetics Discussions are recorded and
uploaded the following day for you to view anytime.

www.holisticstudio.com.au





HERBAL ENERGETICS

To Join

Simply visit www.holisticstudio.com.au
Sign in using your email and password
and click on MY LIBRARY

You will see the Herbal Energetics
course and community cards

Click on these to go to the self paced course lessons,
webinars and community
Modules will be released each week

The Live Discussion Groups will be held each month
within the course Live Room at the selected times
You will receive a reminder email at the time

If you have any questions,
do not hesitate to get in touch.

elizabeth@holisticstudio.com.au

- Practitioner level education
- CPE
- Comprehensive unique course supporting traditional knowledge and practical skills

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