

## FREE COMMUNITY CLASSES

### Herbal Allies for Women

Wednesday, April 22nd or Monday, September 7th 6:30 - 8:30 pm

Come and learn about some of our favorite plants on this night steeped in wise woman tradition. Class will cover herbal tinctures appropriate for the changing life cycles of women, simple remedies for common gynecologic and reproductive problems, tea recipes and a healthy dose of fabulous feminine kitchen-lore!

**Cost: \$ free!**  
with Shelley Torgove, Clinical Herbalist

### Holistic Skincare for Everyone

Sunday, April 5th or Sunday, April 19th 4:30 - 6:30 pm

Discover the lusciousness & visible benefits of using Dr. Hauschka skincare products! Learn new & different ways to use and combine Dr. H products for treatments specific to your skin type. Mix and blend as you learn to soothe the skin, heal blemishes and hydrate Colorado-specific skin! Men and women of all ages are welcome.

**Cost: \$ free!**  
with Tess Gallegos, Licensed Dr. Hauschka Esthetician

### Garden Goddesses

Thursday, April 30th or Thursday, May 7th 6:30 - 8:30 pm

Join us for an evening of exploring simple plant medicines that you can grow outside your back door! Learn to use common herbs from your garden for more than just garnish and get tips on how to make your thumbs a little greener. Class will cover basic planting, proper harvesting and drying information, as well as medicine making techniques and fun healing-recipes.

**Cost: \$ free!**  
with Herbalists Talai Franz & Jennifer Roth

### Essence of Italy

Wednesday, May 6th or Thursday, May 14th 6:30 - 8:30 pm

Join Catherine, after her incredible spring trip to Southern Italia, for an evening of fragrant exploration that is sure to inspire! In class, we will take time to deeply connect with the plants and essential oils of springtime in Italy...including Neroli (Orange Blossom) & Bergamot. Molto Bella!

**Cost: \$ free!**  
with Catherine Perry, Staff Herbalist

### A Mid-Summer's Clean Eating Dream

Thursday, June 4th or Tuesday, June 16th 6:30 - 8:30 pm

Energize yourself with the power of clean & healthy eating! Learn to apply simple self-healing principles of cleansing and detoxification to create powerful changes in your health. Class will cover the basic techniques needed to complete a 3-day cleanse. Lots of recipes, stories and motivation provided!

**Cost: \$ free!**  
with Shelley Torgove & Robin King, Nutritionist & Food Goddess

### Blissful Summer Body Care

Tuesday, August 18th or Thursday, August 27th 6:30 - 8:30 pm

Gather your sweetest blossoms and most heavenly herbs to bring to this summertime celebration! In class we will do a traditional "plant brushing" & will share new ways to use fresh herbs and flowers from your garden for a blissful bathing experience! Our recipes will act as the foundation and we will build upon them with the fresh plants you bring to class!

**Cost: \$ free!**  
with Catherine Perry, Staff Herbalist

### Intro to Maya Uterine Massage

Tuesday, April 14th or Tuesday, August 25th 6:30 - 8:30 pm

Join us for a lively evening learning about this ancient healing practice. We will discuss the history and lineage of the Maya elders and traditional healers of Belize and Central America. We will cover symptoms and causes of the displaced uterus and touch on spiritual healing. This class is not the 'self-care massage class' and focus will be on the importance of maintaining a centered & balanced uterus, and healthy pelvic organs.

**Cost: \$ free!**  
with Cindy Aspromonte, Holistic Nurse Practitioner and Arvigo Practitioner and Instructor.

### 'Eco' Green Cleaning

Wednesday, July 29 or Wednesday, September 16th 6:30 - 8:30 pm

Making your own herbal cleaning products is just one more way to reduce the toxic load your family is exposed to, as well as support the health of our beautiful planet. Join resident eco-staff Robin and Talai for a fun, informative night that will touch on the importance of green cleaning, as well as provide a wealth of simple, green and clean recipes to help you transition into cleaner living.

**Cost: \$ free!**  
with Eco-Apothecary Herbalists Talai Franz & Robin King

## CORE CLASSES

### Green Pharmacy: Beginning Herbal Medicine

7 consecutive Tuesday evenings  
April 28th - June 9th 2009 6:30 - 9:00 pm

For beginner and herb enthusiast alike, this hands-on medicine making class is a wonderful way to learn about herbs and their medicinal uses. Each week, students will take home the medicines we make. Class includes an herb walk.

**Cost: \$245 Deposit: \$100**  
with The Herbalists at Apothecary Tinctura

## ART & HEALING

### Women's Painting Weekend

September 26-28th  
Friday 6:30 - 9:30pm Saturday 10am - 4pm Sunday 10am - 3pm

Join us for an incredible weekend as we open to the creative source and breathe life into the Art-Medicine Woman inside. Often referred to as 'soul retrieval work through art', process-painting is delightfully unpredictable, body centered and non-verbal, and a powerful tool for healing and change. While simultaneously creative, fun, bright and alive, it is intense and therefore requires a commitment to inner work and healing. NO ART OR PAINTING EXPERIENCE REQUIRED, actually the less the better!

**Cost: \$225**  
Location: Shelley's Studio with Shelley Torgove

### Women's Healing Art: Sculpture, Ceremony & Circle

Sundays, October 4th, 25th & November 1st noon - 4:00 pm

Learn to combine the sacred elements of earth, air, fire, water & much-loved healing plant allies, with the creative yearnings of heart, hands & spirit! Join us as we find freedom within to 'birth' traditional Mexican 'Catrina' sculpture-ladies. Honoring the autumn celebrations of Dia de Los Muertos (Day of the Dead), the Fall Equinox and All Souls' Day, we'll celebrate and ceremonialize the ancestral spirits that light our path through life. A class for ALL who are in transition (who isn't!?) and seek transformation through the creative process. Letting our life force flow more freely, we will bring to life beauty from the muck, rebirthing ourselves with the clay and paint! Fun!

**Cost: \$185 plus \$30 materials fee** Location: Shelley's Studio with Lynn Flanagan-Till, Marian Rose & Shelley Torgove

## In Mexico!

### Ceremony, Art & the Shamanic Journey!

Villa Olivia, Sayulita, Mexico November 9th - 14th 2009

Imagine yourself surrounded by the enchanting magic of the deep blue water and warm sand ... fully immersed in your creative process... supported and celebrated by a group of soulful women...painting, playing and giving form and color to what is alive in YOU. Our Painting and Shamanic Healing Retreat will be held at the beautiful Villa Olivia in Sayulita Mexico, where we will call on the spirits of the water the land, the rattle & drum and the paintings to help us flow right into the Visionary-Shamaness inside. There will be time 'off' to play, surf, journal, swim, and rest. Sunsets are the time for herbal flower baths and ceremony on our private beach. This workshop is for women who are ready to go deeper into the creative and shamanic arts. Group size will be limited to 15. Cost includes lodging and a daily, fabulous Oaxacan mid-day feast.

**Cost: \$2250 Deposit: \$1000** (Does not include airfare into Puerto Vallarta)  
Registration deadline: Must speak to Shelley or Marian first...  
by June 21, 2009- Summer Solstice!  
with Shelley Torgove & Marian Rose

**APOTHECARY TINCTURA®**  
2900 E. 6TH AVE. DENVER 303.399.1175

## MARK YOUR CALENDAR!

*Celebrating* 12 Years Keeping Denver Healthy!

### Dr. Hauschka Holistic

Skincare Sale 15% Off

April 1st - 30th

Stock up on all of your holistic skincare favorites! During this event we will be offering new skincare classes...sign up early!

### Tincture Sale 20% Off

April 20th - April 26th

Stock up on all of your must-have remedies including all Apothecary Formulas and single plant tinctures!

### Aromatherapy Sale 20% Off Essential Oils & Apothecary Essentials

May 11th - May 16th

Includes hydrosols, carrier oils, shea butter cream, body scrubs and essential oil additions from our Mix It Up! bodycare bar. Smell good this spring!

### Mother's Day Weekend Plant Sale

May 7th - 10th

Our sidewalks will be lined with gorgeous hanging baskets, organic herbs and all your favorite flowers!

## Community Gatherings at Apothecary

### Community Healthcare Practitioners Gathering {aka party!}

We are hosting a community gathering of healthcare professionals! It's about support, connection, professional networking, and helping to keep current with each other. If you don't yet know us, or we don't know you...please come. Those who do know us, love us... we promise! We'll have summer champagne, fresh garden elixirs, aguas frescas & chocolate...all the fun & healthy stuff of course!

**Date: Saturday, August 29th** **Time: 6:30-9:00 pm**

### 'Doula Tea' at Apothecary

Join our friends, the doulas & birth-mamas of 'With Women' along with Apothecary's herbal wise-women, for a casual, nurturing and educational "Q & A" session while sipping teas and smelling lovely oils! We, at the Apothecary, value the work of these great women and want to welcome them more visibly into our community! Open to women, couples and healthcare professionals alike.

**Dates: Wednesdays, June 24th, July 22nd or August 12th**

**Time: 6:30-8:30 pm**



**WWW.APOTHECARYTINCTURA.COM**

Register by phone or drop in at the store.

Cancellation Policy: Single event classes must be cancelled 48 hours before class. Class series must be cancelled 1 week before first day of class. Refunds will be given in the form of future class credit only. No cash refunds unless class is cancelled.

## THAI TRADITIONS

### The Art of Thai Herbal Compressing

Sunday, June 8th 4:30 - 7:30 pm

Experience the aromatic wonders of Siamese yellow ginger, lemongrass, & turmeric. In Thailand, Luk Pra Kob is a method of treatment used in traditional Thai Medicine that brings warmth and vitality to the body using warm & magical herbal compresses. In class we will make our own compresses using a sensual combination of herbs. A sensory journey to Southeast Asia—not to be missed!!

**Cost: \$35**  
with Hillary Olsen Hilliard, RTT-RYT

### Traditional Thai-Yoga Massage Training

Often called "Lazy Man's Yoga", Thai-Yoga Massage is a traditional healing modality developed over many centuries in Thai medical hospitals and temples by leading healing professionals. With roots in Indian healing arts, Thai-Yoga Massage is a compassionate, interactive and highly unique style of bodywork. Techniques include: reflexology, acupressure, passive stretching, energy work, meditation, and aromatherapy. Gentle yet firm pressure & warm compresses are applied to open, soften, stretch and relax the muscles. Good stuff!!

**Cost: \$900 per level. Discount for payment in full for both Levels: \$1700**  
Level 1-50 hrs, 3 weekends- Sept & Oct Level 2-50 hrs, 3 weekends- Oct & Nov with Hillary Olsen Hilliard, RTT-RYT for more info see [www.texturedmotion.com](http://www.texturedmotion.com)

## FERTILITY & BIRTH

### Reclaim Your Fertility Fertile Soul™ Workshop

Sunday, June 28th 9:00 am - 7:00 pm

Learn to build true health that facilitates the journey towards conception. Join Fertile Soul™ "Clinical Excellence in Fertility Program" practitioners Donna Huber and Jane Gregorie, both extensively trained in Randine Lewis' Fertile Soul Method™. This is an important, one-day mini-retreat in Denver, that utilizes Dr. Lewis' highly effective and life-changing curriculum.

**Cost: \$175 or \$150 for current Acupuncture Denver clients.**  
with Jane Gregorie L.AC  
Email [jane@acudenver.com](mailto:jane@acudenver.com) or call at 303.929.9582 for more information

### Happy Pregnancy-Healthy Pregnancy

May 9th, June 17th, July 8th, or August 8th see Regina's website for times

This three-hour workshop includes all things pregnancy and pregnant-body related! This class is as much community-building as it is educational...so bring a pregnant friend, or two! Dress comfortably and bring snacks to this casual social setting! Maximum of 8 pregnant mamas per class. Class meets once, but friends will last a lifetime! For all mamas-to-be between 12 and 28 weeks. Class will be held at Harmony's Family in Cherry Creek. For more info see [www.harmonysfamily.com](http://www.harmonysfamily.com)

**Cost: \$55**  
with Regina Rodriguez, CMT & Childbirth Educator (& Guru!)