



Midcoast Maine Holistic Health Event Center - 2018

Event Venue:

Belfast Breeze Inn, 192 Northport Ave., Belfast, ME 04915

Call: 207-505-5231 www.belfastbreezeinn.com

Practitioners and service providers scheduled are professionals certified/trained/experienced in their respective fields. A biography for each provider is included on our Facebook and Brown Paper Tickets event descriptions.

Connect to Your Plant Spirits - Medicinal Herbs That Heal

with

Denise DeSpirito

5/23 6-9p and

8/4 or 9/15 1-4p



In this class we will gather and share a medicinal/herbal tincture or tea not knowing what it is and engage in a silent meditation. From there, as a group we will share our experience of the plant, our sensations and impressions. After revealing the plant, Denise will then talk about the more concrete medicinal uses, how the plant likes to grow, and how to harvest and use the plant for medicinal use. We will connect with multiple plants in each session. Part participatory plant journey and part informational!



About Denise DeSpirito

Herbalist and gardener Denise DeSpirito is the current garden manager at Merryspring Nature Center in Camden, ME. This is her fifth season in the midcoast having spent the first two managing four acres of medicinal herb production at Avena Botanicals in Rockport after growing herbs and flowers at various farms in the northeast including Stone Barns Center for Food and Agriculture in NY and Farmacy Herbs in Rhode Island. Originally from New York her love of herbs was birthed in the city where the Mugwort growing from the cracks in the sidewalks gave her visions of connecting more deeply with the plants. She is available for home herb garden creation and consultation as well as classes and plant walks.

Book your seat for this exceptional experience at <https://plantspirits.bpt.me/>