

# MOTHER NATURE'S MAGIC

# Making Herbal Remedies

**SATURDAY, OCTOBER 10<sup>TH</sup>**



Join us Saturday, October 10th for a day of hands-on learning with herbal expert and author Richo Cech and his son Jebran of Oregon-based Horizon Herbs. In this one-day class you will learn about the various ways herbal tinctures are made, from homespun methods to standardized formulas for fresh herb and dried herb tinctures. Participants will come away with a better understanding of the steps in the formulation process, such as grinding, weighing, measuring, macerating, expressing, storing, and using liquid herbal extracts.

9:30 – 10:00 AM Registration  
10:00 – 12:15 PM **BASICS OF MAKING HERBAL TINCTURES**  
• Theory  
• Use  
• Manufacture of liquid herbal extracts  
12:15 – 1:00 PM *Lunch*

1:00 – 5:30 PM **HANDS-ON SESSION**  
• Tincture of dried Tulsi  
• Tincture of fresh Echinacea roots  
• Sampling, Q&A, Learning thru doing  
5:30 – 6:00 PM *Snacks and Tea*  
6:00 – 7:00 PM Talk by Br. Shantamrita Chaitanya  
7:00 – 8:15 PM Bhajans and Meditation  
8:15 – 9:00 PM *Dinner*

**Registration:** \$45 per person – includes lunch & dinner (lodging available at \$40 per night)

**Payment:** Through PayPal or by check payable to MA Center Chicago with 'Making Herbal Tinctures in the memo section

For more information, contact us at (630) 387.5077 or [chicago@macenters.org](mailto:chicago@macenters.org)