

**Book Online, In-Store or by Phone**

**Classes and Courses  
for Groups, Organisations  
and more...**

We are able to run a range of classes and courses for groups and organisations . Some of the events and talks we have previously hosted include;

- A 2 hour talk on "How to Cope with the Menopause"
- A stall at popular family events with, herbal tea tasting , lip balm making and complementary therapy taster sessions.
- Massage for friends and family - working with a partner to learn techniques, skills, safety and more.
- On-site massage sessions for workplaces, sports events and more.

If you are interested in how we can help your organisation, please get in touch.

**Book Online, In-Store or by Phone**

# About Woodland Herbs

**Woodland Herbs shop and clinic has been open to the public since 2002. In that time we have worked to provide friendly, knowledgeable staff and therapists, as well as competitive prices on some of the best products and therapies in Glasgow.**

**Woodland Herbs' programme of Classes and Courses aims to entertain, educate and inform.**

**Book Online, In-Store or by Phone**

# Classes and Courses 2019

**Discover:**

**Natural Relief for Stress & Anxiety  
How to use Essential Oils  
How to Make Your Own Products**

*...and much more!*

**Book by phone on 0141 564 3184**

**Book online at**

[woodlandherbs.co.uk/acatalog/Classes\\_and\\_Course.html](http://woodlandherbs.co.uk/acatalog/Classes_and_Course.html)

**For course updates follow us on facebook at**

[www.facebook.com/woodlandherbs](http://www.facebook.com/woodlandherbs)

**Book Online, In-Store or Phone**

## Winter/Spring Classes & Courses

*(All Prices Include Materials)*

**IBS and Digestive Problems** 7pm to 9pm  
**£10** Thursday January 31st

Irritable Bowel Syndrome, or IBS, can include a wide range of symptoms from bloating and pain to constipation or diarrhoea. Medical Herbalist Bill Cleeve will help you discover some all-natural remedies!

**Detox** 11am to 1pm  
**£10** Monday April 8th

Discover safe and effective ways to detox and rejuvenate your body with Bill Cleeve.

**Spring Cleansing Herbs** 7pm to 9pm  
**£10** Thursday May 2nd

Discover the power of plants growing around you - lots of fresh, tasty and therapeutic recipes and ideas to try on the night and at home. With Medical Herbalist Catriona Gibson.

**Book Online, In-Store or Phone**

## Summer Classes & Courses

*(All Prices Include Materials)*

**Herbal First Aid:** 10am to 1pm  
**£15** Monday July 1st

Learn the basic principles of Herbal First Aid with Herbalist Bill Cleeve. Leave with your own mini-First Aid Kit.

**Herb Walk** 7pm to 9pm  
**£10** Thursday August 1st

Learn to identify the wild medicinal herbs that grow in Kelvingrove Park. Discuss their uses with Medical Herbalist Bill Cleeve while enjoying a stroll by the River Kelvin.

**Book Online, In-Store or Phone**

## Autumn Classes & Courses

*(All Prices Include Materials)*

**Fibromyalgia and ME** 7pm to 9pm  
**£10** Thursday September 5th

Fatigue? Chronic aching muscles? These are common symptoms of Fibromyalgia. Learn more about this condition as well as natural ways to help with Medical Herbalist Bill Cleeve.

**Boost Your Immunity** 7 pm to 9pm  
**£10** Thursday October 3rd

Autumn is on the horizon! Learn from hebalist Catriona Gibson ways to get, and keep, your immune system in top shape before the cold and 'flu season begins!

**Make Your Own Christmas Gifts—led by Bill Cleeve**  
Mondays 11 am—1 pm  
**£12 for a single class or £30 for all 3**

**MYO Christmas Gifts**  
**Lip Balm** November 4th

**MYO Christmas Gifts**  
**Bath Salts and Bath Time Treats** November 11th

**MYO Christmas Gifts**  
**Perfumes** November 18th

Each day you will make a collection of Christmas gifts ideal for friends, family or as ideal stocking fillers. Price includes all materials. Classes can be booked individually as they are stand alone events.

**Book by phone, 0141 564 3184  
or online at**

[woodlandherbs.co.uk/acatalog/Classes\\_and\\_Course.html](http://woodlandherbs.co.uk/acatalog/Classes_and_Course.html)

**For course updates follow us on facebook at  
[www.facebook.com/woodlandherbs](http://www.facebook.com/woodlandherbs)**