

**Morning Schedule (choose one per time slot)**

**9:00 - 10:30 am    Your Home Kitchen Apothecary    OR    Create SoulCollage Cards**



**10:45 am - noon    Create an Indoor Meditation Garden OR Grow Your Own Microgreens**



**noon - 1:00 pm    Lunch Break Gathering (bring your own lunch)**  
Meet other retreat participants and reflect and converse on your morning!

**1:00 - 1:30pm    Dessert Lecture with Paula Gross**  
Select from some sweet treats and teas (provided) and learn about the botanical history and uses of lemon balm and elderberry.

**1:45 pm - 3:15pm    Create your Signature Scent    OR    Natural Home Cleaning Products  
and blend Body Oils**



**3:30 - 5:00    Making Herbal Teas and Honeys    OR    Natural Beauty Products**



### **Your Home Kitchen Apothecary** with Madge Eggena

Herbs have other uses besides flavoring our food. Join Madge for a workshop on information on common herbs to start your herbal apothecary

### **Create SoulCollage Cards** with Wendy Wilson

SoulCollage is a creative process (no artistic ability necessary!) where you use images you select and collage them together into cards. The end result is both beautiful and revealing. Wendy will guide you through journal prompts that bring out the deeper meaning of your cards to reflect a unique aspect of your personality.

### **Create an Indoor Meditation Garden** with Wendy Wilson

Meditation and reflection are healthy self care practices. Wendy will begin the session with a mindful "word of the year" meditation that you will inscribe on a stone to place among your plants. All materials will be provided including plants, river rocks, a tea light, pebbles, a container, and soil to create a mini oasis to complement your home mindfulness practice. Consider bringing a sentimental item to personalize your garden. The session will end with a guided meditation, sure to relax your body and soul.

### **Grow Your Own Microgreens** with Paula Gross

Most of us are familiar with sprouts. We see them at the grocery store. Microgreens are the next stage in a plant's development where the roots and first true leaves have developed. They have intense flavor and are loaded with nutritional value. Paula will teach you about microgreens, how you can grow them in your own home, and you will be adding them to salads, smoothies, and garnishing your dishes in no time!

### **Use Essential Oils to Create Your Signature Scent and Blend Body Oils** with Paula Gross

A sensory experience with a personalized touch! Paula will give a talk about essential oils and their benefits after which you will combine your favorites together to create your own signature scent. Massage and body oils will also be expertly blended (by you!)

### **Natural Home Cleaning Products** with Amy Tipton

When you are at the store you are faced with either chemical-based cleaners with an overpowering, artificial smell, or expensive natural cleaners that leave you wondering if there is a way you can just make your own. You can! Amy will share several recipes for home cleaning products that you can make and take home and use. Class includes glass bottles for storage, and several hand made (by you!) products.

### **Making Herbal Teas and Honeys** with Paula Gross

Nothing beats a good cup of tea at the end of a long day, or to sip at while curled up with a good book. Paula's class will introduce you to different varieties of herbs you can use to make tea as well as how to infuse honey with herbs to make that tea all the sweeter.

### **Natural Beauty Products** with Amy Tipton

Chemicals are everywhere, including in our beauty products. Amy will lead a class where you will create a few all natural products you can add to your regimen that you can feel good about. Class includes take homes including balms and scrubs.

**Instructors:**

**Madge Eggena**, Mills Garden Herb Farm. Madge grows and sells herbs grown on her farm that are planted in organic soil and are free of pesticides. She has studied the historical uses of herbs for both food and medicine and leads classes at her farm in Statesville.

[www.millsgardenherbfarm.com](http://www.millsgardenherbfarm.com)

**Wendy Wilson**, UNC Charlotte Botanical Gardens Adult Education Coordinator. Besides planning programs at the gardens, Wendy is a certified SoulCollage facilitator, and yoga instructor. She enjoys all things creative and loves teaching others how to find their creative calm.

**Paula Gross** is the former Associate Director at UNC Charlotte Botanical Gardens. She may have retired from the gardens, but not from gardening! We are pleased she is continuing to be a part of the talented group of educators here. She is a wealth of knowledge and her love of plants is infectious

**Amy Tipton**, Assistant Director, UNC Charlotte Botanical Gardens. Amy has an MS in Botany, she has worked in Forestry, and is an instructor for our Certificate of Native Plant Studies program. You will not only learn how to create natural products for yourself and your home, you will learn about the plants that make it all possible.