



## NORTH LONDON walks 2009 with Christopher Hedley.

Explore the parks and byways of our city. Get back in touch with the nature flourishing all around us. Learn how to identify and use wild plants. Walks last about 2 hours. Bring a notebook for notes & samples and wear versatile weather-responsive clothes as walks will be conducted whatever the weather. A wild flower book and a 10x magnifying glass will be useful.

- All walks starts at 11.00 am.
- Cost ; £6 - £10 [non-refundable]
- Booking is advisable. Book all 6 in advance. £30 or £50
- Minimum numbers 2. Maximum numbers 20.

### SATURDAY 25th APRIL – PRIMROSE HILL

Fairy Hill, park land shrubs and wild flower planting, Oregon Mountain Grape and Sheep's Sorrel. Will we find a St George's Mushroom?  
Meet at the junction of Regents Park Road and Primrose Hill Road.

### SUNDAY 17th MAY – REGENTS CANAL

Waterside and wayside herbs, wild flower planting, Water Figwort, Bluebells, White Comfrey and Hart's Tongue Fern. Will the Skullcap be out?  
Meet at the gate by the floating restaurant, junction of Prince Albert road and St Mark's Square. We will be walking west (through the zoo).

### SUNDAY 21st JUNE – REGENTS PARK NORTH

Parkland trees and wild flower planting, Silver Limes, Ox Eye Daisy and Wild Carrot. Will the St John's wort be in flower for mid summer? Meet at the Primrose Hill Gate on the Outer Circle - by the North West corner of the zoo. We will be walking south, down the side of the zoo.

### SUNDAY 18th JULY – REGENTS PARK CENTRAL

Parkland planting and weeds, Lemon Balm, Barberry, Wormwood, Gingko trees, Sea Holly. Will we find the Greater Celandine this year?  
Meet at the Cafe by the open air theatre, Inner Circle.

### SUNDAY 16th AUGUST – HAMPSTEAD HEATH SOUTH

Hedgerow and woodland plants, Crow Garlic, Walking Willows, Cats Ears and the Lone Pine. A prize for the first person to find Hart's Horn Plantain.  
Meet at Hampstead Heath Railway station (North London Line), South End Green. We will be walking North, into the Heath.

### SATURDAY 6th SEPTEMBER – HAMPSTEAD HEATH (KENWOOD)

Shrubs, trees and wild flowers, Cherry Laurel, Fungi (if the weather favours us), Hawthorn berries, Lords and Ladies and a Mulberry tree.  
Will there be any Pignuts.  
Meet at the cafe of Kenwood House, Hampstead Lane. We will be walking East, towards Highgate.

*The 2009 Autumn mushroom forays and 2010 walks will be announced later.  
Send SAE, or Email [subject Walks 2010] and we will keep you informed*

# Walks Courses and Teaching

2009 and 2010

Christopher Hedley  
& Non Shaw



### About the teachers

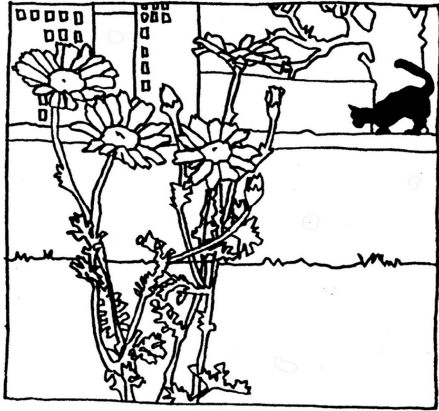
- ◇ Both are experienced herbal practitioners and teachers who live and work in inner London.
- ◇ Christopher Hedley is an internationally respected herbalist, trained by the National Institute of Medical Herbalists in the UK, awarded a Fellowship in 1992. He is a professional member of the American Herbalists Guild. An exceptionally skilled teacher. He is a Fellow of THEA and was nominated for the Teacher of The Year award by the Mary Ward Centre. Currently he is a senior lecturer at Westminster University and teaches on the MSc run by the Scottish School of Herbal Medicine.
- ◇ Non Shaw is a herbalist, counsellor and body worker. A teacher and educationalist renowned for her unique method of thinking and her creative presentations. She has written books on Herbal Medicine, Herbal Remedies, Bach Flower Remedies and contributed to many encyclopaedias.
- ◇ They have worked together since 1984; teaching and lecturing internationally, developing many unique and ground breaking courses. Sharing their experience, enthusiasm, love of plants and respectful understanding of the earth.

### Why teach? - Our personal thoughts

- ◇ At a time and age when many of our peers are winding down to retire, we feel that challenging times are indeed challenging. Our Walks and Courses are for us a Return to Basics; to the core strength of being and herbalising, a self sufficient understanding of plants and a flexible and responsive healing practice. We are working from our heart and home, an inner-city flat and with small groups. Small steps - one at a time.

## GENERAL CLASSES

To meet demand this class it will run twice in 2009 and 2010.



## An Introduction to - HEALING PLANTS\*\*\*

with Christopher Hedley & Non Shaw.

The aim of this short course is to give a general understanding of the historical growth and evolution of herbalism as a background to the practical use of plants as healers. Students will learn to identify, prepare and apply a small number of local and culinary herbs, to make a range of simple and effective home remedies. Self reliance, open discussion and informal experimentation will be encouraged.

### The Course Structure

- \* 8 Friday evenings, 6.30pm to 9.00pm: 2<sup>1/2</sup> hours. Plus a walk, and free access to one other walk.
- \* Classes are small, 5-7 individuals and although informal need a commitment to attend, interact and pursue some self directed home study.
- \* This is a complete course. If you cannot make all dates talk to us so that we can provide a catch-up or alternative date.
- \* Refreshment is provided. [please inform of any dietary needs].
- \* Booking is essential. Cost £270. Paid in advance & non-returnable. Barter and negotiations are possible. As are "All Things".

### The Starting Dates

- \* SPRING COURSE starts Friday MAY 1st.
- \* AUTUMN COURSE starts Friday 30th OCTOBER
- \* 2010 courses will start 5th March and 3rd September

For booking see contact information and we will get back to you.

\*\*\* We started this course in 1983, It ran from our home as it was deemed of insufficient interest, to adult/ education and academic institutions. Perhaps the current credit-crunch will again be a hard for herbalists, but as in the last recession [also in the 30's] practical knowledge comes to the fore. Understanding the earth and the plants on it, will feed stomachs, salve pains and maybe save lives.

## LOCALISING

*Examining a sense of self and of place.*

For established herbalists and final year students only. CPD certificate.

A three day gathering exploring the small, intimate traditions which help root us to the earth and intuitively inform our practice.

- DAY 3 Saturdays 10.00am - 4.30pm.
- DATES 9th, 16th and 30th of May.
- COST £180 [non refundable]
- CLASS SIZE 5 or 6.
- TEACHERS Christopher Hedley and Non Shaw

Practical herbalism in your locality and within your community.

*Non created this course two years ago to explore the sense of self and place. which we as herbalists endeavour to live and work from. Using hard and soft science, internal and external experience, the macro and micro ..exploring ourselves, the earth, our profession our community, our responsibility...*

### Booking information and other details

**CONTACT** Christopher Hedley and Non Shaw  
**TELEPHONE** Leave clear message and number. 0207 722 6261.  
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