



First Year Syllabus

*This syllabus is subject to change. Students will be notified of such changes ahead of time via email. Please refer to the student portal for readings, handouts, presentations and important details for each class.

Fall Schedule

Wednesday, September 6

9-12:30: Introduction to Energetics: Flavors & the Elements - Claudia Keel

1:30-5: Our Original Medicine; Intro to Energetics and Actions - Richard Mandelbaum

Friday, September 8

10:30-6:30: Herbcraft: Introduction to Harvesting & Herbal Preparations - Claudia Keel

Saturday, September 9

9-5: Introduction to Botany & Plant Identification - Richard Mandelbaum

Sunday, September 10

10-4: Plant Walk Field Trip: Foraging & Feasting (in Accord, NY) - Dina Falconi & Diana Isidoro

Wednesday, September 20

9-12:30: Intro to Nutrition & Food is Medicine Part 1 - Claudia Keel

1:30-5: Digestive System Part 1 - Claudia Keel

Wednesday, September 27

9-12:30: History & Philosophy of Herbal Medicine Part I – Claudia Keel

1:30-5: Intro to Traditional Greco-European Energetics & Tissue States – Claudia Keel

Wednesday, October 4

9-12:30: Endocrine System / Focus on Adrenal Support – Richard Mandelbaum

1:30-5: Materia Medica – Richard Mandelbaum

Wednesday, October 11

9-12:30: History & Philosophy of Herbal Medicine Part II – Richard Mandelbaum

9-12:30: Cutaneous System: Therapeutics & Herbs for Skin, Hair & Nails – Claudia Keel

Wednesday, October 18

9-12:30: Female Reproductive System: Intro to Female Health Part 1 – Lena DeGloma

1:30-5: Materia Medica – Claudia Keel

Friday, October 20

10:30-3:45: Tincture Making – Richard Mandelbaum

4-6:30: Diagnostics – Tongue and Pulse – Richard Mandelbaum

Saturday, October 21

9-5: Culture (is) Everything – Claudia Keel

Sunday, October 22

9-4: Plant Walk Field Trip: Burroughs Sanctuary & Nyquist Sanctuary –Richard Mandelbaum

Wednesday, November 1

9-5: Intro to Vitalism/Western Energetic Medicine – Kat Maier

Wednesday, November 8

9-12:30: Immune System – Richard Mandelbaum

1:30-5: Materia Medica – Richard Mandelbaum

Friday, November 10

10:30-2:45: Growing Herbs – Susanna Raeven

3-6:30: Topical Plant Preparations – Susanna Raeven

Saturday, November 11

9:30-5: Plant Walk Field Trip: Minnewaska – Richard Mandelbaum

Sunday, November 12

8:30-4: Womb Wisdom from the Afro-Indigenous Perspective – Ola Obasi

Harvest Break

11/13/23 – 11/27/23

Wednesday, November 29

9-12:30: Chinese Medicine and Energetics I – Richard Mandelbaum

1:30-5: Materia Medica – Richard Mandelbaum

Friday, December 1

10:30-2:45: Winter Wellness: Therapeutics, Food & Plant Preparations Pt 1 – Claudia Keel

3-6:30: Flower Essences: Expanding our Understanding of Healing Plants – Claudia Keel

Saturday, December 2

9-12:30: Winter Wellness: Therapeutics, Food & Plant Preparations Pt 2 – Claudia Keel

1:30-5: Chinese Medicine and Energetics Part II – Richard Mandelbaum

Sunday, December 3

8:30-12: Elements and Energetics – Sam Perry

12:45-4: Language of Plants: Doctrine of Signatures & Five Element Theory – Nathaniel Whitmore

Wednesday, December 13

9-5: Wrap-Up Day – Claudia Keel / Richard Mandelbaum / Sam Perry / Diana Isidoro

Year's End & Winter Break

12/14/23 - 1/15/24

Spring Schedule

Wednesday, January 17

9-12:30: Introduction to Ayurveda Part 1 – Anne McIntyre

9-12:30: Materia Medica: Herbs for the Heart – Claudia Keel

Friday, January 19

10:30-6:30: Respiratory System – Sam Perry

Saturday, January 20

9-12:30: Materia Medica – Claudia Keel

1:30-5: Female Reproductive System: Intro to Female Health Part 2 – Lena DeGloma

Sunday, January 21

8:30-12: Introduction to Phytochemistry – Richard Mandelbaum

12:45-4: Musculo-Skeletal System – Lena DeGloma

Wednesday, January 31

9-12:30: Introduction to Ayurveda Part 2 – Anne McIntyre

1:30-5: Holistic Practicum – Richard Mandelbaum

Wednesday, February 7

9-12:30: Immune System – Claudia Keel

1:30-5: Herbs in the Cycle of Life: Elder Health & Vitality – Claudia Keel

Friday, February 9

10:30-2:45: Elements and Energetics Part 2 – Sam Perry

3-6:30: Food as Medicine Part 2 – Claudia Keel

Saturday, February 10

9-12:30: Introduction to African American Herbalism – Tiffany Robbins

1:30-5: An Exploration into Moxibustion – Tiffany Robbins

Sunday, February 11

8:30-12: Digestive System Part II – Claudia Keel

12:45-4: Holistic Assessment Practicum – Claudia Keel

Wednesday, February 21

9-12:30: Materia Medica – Claudia Keel

1:30-5: The Lymph System and Herbs – Matthew Wood

Wednesday, February 28

9-12:30: Cardiovascular System: Herbs, Diet & Lifestyle to Support the Heart & Circulation – Richard Mandelbaum

1:30-5: Materia Medica – Richard Mandelbaum

Wednesday, March 6

9-12:30: Intro to Herbal Safety – Richard Mandelbaum

1:30-5: Materia Medica – Richard Mandelbaum

Wednesday, March 13

9-12:30: Traditional Chinese Medicine: Patterns of Disharmony I – Richard Mandelbaum

1:30-5: Materia Medica – Richard Mandelbaum

Friday, March 15

10:30-2:45: Spring Wellness: Therapeutics, Food & Plant Preparations Pt 1 – Claudia Keel

3-6:30: Materia Medica – Sam Perry

Saturday, March 16

9-12:30: Spring Wellness: Therapeutics, Food & Plant Preparations Pt 1 – Claudia Keel

1:30-5: Traditional Chinese Medicine Patterns of Disharmony Part II – Richard Mandelbaum

Sunday, March 17

8:30-12: Herbs in the Cycles of Life: Birth, Infants & Toddlers – Sara Chana Silverstein

12:45-4: Herbs in the Cycles of Life: Children & Teenagers – Sara Chana Silverstein

Spring Break

3/18/24 – 4/1/24

Wednesday, April 3

9-12:30: Ayurvedic Approach to Digestion: Concepts of Agni/Ama/Detoxification – Anne McIntyre

1:30-5: Celtic Herbalism & the plants of Irish hedgerows and meadows – Seán O'Donahue

Wednesday, April 10

9-12:30: Urinary System: Herbal Medicine for the Bladder & Kidneys Part I – Richard Mandelbaum

1:30-5: Urinary System: Herbal Medicine for the Bladder & Kidneys Part II – Richard Mandelbaum

Wednesday, April 17

9-12:30: Ayurveda & Female Health – Anne McIntyre

1:30-5: The Business of Herbs – Ann Ambrecht

Friday, April 19

10:30-2:45: Plant Walk Field Trip: ID, Gathering and Use – Sam Perry

3-6:30: Keys of Constitutional Assessment – Sam Perry

Saturday, April 20

9-5: Herbal First Aid – 7Song

Sunday, April 21

9-12:30: Plant Walk Field Trip to Hortus Arboretum – Claudia Keel

1:30-5: Materia Medica – Claudia Keel

Saturday & Sunday, May 4 and 5

Overnight Camping Weekend with Guest Teachers & Core Faculty at GatherWild Ranch in Germantown, NY

Wednesday, May 25

9-5: Wrap-Up Day – Claudia Keel / Richard Mandelbaum / Sam Perry / Diana Isidoro

Saturday & Sunday, June 8 and 9

Overnight Camping Weekend with Richard Mandelbaum at High Point, New Jersey

Happy Summer!

Summer Break until mid-September to start Year 2