

THE WELLNESS HUB

Workshops & Classes - September 2026 Calendar

170 Main St. East, North Bay, ON | (249) 358-0334 | sagerosemarywholistic@gmail.com

Weekly Class & Workshop Series

- **Herbal Simples** *(Tuesdays, 6:00 PM – 7:00 PM | \$20)*

Explore the Celtic tradition of working deeply with one plant at a time. Discover why the Celts valued simples as a way to know a plant intimately, understand its medicine, and cultivate a meaningful relationship with the living landscape. This theory class explores traditional plant lore, seasonal practices, and single-plant wisdom.

- **Community Herbalism** *(Wednesdays, 6:00 PM – 7:30 PM | \$20)*

Practical, relational, and relevant herbal medicine through a focused topic each week. These theory-based classes introduce key herbs, their traditional uses, actions, and how they can be thoughtfully incorporated into everyday wellness.

- **Acu-Detox Circle** *(Thursdays, 7:00 PM – 8:30 PM | \$25)*

A welcoming candlelit space for a deeply rejuvenating evening of acu-detox and nervous system down-regulation. Receive ear seeds placed on five traditional acupressure points for stress regulation, relaxation, and restorative sleep, followed by guided breathwork, meditation, and herbal tea.

- **Hands-On Saturday Workshops** *(Saturdays, 10:00 AM – 2:00 PM | Fees Vary (Supplies included))*

Spend a Saturday learning a traditional skill, working with your hands, and creating something meaningful to take home. Seasonal, hands-on learning rooted in deepening our relationship with the Earth and reclaiming practical, sustainable skills.

Services

Clinical Herbal Medicine

- Personalized consultations
- Evidence-informed herbal recommendations
- Custom wellness plans
- Professional herbal formulations

Holistic Wellness

- Reiki Treatments
- Certified Acu-Detox (NADA)
- Ear Seeding
- End-of-Life Doula Support

Education

- Community Herbalist Classes
- Workshops
- Wellness Talks
- Recipe Demonstrations

Artisan Products

- Loose Herbs
- Tea Blends
- Plant-Based Artisan Goods
- Small Batch Herbal Products

SAGE ROSEMARY WHOLISTIC

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September Schedule & Offerings

Date	Time	Event Series	Focus / Description	Rate
Thurs Sept 3	7:00 – 8:30 PM	Acu-Detox Circle	Ear seeds (5 points), breathwork, meditation & herbal tea	\$25
Tues Sept 8	6:00 – 7:00 PM	Herbal Simples	New England aster	\$20
Wed Sept 9	6:00 – 7:30 PM	Community Herbalism	Plants for perimenopause & beyond	\$20
Thurs Sept 10	7:00 – 8:30 PM	Acu-Detox Circle	Ear seeds (5 points), breathwork, meditation & herbal tea	\$25
Tues Sept 15	6:00 – 7:00 PM	Herbal Simples	Goldenrod	\$20
Wed Sept 16	6:00 – 7:30 PM	Community Herbalism	Plants for inflammation	\$20
Thurs Sept 17	7:00 – 8:30 PM	Acu-Detox Circle	Ear seeds (5 points), breathwork, meditation & herbal tea	\$25
Sat Sept 19	10:00 AM – 2:00 PM	Hands-On Saturday	Beginner Basket Making with Terryl Ryan (Melon rib basket; supplies incl.)	\$70
Tues Sept 22	6:00 – 7:00 PM	Herbal Simples	Yarrow	\$20
Wed Sept 23	6:00 – 7:30 PM	Community Herbalism	Plants to manage pain	\$20
Thurs Sept 24	7:00 – 8:30 PM	Acu-Detox Circle	Ear seeds (5 points), breathwork, meditation & herbal tea	\$25
Sat Sept 26	10:00 AM – 2:00 PM	Hands-On Saturday	Hands-On Herbalism: Fire Cider (Make & take jar; supplies incl.)	\$50
Tues Sept 29	6:00 – 7:00 PM	Herbal Simples	Fireweed	\$20
Wed Sept 30	6:00 – 7:30 PM	Community Herbalism	Plants to support sleep	\$20

Registration & Location Details

- Pre-registration is required as spots are limited.
- **Text to Register:** (249) 358-0334
- **Email:** sagerosemarywholistic@gmail.com
- **Location:** Sage Rosemary Holistic & The Wellness Hub, 170 Main St. East, North Bay, ON