



**PROJECT LYTTELTON**  
the call of a sustainable community

Local Life Long Learning Lyttelton Harbour & Little River

## “Medicines from your garden”

I invite you to join me in a herbal medicine workshop. I will help you ***Make Your Own Herbal First Aid Kit***. I am Valmai Becker, a Registered Naturopath & Medical Herbalist. The workshop will focus on easily identified healing plants in our environment and provide all the recipes to make the remedies for your personal first aid kit.

### Workshop Details

When: Saturday & Sunday the 14 & 15 March 2009  
Where: Lyttelton Community Garden, 54A Oxford Street, Lyttelton  
Time: 10am – 4pm (12 hours) BYO Lunch  
Cost: \$40 + \$22 for materials

Materials to bring:

4x 30ml glass jars; 1x 50 or 60ml wide mouth glass jar; 2x 50ml glass bottle; 1x 100ml glass bottle with plastic lid; 100ml of Cider Vinegar; 300mls of Cold Pressed Vegetable Oil (Almond, Sunflower, Safflower)

### What you will Make & Take Home

A Healing Salve; A Golden Ointment; A Burn Gel; A Massage Liniment; A Lip Balm; An Insect Bite Soother; A Digestive Tonic; A Cold Inhalation Mix; A Foot Soak Sleep Mix; A blended Herbal Tea; A Sprain Lotion & A Skin or Bath Bag

### About Valmai

I have 30 years experience in the profession of Natural Medicine. Currently I am establishing a Medicinal Plant Farm called Phytofarm – meaning a farm for plants in the Okuti Valley, Little River. It is my pleasure to offer you this workshop on the wonderful world of herbs. Come, have fun, make things and meet like minded people.

Coffee and Tea provided by Project Lyttelton – Local learning.

Enrolment confirmed on receipt of payment.

Please enrol through Sue-Ellen Sandilands, contact below, by Friday 27<sup>th</sup> February

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