



Miska Kuzmiakova

Consultant Medical Herbalist

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HERBAL SCHOOL

in 45-minute session packed with hands on experience, fun and new insights, children of all ages get excited about herbal medicine. Balanced with current outdoor learning philosophy, Herbal School offers next level knowledge and experience for pupils.



Sessions take place outdoors at school grounds where pupils are guided to observe, touch, and taste a selected plant. With special emphasis on correct identification, they study medicinal use and safety. Subsequent plant drawing stimulates view from botanical perspective. To nourish newly gained knowledge, session ends with tasting (herbal tea /syrup/other preparation).

Workshop takes place during the school day, accompanied by a school assigned teacher responsible for children. Equipment needed for each pupil comprises a sheet of paper + pencil + hard board to put under the paper while drawing, magnifying glass and a small cup for tasting.

Best of all, 1st session of Herbal School is free and worthwhile. I do accept donations to support related activities. Price for subsequent sessions ranges from £3-£5 per child depending on the number of children participating. Please see more details on my work at www.mistemica.com.

Please see below an example of short email for parents:

Dear Parents

*would you like your children to know which “weeds” are safe, how to safely identify them or what medicinal properties do they possess? If you fancy the idea, let me spark the interest. Your kids can learn from a qualified medical herbalist motivated to spread the word about our wonderful herbs. During 45-minute session, taking place on(date)...at...(time)., children will be led through observing, identifying, and tasting selected medicinal plant (herb name). Tasting will be in the form of tea/syrup/other preparation, **please let me know if you prefer your child NOT to take part in the tasting** at miska@mistemica.com. Plants in these classes are very safe and were*

consumed freely by our ancestors for thousands of years. The workshop is free. As a thank you, and if you wish so, you can buy me a coffee and donate £5 to related activities by clicking on [this link](#). To learn more about who I am and what I do, please feel free to check out my website at www.mistemica.com. Please do not hesitate to contact me should you have any questions.

Kind regards

Miska Kuzmiakova

Consultant Medical Herbalist, MNIMH



For the last two school years, more than 10 Herbal School sessions took place at Hemdean House School in Caversham for all year groups. Please see testimonials on my nettle class at www.mistemica.com.

Thank you in advance for considering my proposal, please do get in touch with additional questions. I am hoping that the art and beauty of herbal medicine can be reintroduced to our kids and enrich the way they view the world. I am looking forward to hearing from you.

Kind regards

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