



## Sky House Herbal Apprenticeship Program Year One



Welcome!

Welcome!!

It is a pleasure and honor to welcome you to the Sky House Herbal Apprenticeship Program. You are entering a program that will give you the tools and skills you need to grow your knowledge of people and plants.

This apprenticeship will be dynamic, experiential, fun, and at times, challenging. We ask you to fully engage in this process of herbal study by bringing your mind, body, and heart to it. It is our commitment to provide you with an enriching experience of studying plant medicines utilizing an engaging online format. You will get the most from this program by following the reading, homework, herbal diets, and home practice assignments and by asking questions!

We thank you in advance for partnering with us to make this program the best it can be. We ask that you please arrive to class on time, clear out a study space at home, purchase your textbooks and herbal supplies before the start of the program (give at least 3 weeks for shipping for your herbs), and make all of the necessary arrangements to create an easy transition into this new phase in your herbal studies.

If you need to space out the purchase of your books and herbal supplies you can begin by purchasing the first four books and herbs on the supplies list. This will get you read for the first portion of plant diets and reading assignments.

If you have any health or learning challenges or are currently taking any medications, please email us at [skyhouseyoga@gmail.com](mailto:skyhouseyoga@gmail.com) before the start of the program to let us know. We will do our best to accommodate your needs. It is our commitment to keep you safe and healthy throughout the course of this program.

Welcome Aboard!

With A Green and Glad Heart,  
Ashley Litecky Elenbaas, MSc., RH(AHG)  
Herbal Apprenticeship Program Director

*"If we could see the miracle of a single flower clearly our whole life would change." ~Buddha*