

November 2021

Dear Students,

Our second online seminar was again a great success. We keep hearing from folks how happy they are to finally attend an online seminar since they haven't been able to come in person. This next seminar is April 22-29, 2022 and will also be online with classes for Foundation and Intermediate (Advanced will be offered in 2023).

Focus on Women's Health

This year we have two weekend classes that highlight women's health! Our live classes to all students will include physician, herbalist, midwife and East West grad, Aviva Romm, teaching menstrual health and Lesley Tierra covering menopause. Following the specialty women's topics, Michael Tierra teaches on Sunday afternoon, a surprise topic that we will announce soon! During the week there will be two live Q&A classes for Foundation and two for Intermediate, and of course our annual live meet and greet for each track at the start of the seminar on April 22nd.

Classes during the week for Foundation Track include TCM fundamentals, Ayurveda, Five Element theory, and differential diagnosis with cases. Intermediate Track classes cover formulas, Chinese, Western, and Ayurvedic materia medicas, and case intakes.

As for our faculty, this year we welcome Anne de Courtenay teaching TCM materia medica to the Intermediate Track! Many of you know her as our Professional Course editor, East West graduate, and the monthly e-news composer. We welcome back our fabulous faculty members Susan Kramer, Nancy Angelini, and Manish Chandra.

We hope you join us for this exciting week to dive deeper into your studies, learn much more about herbs and herbal healing, meet other students, and of course study with Michael and Lesley!

After two online seminars, we've discovered that many folks who've been unable to attend the onsite seminars have participated online from around the world, much to their great joy and education. For that reason, and because times are still uncertain around gathering in small spaces during Covid-19 days, we are offering our seminar online in 2022.

This year we are highlighting women's health! We are most fortunate to have physician, midwife, teacher, herbalist, and East West graduate, Aviva Romm, join us to teach *The Roots of Menstrual Wellness*. She will cover a variety of important conditions related to that topic from ovulation to menstruation and beyond. As well, our own Lesley Tierra will teach about treating menopausal patterns with its variety of life-passage symptoms.

Tracks Offered:

Those attending either the **Foundation** or **Intermediate** Tracks will have five live-streaming classes: a “Meet and Greet” with Michael and Lesley Friday morning (Foundation) or afternoon (Intermediate), April 22nd, 9:30 am – 12:30 pm or 1:30-4:30 pm with Michael and Lesley. Saturday morning, April 23rd, 9:30 am – 12:30 pm with Aviva Romm, MD, who will cover Menstrual Health, Sunday morning, April 24th with Lesley Tierra covering Menopausal Health and Sunday afternoon, April 24th with Michael Tierra covering his favorite topics. As well, there will be TWO Q&A live classes each for foundation and intermediate with Michael and/or Lesley specific for your track held Monday – Thursday evenings from 5:00-6:30 pm PDT.

NOTE: All classes are held at Pacific Daylight Time.¹

Students in both tracks will attend live-streaming classes, view on-demand classes and webinars plus take a test for each class. The general “greet each other” meeting online Friday April 22nd will give you a chance to meet one another as well as Michael and Lesley, plus become familiar with the online format and zoom class process. Instructions and handouts will be emailed to you before the classes begin.

We know you’re curious how this will work so we have tried to anticipate all of your questions and provide the answers below, as well as a class / topic list:

1. Q: Who is the online seminar for?

A: The 2022 online seminar is divided into two different tracks with varying qualification:

- **Foundation: anyone may attend** whether a student of East West or not.
- **Intermediate:** those who have **completed lessons 1 – 24** of the East West Herb Course and previously attended the Foundation Track.

2. Q: What comprises the online seminar?

A: The student attends live-streaming classes online, views pre-recorded classes and on-demand webinars, and takes a test for each class (except the guest teacher classes). Intermediate students must also attend eight Wednesday chats with Susan Kramer.

3. Q: What are the dates and times for the online seminar?

A: Foundation and Intermediate track students view on-demand classes and webinars at any time up to May 30, 2022. All tests must be completed by May 30, 2022 in order to receive a certificate of completion for attendance. As well, both tracks attend

¹ **Use this time zone converter to calculate your time for classes:**

<https://www.timeanddate.com/worldclock/converter.html?iso=2020031eightT1eight0000&p1=64>.

five live-streaming sessions: Sat morning April 23rd from 9:30 am – 12:30 pm with Aviva Romm, Sunday morning April 24th, 9:30 am – 12:30 pm with Lesley Tierra and Sunday afternoon, April 24th, 1:30 – 4:30 pm with Michael Tierra. Plus two Q&A classes for each track: Foundation on Monday, 4/25 & Wednesday, 4/27 at 5-6:30pm; Intermediate on Tuesday, 4/26 & Thursday, 4/28 at 5-6:30pm.

4. Q: Will attendance at the online seminar count toward the seminar requirement for the EWCH program?

A: Yes, after all online seminar requirements for the particular track are completed.

In addition, those students who complete the on-demand pre-recorded Foundation seminar and all its requirements* by April 1, 2022 are eligible to attend the Intermediate track in 2022

* See question #5 for each track's specific requirements.

5. Q: What are the online seminar requirements that must be completed to “pass” so I can attend the next level track of the seminar?

A: For students to gain seminar attendance credit *at the April 2022 seminar*, they must complete the following:

Foundation: Attend all live-streaming classes, watch all assigned on-demand classes and webinars, take all tests supplied for each class, and complete all requirements by May 30, 2022.

Intermediate: Attend all live-streaming classes, watch all assigned on-demand classes and webinars, take all tests supplied for each class, and complete all requirements by May 30, 2022. In addition, intermediate students must attend eight case study chats held each Wednesday night, completing them by Aug 31, 2022. There are no tests on the chats but attendance is monitored.

6. Q: What if I miss a class meeting?

A: Foundation and Intermediate: All class meetings are on-demand pre-recorded classes. You will have **until May 30, 2022** to view these recordings. The guest classes are live-streaming. If you miss any, you have until May 30, 2022 to view those recordings.

7. Q: How will I access the online seminar?

A: We will email instructions along with links to your classes. Log-on and follow the instructions on the dates of your classes. You may join the live-streaming classes either by phone or online on your computer. We encourage those in Foundation or Intermediate to attend the pre-seminar online greeting on Friday April 22nd during your normal class time to become familiar with the process and of course, meet each other plus Michael and Lesley.

8. Q: Will I be able to ask the teacher questions or interact with the other students?

A: Yes, during the live-streaming classes. The teacher may mute or unmute students for individual questions or group discussion.

9. Q: Will I be able to interact with other class participants?

A: Yes. Foundation and Intermediate meet on Friday April 22nd during their normal class time to “meet and greet” each other plus Michael and Lesley. There is a **chat available on the screen during the live-streaming classes** where you may type comments and questions to the teacher and other students.

10. What are the classes for each track?

FOUNDATION TRACK

This track is for everyone. After viewing all classes and taking their tests, you'll receive credit for attending the Foundation Track Seminar, one of three required seminars for our EWCH program. Required reading: [*Chinese Traditional Herbal Medicine, Vol. I*](#) and [*The Way of Herbs*](#).

Live-Streaming Classes:

- Meet and Greet, Friday, April 22, 2021, 9:30 am – 12:30 pm PDT
- Saturday, 4/23/2022, 9:30 am – 12:30 pm PDT: The Roots of Menstrual Wellness with Aviva Romm (3 hours)
- Sunday, 4/24/2022, 9:30 am – 12:30 pm PDT: Menopausal Patterns with Lesley Tierra (3 hours)
- Sunday, 4/24/2022, 1:30-4:30 pm PDT: Surprise topic to be announced soon with Michael Tierra (3 hours)
- Monday, 4/25/2022, 5 - 6:30 pm PDT: Q & A #1 with Michael and/or Lesley Tierra
- Wednesday, 4/27/2022, 5 – 6:30 pm PDT: Q & A #2 with Michael and/or Lesley Tierra

On-Demand Classes:

- Traditional Chinese Medicine Theory with Lesley Tierra (3 hours)
- Traditional Ayurveda Medicine Theory with Manish Chandra (3 hours)
- Five Element Theory with Nancy Angelini (3 hours)
- Differential Diagnosis & Case Studies with Lesley Tierra (6 hours)

On-Demand Webinars: (5 hours and 42 minutes of viewing time):

- Tongue Diagnosis (1 hour, 30 minutes)
- Pulse Diagnosis (1 hour, 20 minutes)
- Medicine Making (6 videos totaling 20 minutes)
- Herb Walk (2 videos of herb walks with Lesley and Michael, totaling 12 minutes)
- Healing Power of Spices (2 hours, 20 minutes)

Seminar Credit Available: In order to receive credit for the Foundation Track online seminar, students must watch all live-streaming classes (will also be available recorded

until May 30, 2022) and on-demand recorded webinars, plus complete the testing material. Satisfactory completion of the testing material qualifies you to receive a certificate of attendance for the Foundation Track, which satisfies one of the three seminars required for the EWCH.

INTERMEDIATE TRACK

This track is for students who have completed the Foundation Track and through Lesson 24 of the East West Herb Course. Required reading: [Chinese Traditional Herbal Medicine, Vol. I & II](#), [Planetary Herbology](#) and [Healing with the Herbs of Life](#).

Live-streaming classes:

- Meet and Greet, Friday, April 22, 2022, 1:30 – 4:30 pm PDT
- Saturday, 4/23/2022, 9:30 am – 12:30 pm PDT: The Roots of Menstrual Wellness with Aviva Romm (3 hours)
- Sunday, 4/24/2022, 9:30 am – 12:30 pm PDT: Menopausal Patterns with Lesley Tierra (3 hours)
- Sunday, 4/25/2022, 1:30 – 4:30 pm PDT: Surprise topic to be announced soon with Michael Tierra (3 hours)
- Tuesday, 4/26/2022, 5 – 6:30 pm PDT: Q & A #1 with Michael and/or Lesley Tierra
- Thursday, 4/28/2022, 5 – 6:30 pm PDT: Q & A #2 with Michael and/or Lesley Tierra

On-Demand Classes:

- Specific Formulas to Know with Nancy Angelini (3 hours)
- Materia Medica: Western with Susan Kramer, Chinese with Anne de Courtenay & Ayurvedic with Manish Chandra (9 hours)
- Setting up an herbal practice with Susan Kramer (3 hours)
- Cases: Intake, write up and diagnostic techniques with Susan Kramer (3 hours)

On-demand Webinars (eight hours, 40 minutes total):

- Advanced Tongue (1 hour 22 minutes)
- Advanced Pulse Diagnosis (1 hour, 43 minutes)
- Abdominal diagnosis (1 hour)
- Herb Walk: (2 videos with Michael & Lesley Tierra, 12 minutes total)
- Korean Hand Therapy (52 minutes)
- Auricular Therapy (1 hour, 38 minutes)
- Dui Yao (1 hour, 54 minutes)

PLUS required after seminar: Eight Case Study Wednesday Chats with Susan Kramer; they are 1 hour each and attended live on Slack or Zoom as per the schedule.

Seminar Credit Available: In order to receive credit for the Intermediate Track online seminar, students must watch all live-streaming classes (will also be available recorded until May 30, 2022) and on-demand recorded webinars, complete the testing material, plus attend eight Case Study Wednesday Chats with Susan Kramer. Satisfactory completion of this testing material qualifies you to receive a certificate of attendance for the Intermediate Track, which satisfies one of the three seminars required for the EWCH.

On-demand Webinars: (eight hours, 40 minutes total):

- Advanced Tongue (1 hour 22 minutes)
- Advanced Pulse Diagnosis (1 hour, 43 minutes)
- Abdominal diagnosis (1 hour)
- Herb Walk: (2 videos with Michael & Lesley Tierra, 12 minutes total)
- Korean Hand Therapy (52 minutes)
- Auricular Therapy (1 hour, 3eight minutes)
- Dui Yao (1 hour, 54 minutes)

(**Note:** Many of these may already have been taken. If so, no more are required.)

11. Q: What is the price for the seminar?

**A: Foundation Track: \$475
Intermediate Track: \$535**

12. Q: How do I register for the seminar?

A: Online at [www.planetherbs](http://www.planetherbs.com) or Call: 831-336-5010; or email us @ herbcourse@planetherbs.com and we will send you a PayPal invoice.

We look forward to meeting with you online April 22 - 29, 2022!

In health,
Michael and Lesley Tierra