



East West School of Planetary Herbology Herbal Seminar 2022

ONLINE: APRIL 22-29, 2022



Focus on women's health with special guest Aviva Romm, M.D.

After two online seminars, we have 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 the safety of large gatherings is still uncertain during Covid-19 days, we are offering our seminar online again this year from April 22-29, 2022. We will offer classes for Foundation and Intermediate students. Advanced Track classes will be offered in 2023.

This year we are highlighting women's health! We are most fortunate to have physician, midwife, teacher, herbalist, and East West graduate, Aviva Romm (pictured above) 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.

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 22.

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!

East West Herb Seminar 2022 at a Glance

Students in both tracks will view three live-streaming classes, view on-demand classes and webinars, and take tests for each on-demand class and webinar. The Friday "meet and greet" sessions 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.

Live-Streaming Sessions for All Students

Friday, April 22: Meet & Greet with Michael and Lesley (9:30 am-12:30 pm for Foundation, 1:30-4:30 pm for Intermediate)

Saturday, April 23: Menstrual Health with Aviva Romm, 9:30 am-12:30 pm

Sunday, April 24: Menopausal Health with Lesley Tierra, 9:30 am-12:30 pm

Sunday, April 24: Michael Tierra, topic to be announced, 1:30-4:30 pm

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 through Thursday evenings from 5:00-6:30 pm PDT.

NOTE: All classes are held at Pacific Daylight Time.

East West Herb Seminar 2022

Q&A

Curious about how this will work?
We've tried to anticipate your questions
and provide the answers below.

Who is the online seminar for?

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.

What comprises the online seminar?

The seminar is made up of three live-streaming classes online, pre-recorded classes and webinars, and tests for each on-demand class and webinar (we will not test on the live-streamed class material).

What are the dates and times for the online seminar?

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. Both tracks must attend or view recordings of three live-streaming sessions and two dedicated live Q&A sessions (see pp. 3-4).

Will attendance at the online seminar count toward the seminar requirement for the EWCH program?

Yes, after all online seminar requirements for the particular track are completed. See pp. 3-4 for each track's specific requirements.

What are the online seminar requirements that must be completed to "pass" so I can attend the next level track of the seminar?

Foundation: Attend or view recordings of all live-streaming classes, watch all assigned on-demand classes and webinars, and take all tests supplied for each on-demand class and webinar. All of these requirements must be completed by May 30, 2022.

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

What if I miss a live-streamed class?

The live-streamed classes will be recorded. You have until May 30, 2022 to view those live recordings. All the other classes are pre-recorded and on demand. You will have until May 30, 2022 to view these recordings as well.

How will I access the online seminar?

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 all students to attend the pre-seminar Meet and Greet on Friday, April 22, to become familiar with the process and of course, meet each other plus Michael and Lesley.

Will I be able to ask the teacher questions or interact with the other students?

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

More questions? Contact us!

www.planetherbs.com
herbcourse@planetherbs.com
831-336-5010

Foundation Track: \$475

This track is for everyone. After viewing all classes and taking tests, you'll receive credit for attending the Foundation Track Seminar, one of three required seminars for our EWCH program.

Foundation Track required reading:

Chinese Traditional Herbal Medicine, Vol. 1
by Michael and Lesley Tierra

The Way of Herbs by
Michael Tierra

Live-Streaming Sessions:

- **Friday, April 22, 2022**, 9:30 am–12:30 pm PDT: Meet and Greet
- **Saturday, 4/23/2022**, 9:30 am–12:30 pm PDT: The Roots of Menstrual Wellness with Aviva Romm
- **Sunday, 4/24/2022**, 9:30 am–12:30 pm PDT: Menopausal Patterns with Lesley Tierra
- **Sunday, 4/24/2022**, 1:30-4:30 pm PDT: Surprise topic to be announced soon with Michael Tierra
- **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 Details:

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 for on-demand classes and webinars. 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: \$535

This track is for students who have completed the Foundation Track and through Lesson 24 of the East West Herb Course.

Intermediate Track Required reading:

Chinese Traditional Herbal Medicine, Vols. I & II by Michael and Lesley Tierra

Planetary Herbology by Michael Tierra

Healing with the Herbs of Life by Lesley Tierra

Live-Streaming Sessions:

- **Friday, April 22, 2022**, 1:30–4:30 pm PDT: Meet and Greet
 - **Saturday, 4/23/2022**, 9:30 am–12:30 pm PDT: The Roots of Menstrual Wellness with Aviva Romm
 - **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
 - **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
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On-Demand Classes:

- Specific Formulas to Know with Nancy Angelini (3 hours)
 - Materia Medica: Western with Susan Kramer, Chinese with Anne de Courtenay, and 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)
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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)
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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 Details:

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 for the on-demand classes and webinars, plus attend eight Case Study Wednesday Chats with Susan Kramer. Satisfactory completion of this material qualifies you to receive a certificate of attendance for the Intermediate Track, which satisfies one of the three seminars required for the EWCH.

More questions? Contact us!

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