

# “An Herbal Extravaganza”

with Tieraona Low Dog, MD

July 14-15, 2017

I am delighted to be teaching “An Herbal Extravaganza” as one of my summer intensives at our Medicine Lodge Ranch (outside of Santa Fe, NM). A beautiful location in the Pecos Wilderness with many naturally growing medicinal herbs and our large herbal garden.

This in-depth two day course is for those who want to learn how to grow, harvest and make herbal remedies, as well as learn about the safe and effective use of herbs for common problems such as anxiety, depression, insomnia, chronic inflammation, insulin resistance, pain and persistent stress.

The food is great, the setting breathtaking, and the knowledge you gain expansive. We hope you will come and join us!



# “An Herbal Extravaganza”

## Agenda

Friday, July 14th

8:30 AM

Meet at the Pecos Gathering Place (map available on [DrLowDog.com](http://DrLowDog.com))

9:00-9:30

**Opening Circle** at Medicine Lodge

9:30-10:30

**The Art of the Harvest**

Tips for the ethical and practical harvesting of herbs from the garden and in the wild for making fresh and dried herbal preparations

10:30-10:45

**Break: Tea, coffee and light refreshments**

10:45-12:30

**Deep Dive into the Most Useful and Important Herbs**

The historical and modern evidence for herbs that can be used to help ease anxiety, depression, poor sleep and stress

12:30-1:30

**Noon Feast**

1:30-3:00

**Herbal Identification and Plant Walk**

We will do herbal identification in the garden and fields at the ranch

3:00-3:15

**Break: Tea, coffee and light refreshments**

3:15-5:30

**Deep Dive into the Most Useful and Important Herbs**

The historical and modern evidence for herbs that can be used to help reduce inflammation, insulin resistance and pain

5:30-7:00

**Herbal Happy Hour and Hors D'oeuvres at the Main Lodge**

Saturday, July 15th

8:30 AM

Meet at the Pecos Gathering Place

9:00-10:30 AM

**The Harvest**

We will go and gather our plants for herbal medicine making

10:30-10:45

**Break: Tea, coffee and light refreshments**

10:45-12:00

**The Art and Science of Tincture Making**

You will learn to make fresh and dried herb tinctures, as well as glycerin based extract using a variety of methods

12:00-1:00

**Noon Feast**

1:00-3:00

**The Art and Science of Medicinal Oils, Salves and Balms**

You will learn to make herbal oils, salves and balms

3:00-3:30

**Intuitive Tea Tasting**

3:30-5:30

**Herbal Medicine: Practical Applications**

**How to use the herbs we discussed and herbal preparations we made effectively, safely and wisely**

5:30-6:00

Closing Circle

# “An Herbal Extravaganza”

with Tieraona Low Dog, MD

July 14-15, 2017 in Pecos, NM

Attn: Jim Carnazzo  
P.O. Box 709  
Pecos, NM 87552  
Email: [jcarnazzo@drldog.com](mailto:jcarnazzo@drldog.com)  
PH: (505)757-2147 / Fax: (505)757-2113

## - Registration Form -

Name: \_\_\_\_\_

Street: \_\_\_\_\_

City: \_\_\_\_\_ St: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

**Course Fee: \$500.00\***  
(Includes: all classes, lunches and snacks)

### Pay by:

Check (enclosed)

Credit Card using PayPal (available on [DrLowDog.com](http://DrLowDog.com))

If you would like us to help you pay with your credit card using our website Payment option with PayPal, please call Jim at our office.

Registrations can be Mailed  
-or-  
Emailed to: [jcarnazzo@drldog.com](mailto:jcarnazzo@drldog.com)

Class is Limited, so Register Now!

\*No Refunds after June 1, 2017, though you can apply a credit to future classes.

## ACCIDENT WAIVER AND RELEASE OF LIABILITY FORM

I HEREBY ASSUME ALL OF THE RISKS OF PARTICIPATING IN ANY/ALL ACTIVITIES ASSOCIATED WITH THIS EVENT ("An Herbal Extravaganza" with Tieraona Low Dog, MD on July 14-15, 2017 in Pecos, NM). I certify that there are no health-related reasons or problems which preclude my participation in this activity. I acknowledge that this Accident Waiver and Release of Liability Form will be used by the event holders, sponsors, and organizers of the activity in which I may participate, and that it will govern my actions and responsibilities at said activity.

1. In consideration of allowing me to participate in this activity, I hereby take action for myself, my executors, administrators, heirs, next of kin, successors, and assigns as follows:
  - (A) I WAIVE, RELEASE, AND DISCHARGE from any and all liability, including but not limited to, liability arising from the negligence or fault of the entities or persons released, for my death, disability, personal injury, property damage, property theft, or actions of any kind which may hereafter occur to me including my traveling to and from this activity, THE FOLLOWING ENTITIES OR PERSONS: Tieraona Low Dog, MD and her directors, officers, employees, volunteers, representatives, and agents.
  - (B) INDEMNIFY, HOLD HARMLESS, AND PROMISE NOT TO SUE the entities or persons mentioned in this paragraph from any and all liabilities or claims made as a result of participation in this activity, whether caused by the negligence of release or otherwise.
2. I acknowledge that Tieraona Low Dog, MD and her directors, officers, volunteers, representatives, and agents are NOT responsible for the errors, omissions, acts, or failures to act of any party or entity conducting a specific activity on their behalf.
3. I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident, and/or illness during this activity.
4. I understand while participating in this activity, I may be photographed. I agree to allow my photo, video, or film likeness to be used for any legitimate purpose by the activity holders, producers, sponsors, organizers, and assigns.

The Accident Waiver and Release of Liability Form shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law.

I CERTIFY THAT I AM OVER THE AGE OF 18, AND I HAVE READ THIS DOCUMENT AND I FULLY UNDERSTAND ITS CONTENT. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT AND I SIGN IT OF MY OWN FREE WILL.

---

Participant's Signature

---

Date

---

Participant's Name