



THE RED THREAD APOTHECARY
WINTER AND SPRING APPRENTICESHIP PROGRAM

“To be human is to become visible,
While carrying what is hidden
As a gift to others.”
-David Whyte

we meet in the darkest time and laugh/sing/wail until finally
we rest, sit, quiet together, waiting for the sun to rise
we learn new water and sun for our seed selves
and support each other through the push
and shove of breaking ground.

late winter is a powerful time to find the plummet of your heartbeat,
and that of the plants.

Spring brings hot wet to the breath tip,
and anger to the knees, we can revel and learn here
from the plants who pursue the pulse of light.

The Winter/ Spring apprenticeship with the Red Thread
is an opportunity to drop down and emerge with the
offerings of the Spring in a hands on, magic crafting,
close coven/ peer group.

Some of the Plants we will work with are Douglas Fir, Usnea, Western
Red Cedar, Nettles, Devils Club, Cottonwood, Hawthorne, Wild Rose,
Dandelion, Oso Berry, Salmon Berry, Blackberry leaf, Raspberry leaf,
Cleavers, Lemon Balm, Comfrey, plantain, Maple Blossom,
Horsetail, Mint, Rosemary, Oatstraw and MANY MORE!



The Winter/Spring Apprenticeship will run the beginning
of January through the beginning of June. We meet 3
times a month, and tentative meeting dates are listed at
the bottom. Upon Acceptance please let me know if
any of the dates won't work for you, and we can

change schedule BEFORE the apprenticeship starts. All meetings are mandatory, as a means to build trust within group and in order to plan accurately.

The apprenticeship is capped at 7 folks. All Identities are welcome to apply, with full consent and agreement that we are working in a trauma informed and anti-oppressive framework which is to be respected and practiced throughout the apprenticeship. Although we are in a space that is primarily focused around working with the plants, *it is imperative to our practices of healing we are aware of our impact in addition to our intentions in a space.* In the welcome/acceptance letter, I will suggest a few readings and resources for folks to read and space for you to tell me about yourself.

MEETINGS:

We will meet 3 times a month, for 6 months (January- June.) Here is a description of the different types of meetings we have. At the bottom of the page you'll find a 1st draft of the dates. Each month I will send out an email detailing our specific themes and events we'll be working with.

Saturdays 10-3pm : Pray Days

These are days that we take time aside to Pray Attention, to each other, to the plants, to our world and to ourselves. On these days we will sing, do talking circle, work with listening to the plants, make custom medicines to take home, bring offerings, as well as reflect on different texts and assignments around healing, freedom and justice. We explore the context in which we interact (societally and personally) with this work; relating to our industrial medical complex, to the land we're on, to our identities, our ancestors, and our work in the world. This day i provide a delicious, local, medicinal vegetarian friendly meal for the group.



Sundays 1-6pm: Production Days

These days we practice the creator/destroyer dynamic of medicine making, learn about minimizing and maximizing impact through ethical wildcrafting, potion brewing and formulation, and plant processing. We will go to many different beautiful properties and forests around Olympia, as well as make medicine for the apothecary to distribute. This Day is a potluck day!

Wednesdays 6-9pm: Somatics nights and Supplemental Learning

This is an evening we do once a month where apprentices get a chance to learn about some of the somatics, the body as it experiences itself, that runs through my work. We will do a comprehensive overview of the somatic effects of trauma and ways to create trauma informed spaces, as well as experience somatic techniques and body work to use alongside healing/renegeotiating trauma.

On supplemental nights (every other month) I will bring in an amazing educator from town to broaden our scope of learning; including a touch lab, introduction to constitutional diagnostics, and an introduction to botany (and botanical drawings!) One of my aims in this apprenticeship is to introduce the many different doors that can open in plant practices, and give yall space and time and resources to explore what interests and calls to you most. Introducing you to amazing folks that do things incredibly differently than I do is one thing i love to add in to this work. This day is a snack potluck day (I will make the main dish.)

In June, we will have a 2 day, 1 night retreat and initiation on Whidbey Island, at an Artists Studio called the Moon Temple.

COST:

\$420

This Fee covers
the costs paying presenters,
provided meals, gas and travel costs for the group,
cost of learning and printed materials (including jars, menstrum,
apprenticeship binder, plants material, ect),
supporting and tending the apothecary and rental costs,
and travel and stay costs for the final retreat.

This comes out to 70\$ a month and 20\$ per class (30\$ for presenter days.) I
strive to offer this program at the most accessible cost possible while also
supporting my business. If you have any further questions about money or
budget, feel free to reach out.

Payment plans are available if arranged BEFORE apprenticeship begins. Please
contact me if there are any money concerns. We WILL try to figure it out.

In the past apprentices have made arrangements to include this
apprenticeship in their contracts/ credits at Evergreen. Please include that in
your application if you are wanting to do so.

TENTATIVE DATES:

January-June 2017

Saturday 10-3pm/Sunday 1-6pm: January 14/15th, February 18/19th,
March 18/19th, April 15/16th, May 13/14th, June 10/11th

Wednesday Nights 6-9pm: February 1st, March 1st, April 5th, May 3rd,
June 7th

