



# Association of Master Herbalists

## Conference and AGM

*“Celebrating 21 years of our herbal community, friendship and heritage!”*

17<sup>th</sup> September 2016 from 9:30am to 5:30pm

YMCA Broad Street Place, Bath, BA1 5LH

This year we will be holding our conference and AGM in the beautiful ancient city of Bath in Somerset. Bath is and has been renowned for their Roman Baths and spa for centuries in the valley of the Avon River. There is most definitely plenty of history, lovely streets, architecture, museums, shops and restaurants. In 1987 Bath was selected as a World Heritage Site in recognition of its international cultural importance.

### Conference Details

#### **Friday 16<sup>th</sup> September**

Time passes quickly and the day of the Conference will also, so it would be wonderful to see as many of our herbal family to socialise and share an evening meal together. Look forward to seeing you all at 7pm for our Dinner and Social.

We will meet at this authentic excellent Bath vegetarian restaurant called the *Indian Temptation* located in the centre of Bath [www.indiantemptation.com](http://www.indiantemptation.com)  
Must RSVP with Alicia Sawaya when booking for the dinner.

#### **Saturday 17<sup>th</sup> September**

9:30am – 9:45am Registration  
9:45am – 10:00am Opening Ceremony  
10:00am – 11:15am – Renée Koenders Part 1  
11:15am – 11:30am – Tea Break  
11:30am – 1.00pm - Renée Koenders Part 2  
1.00pm – 2:00pm Lunch (YMCA)  
2:00pm – 4:00pm – Andrew Mason Rasa Shastra  
4:00pm - 4:15pm Tea Break  
4:15pm – 5:15pm AMH's AGM  
5:15pm – 6:00pm Closing Ceremony

After the AGM and closing ceremony, Renée Koenders will be conducting a plant walk in the city. Anyone interested should let us know in their application.

### Cost

AMH Members Free – vegetarian lunch will be £7.95  
Non-Members £25 includes lunch

**Accommodation:** Overnight accommodation is available at the YMCA ([www.bathymca.co.uk](http://www.bathymca.co.uk)). Rooms start at £30 per person per night including a light breakfast. A cooked breakfast costs £3.95. There are single, twins, doubles, triples, and dormitory rooms. None of the rooms are au suite however they have separate male and female bathrooms. Please book your accommodation directly with the YMCA by phone 01225-325900 or online <http://reservations.bookhostels.com/bathymca.co.uk/> and mention the AMH Conference.

**Other Accommodation:** Bath is a great place to visit so it's worth staying overnight to explore the many sights and also visit the Thermae Bath Spa where you can experience naturally heated spring waters. Bath has a wide choice of B&Bs and hotels in the area, as well as camping options. As Bath is very busy at weekends some establishments may require a 2 night stay (Friday and Saturday). It can be expensive so it's best to book well in advance. Air B & B is also a good option for cheaper accommodation.

### **Conference Details**



**Renée Koenders** was born in Leiden, Netherlands and trained in Acupuncture, Herbal Medicine /Phytotherapy and Classical Homeopathy. In addition to running an independent clinic in Natural Medicine, she also lectures in Herbal Medicine/Phytotherapy at the University for Natural Medicine and Homeopathy, Arnhem (HvNA).

She has written one book: *Plant and Medicine*, a foundational textbook on the principles of herbal medicine, while she co-authored *Both Simple and Complex - The Practical Use of the 4 Natural Qualities and Nature? That is you!* with E. Tenhagen.

In this seminar the herbalist will see how they always used (part of) the Dutch method because its cultural origins are the same. Therefore herbalists and their patients can simply use the '4 Natural Qualities' method successfully even for very complex cases.



**Andrew Mason** started his studying in holistic medicine over 20 years ago, completing his training as an Âyurvedic practitioner in 2006. He then undertook a unique and intensive apprenticeship in the East, learning the closely guarded processes involved in the manufacturing of these ancient remedies. Since his return to the UK, he has undertaken the task of recording and cataloguing these traditional processes, preserving techniques that in some cases would have remained as tenuous oral traditions only. Andrew is an author and lecturer in Âyurveda and has written two books *Rasa Shāstra: The Hidden Art of Alchemy*, and *Jyotish: The Art of Vedic Astrology*.

Andrew will be discussing his book *Rasa Shāstra* which details a comprehensive analysis of Asian Medical Alchemy, and describes the use of herbo-mineral-metal based medicines as used in some of the world's oldest healing traditions.

Andrew's book offers a detailed exploration of Âyurvedic medicinal purification practices that seek to enhance the therapeutic potential of materials, metals and gemstones, as well as offering a concise overview of traditional and modern equipment and methods used in the manufacture of these medicines.

His book is a unique and fascinating account of the hidden alchemical arts and also explains some of the historical background behind the on-going quest amongst Asian alchemists for immortality.

Andrew will prepare a number of materials including guggulu resin and sulphur.