

Glenorchy Herbs and Healing

Herbal Workshop on Willow: 19th Sept 2026 10 am - 12.30 pm Glenorchy Hall Supper Room, 31 Mull St Glenorchy

Come and join us for the Willow Herbal Workshop. This was very popular last year as it combines the joys of foraging, learning herbal lore about Willow as well as the latest scientific research, PLUS a chance to make your own herbal remedy.

We will make Willow bark tinctures and teas and you will learn about the amazing anti-inflammatory benefits of this herb and how it is closely related to aspirin (but without many of the side effects). In fact willow has beneficial effects on the gut that you might not expect. We will also talk about other benefits including how Willow can be used to make a natural rooting hormone and even for water divining!



We will finish the workshop with a shared BYO lunch featuring herbal goodies.

Make a booking for two and you will be gifted a free herbal salve or cream.

Tickets: <https://events.humanitix.com/workshop-on-willow-glenorchy>

Further GYH&H Workshops for 2026 – 2027

From November 2026 we start our 3 x 3 series of workshops at the Sherwood. This means 3 herbs per workshop are studied in detail and we have a series of 3 workshops. Each workshop focuses on a particular body system. Tickets from **Humanitix** - see under website <https://glenorchyherbshealing.co.nz/blog/>

Workshop 1: 3 x 3 “Women’s Health” Sat **7th November 2026**, 10 am – 12.30

Workshop 2: 3 x 3 “Good for the Gut”: Sat **23rd January 2027** 10 am – 12.30

Workshop 3: 3 x 3 “Herbs for Mental Health”: Sat **20th March 2027** 10 am – 12.30

A final Glenorchy Hall workshop on Rosehip and Hawthorn **17 April 2027** 10 – 12.30

Enquiries to fionamfmcqueen@gmail.com