

# Wild Herbal Retreat

## False Cape State Park

### March 27-29, 2020

with Vickie Shufer, MS, Therapeutic Herbalism

#### Activities Include:

botanical art  
night hikes  
plant walks - identify wild plants  
beachcombing  
kitchen lab: teas, tinctures, & vinegars  
medicine making: oils, salves & lotions



**For More Info &  
To Register:**  
<http://ecoimage.us>  
[vickie@ecoimages.us](mailto:vickie@ecoimages.us)

The lodge where you will stay is a 2-story renovated hunt club with central air/heat that accommodates up to 20 people. Beds, linens, towels, and all kitchen equipment are provided.

Immerse yourself in a weekend exploring undeveloped beaches, maritime forests, swamps, and marshes on this coastal barrier spit. There will be hikes from the bay to the ocean, identifying plants, animal tracks and other natural features. Participate in preparing wild teas, tinctures, and vinegars as well as herbal oils, salves, and lotions.

*Join Herbalist and Wild Food  
Foraging expert Vickie Shufer  
for a fun-filled herbal weekend*

**Sponsored by:**



#### **\$325 All-Inclusive Fee**

- 5 gourmet meals
- food, program materials
- bus transportation to and from the park
- accommodations at the lodge

To register, call 757-406-0061. Payment is due at the time of registration and can be made using a credit card or by sending a check to:

Eco Images • PO Box 61413 • Virginia Beach, VA 23466.