

# Herbal Teas and Traditional Formulas

Drink some tea, deepen your knowledge, mingle with the plant spirits.

**Sat-Sun**

**March 17-18, 2012**

**9am-5pm**

at California College of Ayurveda, LA Area Campus

17100 Norwalk Blvd., Ste. 108, Cerritos, CA 90703

**Herbal teas**, whether decoctions or infusions, are a very nourishing way to deliver herbs. Many patients respond to the ritual of making tea but the problem is many formulas just don't taste that good. This workshop will explore how to formulate and deliver satisfying herbal teas that everyone will enjoy making and drinking.

The **traditional formulas**, including the guggulu formulas, of Ayurvedic herbal medicine are some of the most underused and least understood compounded formulas used in practice. We will cover these in depth drawing wisdom from the clinical pearls of practice. Below is a list of the individual herbs which will be covered in depth in this workshop.

**Intended Audience:** For practitioners or students of Ayurveda or Herbology. Some previous herbal knowledge is required. The workshop will reinforce previous herbal knowledge and expand that knowledge without repeating or overlapping material covered in other CCA curriculum.

**Pre-requisite:** Knowledge of the 6 tastes and rasa, virya, vipak and prabhav and basic herbal actions (e.g. diuretics, diaphoretics, carminatives,...). To review for the class please read [Yoga of Herbs](#) by David Frawley chapters on Herbal Energetics and Herbal Therapeutics.



**Instructor:**

Rob Talbert, M.S. C.A.S., is a Clinical Ayurvedic Specialist in private practice in Laguna Beach, CA. He is a faculty member at the California College of Ayurveda. Rob completed post-graduate study with Dr. Liladhar Gupta in Vrindavan, India and is a professional member of National Ayurvedic Medical Association and the California Association of Ayurvedic Medicine. He has been a life-long student of Yoga, Zen, Non-dual philosophy, the ways of nature and holistic health.

**Cost:** \$149 before Feb 15,  
\$179 after Feb 15

**Questions:** Rob Talbert at 949-497-3134  
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**To register:**

Call CCA at (530) 478-9100x202 or  
toll free (866) 541-6699  
or link to online registration:

<http://alturl.com/e45e2>

**Advanced Herbal Materia Medica Workshop**