



# SONORAN SPRING HERBAL RETREAT

Aravaipa Canyon Ranch  
March 13-17, 2010

Join Martha Ames Burgess, Ethnobotanist  
Meg Keoppen, Herbalist-Chef and  
Pam Hyde-Nakai, Clinical Herbalist,  
for 4 days and nights of study, relaxation,  
quiet and renewal.

Learn about local medicinal plants, medicine  
making, native foods and plant spirits.  
Gain a deeper sense of place in the  
Sonoran Desert.

**Fee: \$550**

(deposit of \$150 by January 31st, 2010)

**Contact: Martha - (520)907-9471  
Pam - (520)743-3980**