12 HERBAL TEAS TO SUPPORT YOU ALL YEAR

Herbal Tea
THROUGHOUT THE SEASONS
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INTRODUCTION

HERBAL TEA THROUGHOUT THE SEASONS

As we welcome the rhythmic changes that each new month brings, we can all agree on the benefits of incorporating seasonal foods and herbs into our diet and embracing the energetics of each season. We can bring balance to our energetic bodies as we settle into a new season, whether we find ourselves foraging for spring herbs, delighting in the colors and scents of a pollinator garden, enjoying warm, savory soups and stews, or sipping a steaming cup of tea by the fireside.

We here at the Herbal Academy have taken our love for herbal teas and created an ebook filled with seasonal herbal tea blends to help you transition from month to month and from season to season. We hope that the recipes that follow will not only benefit your wellness but also bring peace to your mind and energy to your spirit.

Happy tea time!

The Herbal Academy Team
January cold and desolate;
February dripping wet;
March wind ranges;
April changes;
Birds sing in tune
To flowers of May,
And sunny June
Brings longest day;
In scorched July
The storm-clouds fly,
Lightning-torn;
August bears corn,
September fruit;
In rough October
Earth must disrobe her;
Stars fall and shoot
In keen November;
And night is long
And cold is strong
In bleak December.

CHRISTINA ROSSETTI, THE MONTHS
MAKING TIME FOR TEA

With our modern lifestyles, the body can take on a tremendous amount of stress. While our bodies are able to handle this stress, it’s the continual burden of stress that causes a negative impact on our well-being. This is where the magic and nourishment of herbal tea can come to the rescue.

The ritual of drinking herbal tea is an excellent way to tune into the rhythms of each season. Sipping a cup of tea allows us to pause for a moment and let stillness nourish our mind, body, and spirit. This can, in turn, provide a moment that we can look forward to each day — a moment where our minds let go of the responsibilities of the day, and instead, focus on the process of preparing and enjoying a cup of herbal tea.
CREATING A DAILY TEA RITUAL

There is something deeply empowering about creating a daily herbal tea ritual; however, it can often feel overwhelming when getting started. Thankfully, daily tea rituals can range from simple to complex, so there are options for everyone.

We would encourage you to start with a simple practice of making herbal tea using pre-formulated herbal tea recipes, eventually working your way into a more complex process of creating your own herbal tea blends. You will find that both approaches are gratifying!

The first step to incorporating an herbal tea ritual in your day is to identify a consistent time each day when you are able to set aside 30-45 minutes to make and drink tea. Next, you’ll want to gather a beautiful teapot and a mug or two to brew or serve your tea in. Lastly, you’ll want to find a location where you can sit quietly and sip your tea, studying the qualities of the tea or meditating on your day.

THE RITUAL OF TEA

As you pull out jars of individual herbs, smelling each herb’s scent and feeling its texture, you will measure out each fragrant scoop of plant matter, consciously blending one herb with another.

When the herbs are blended and the just-boiled water has been carefully poured over the herbs, you will inhale the sweet aromas of the plants while your tea steeps. This is the perfect time to sit in your favorite chair and quiet your mind, taking in the scents and sounds around you.

Once your tea is ready, you will carefully strain the herbs from the tea, pouring the prepared tea into a beautiful teapot or mug, depending on how much tea you have made and plan to drink.

Here you’ll want to slowly and consciously sip the tea, getting to know the flavors in your cup. Take note of how you feel before you drink your tea as well as after you drink it. Do you notice anything changing or shifting in your body or mind? Has your energy level changed?

As you can imagine, taking your time to slow down, sip a cup of tea, and be mindful of the changes in your body during this time can go a long way in decreasing the stresses of the day. It can also give you something to look forward to each day.
TEA PREPARATION

All the recipes in this ebook use dried herbs. You may already grow herbs in your garden and dry them. If not, you can purchase bulk dried herbs at your local natural foods store or online, or if you are fortunate to have one, at a local herb shop.

To make tea, you’ll just need a kettle (or pot) for boiling water, a teapot or jar for brewing your tea, a measuring spoon, a tea infuser or strainer, and a teacup (or two or three).

You’ll notice that some recipes give exact measurements while others call for “parts.” Parts can be any measurement you’d like — 1 part can equal 1 cup, 1 tablespoon, 1 teaspoon, etc. — allowing you to make as large or small of an herbal tea blend as you’d like.

There are two approaches to preparing tea: an infusion, which is used for more tender plant parts such as leaves and flowers (more on infusions here), or a decoction, which is used for harder plant parts such as roots and barks (more on decoctions here). Infusions involve boiling water, pouring it over the tea blend, and then steeping for 10-15 minutes, while decoctions involve simmering the herbs with the water for 15-20 minutes to break down the cell wall and extract the plant constituents. In both cases, you’ll want to keep the tea covered during steeping/simmering, particularly for aromatic herbs with volatile constituents.

You can drink these teas as-is or choose to sweeten them with a bit of honey or maple syrup. Adding one or two dried apple rings to the tea while it steeps or simmers adds a subtle but lovely sweetness as well!

At this point, we hope you’re excited about incorporating an herbal tea ritual in your day. Below you’ll find 12 different herbal tea recipes that you can try throughout the coming year. Enjoy!

More on making infusions: theherbalacademy.com/a-deeper-look-at-herbal-infusions
More on making decoctions: theherbalacademy.com/herbal-decoction
12 TEAS FOR EVERY SEASON
Brew me a cup for a winter's night.
For the wind howls loud and the furies fight;
Spice it with love and stir it with care,
And I'll toast our bright eyes,
my sweetheart fair.

MINNA THOMAS ANTRIM
January often provides time to slow down and look back on the past year — reflecting on lessons learned and personal experiences — helping one to identify their values or those things they want to bring with them into the coming year. Taking the time to regularly sip a cup of chai tea is a lovely way to awaken the senses, warm the body, and nourish the soul during the cold, dark days of winter.

While this tea ritual can allow you some time to reflect on the past year and set intentions for the year to come, it can also benefit your body through the addition of immune-stimulating herbs. Since we often see an increase in viral illnesses during the winter months, being able to support the immune system through a delicious tea is a great way to benefit your wellness.
Immune-Boosting Chai

**INGREDIENTS**

1 1/2 – 2 cups water
2 teaspoons dried astragalus root
6 black peppercorns, crushed
4 cardamom pods, crushed
A few cloves, ground or crushed
1 slice fresh ginger, minced
Two cinnamon sticks
1 teaspoon dried orange peel
1/2 – 1 cup almond milk
1 tablespoon loose leaf black tea (or two tea bags)
Maple syrup/sugar, to taste (optional)

**DIRECTIONS**

Place water and astragalus root in pot and bring to boil, then simmer, covered, for 20 minutes.

Add the spices and the milk and simmer gently for a few minutes more.

Turn off heat and add tea. Steep for 10-15 minutes.

Strain into mug, then stir in sweetener to taste if desired.
"I stood beside a hill
Smooth with new-laid snow,
A single star looked out
From the cold evening glow.

There was no other creature
That saw what I could see –
I stood and watched the evening star
As long as it watched me.

SARA TEASDALE, FEBRUARY TWILIGHT
In the midst of February, as the dark nights grow longer and the sun is in short supply, it may feel like winter will go on and on (and on and on). This can often contribute to mild seasonal depression and a lack of energy.

Since this is a common occurrence for many during the latter half winter, February is the perfect time to support the nervous system and mental outlook with the help of uplifting and building herbs, and tea is a perfect medium for this.
**Uplift Tea**

**INGREDIENTS**

3 parts lemon balm leaves  
2 parts St. John’s wort flower and leaf  
2 parts milky oat tops  
2 parts spearmint leaves  
1 part linden leaf & flower

**DIRECTIONS**

Blend all herbs together, label, and store in an airtight container.

Steep 1-2 tablespoons of your tea blend in 1 cup (8 ounces) of just-boiled water for 10-15 minutes before straining herbs from the liquid.

Sweeten to taste with honey, if desired. Drink up to 3-4 cups throughout the day.
And Spring arose on the garden fair,
Like the Spirit of Love felt everywhere;
And each flower and herb on Earth’s dark breast
rose from the dreams of its wintry rest.

PERCY BYSSHE SHELLEY, THE SENSITIVE PLANT
As March approaches, feelings of excitement begin to stir, and thoughts of increasing light, warmth, and green things are on everyone’s mind. Speaking of green things, when spring finally arrives, wild botanicals begin making their presence known — many right outside the front door if not a short walk away. Now is the perfect time to discover and enjoy the goodness of this green earth!

One way to do this is to use newly emerging herbs to help one wake from the winter hibernation period. Early spring herbs are often stimulate the digestive system and liver with their bitter flavor. An easy way to reap the benefits of this bitter action is with a nice cup of tea.
Bitter Tonic Tea

INGREDIENTS
2 parts chamomile
1 part dandelion root
1 part burdock root

DIRECTIONS
Blind all herbs together, label, and store in an airtight container.

Use 1 tablespoon of Bitter Tonic Tea blend per 1 cup (8 ounces) of water (4-5 tablespoons for a quart jar). Bring water to a boil, then cover and simmer for 15 minutes.

Strain herbs and compost. Add honey or sweetener if you must, but also enjoy the bitterness and its effects!
Ah, who is this with twinkling feet,
With glad, young eyes and laughter sweet,
Who tosses back her strong, wild hair,
And saucy kisses flings to Care,
The while she laughs at her? Beware—
You who this winsome maiden meet!

She dances on a daisied throne,
About her waist a slender zone
Of dandelion’s gold; her eyes
Are softer than the summer skies,
And blue as violets; and lies
A tearful laughter in her tone.

She reaches dimpled arms and bare;
Her breath is sweet as wild-rose air;
She sighs, she smiles, she glances down,
Her brows meet in a sudden frown;
She laughs; then tears the violets drown—
If you should meet her—ah, beware!

ELLA HIGGINSON, APRIL
April

April is an exciting time of the year. Violet is showing off her colors, chickweed is peeking up through the soil, and dandelion is stretching his neck towards the sun. As the plants continue to emerge from their winter sleep, we often find our energy rising and increasing alongside them. We begin to feel the pull to spend more time outdoors, and we start to shift our diets toward cooler, lighter fare.

We can do much for our health with the foods and herbs we choose to use as daily nourishment, and teas can be a part of this sustenance. Teas are a great way to benefit from the vitamins and minerals that spring herbs have to offer, as these nutrient-rich herbs act as tonics to nourish and support the body after a long winter in preparation for the more lively season ahead.
Herbal Nourishment Tonic

INGREDIENTS

- 2 parts nettle leaf
- 2 parts peppermint or spearmint leaf
- 1 part lemon balm leaf
- 1 part milky oats
- 1 part red clover blossom
- 1 part alfalfa leaf

DIRECTIONS

Blend all herbs together, label, and store in an airtight container.

Steep 1-2 tablespoons of your tea blend in 1 cup (8 ounces) of boiling water for 10-15 minutes. (A longer infusion period of several hours will extract even more vitamins and minerals; you can make a big batch, let it infuse overnight, and drink it throughout the next day, reheating if desired.)

Sweeten to taste with honey, if desired.
Sap which mounts, and flowers which thrust,
Your childhood is a bower:
Let my fingers wander in the moss
Where glows the rosebud
Let me among the clean grasses
Drink the drops of dew
Which sprinkle the tender flower.

PAUL VERLAINE, SPRING
May marks the beginning of the blooming season here in the Northeast. With the flowers popping and bees buzzing, we’re in the midst of the season for tasty spring flowers, fresh spring greens, plant walks, and foraging adventures! It truly is a wonderful time to enjoy the rush of wild edibles and herbal botanicals now that they have made their appearance!

Many herbal blends are formulated with a specific purpose in mind, such as supporting a body system for example. Herbs that are known to affect a specific body system can be paired in varying amounts and combined with other flavorful herbs to create a harmonizing tea blend that is not only great for wellness but tastes delicious at the same time.
Happy Heart Herb Infusion

INGREDIENTS

4 parts rose petals
2 parts hawthorn leaf and flower
  2 parts linden
  2 parts violet
1-2 parts motherwort*
1 part cardamom
1 part cinnamon bark

DIRECTIONS

Combine herbs and mix well. Store in a labeled glass jar.
*Note that motherwort is quite bitter. We recommend starting with a small amount and working your way up to more over time.

To use, add 2 teaspoons of tea mix to 8 ounces of water. Steep 15 minutes before straining and composting herbs.

Sweeten as desired, drink, and enjoy 2-3 cups a day!
Mine is the Month of Roses; yes, and mine
The Month of Marriages! All pleasant sights
And scents, the fragrance of the blossoming vine,
The foliage of the valleys and the heights.
Mine are the longest days, the loveliest nights;
The mower’s scythe makes music to my ear;
I am the mother of all dear delights;
I am the fairest daughter of the year.

HENRY WADSWORTH LONGFELLOW
JUNE

In June, the days are long, the temperature is hot, and people are moving along, busily with their jobs, planning summer vacations, or keeping the kids occupied while home from school. Among all this hustle and bustle, it can be nice to take a break during the busy day to enjoy the summer days.

When you find a minute to yourself, take a step outside, breath in some clean, fresh air, and have a nice glass of iced tea. This can be the perfect way to delight in the fresh taste of summer and find a moment of relaxation at the same time!
Honeysuckle Iced Tea

INGREDIENTS

4 cups freshly picked honeysuckle blossoms and buds
5 cups just-boiled water
Spearmint sprig for garnish

DIRECTIONS

Pick fresh honeysuckle blossoms and buds from the vine - discarding those that are wilted, browned, or eaten by bugs.
Place flowers in a glass tea pitcher.

Cover flowers with 5 cups (40 ounces) of just-boiled water.
Stir well and let steep for 2 hours before refrigerating until completely cooled.

Strain the flowers from the liquid using a fine mesh strainer, cheesecloth, or a unbleached coffee filter.

Serve tea over ice with a spearmint sprig for garnish.

This recipe serves 4.
Along the river’s summer walk,
The withered tufts of asters nod;
And trembles on its arid stalk
the hoar plum of the golden-rod.

JOHN GREENLEAF WHITTIER
These are the dog days of summer, and the heat of July can be a challenge for many. Hot, humid weather can exacerbate those with a fiery nature and hot constitution. It can make one crabby, whiny, or just plain uncomfortable! When the thermometer hits the high end and humidity hangs in the air, we all seek a little relief. Cooling herbal teas are a great summer ally to help us roll with the heat.

Take a break from the heat of July with a refreshing herbal infusion. Herbs can help cool the body in a number of ways whether it’s through their actions, their flavor, or their water content.
Strawberry Basil Infusion

INGREDIENTS

1 small organic cucumber
5 large organic strawberries
6 fresh basil leaves

DIRECTIONS

Begin by washing all ingredients in cool water. Next, slice cucumbers and strawberries into thin slices and cut basil leaves into thin strips.

Place all ingredients into a quart-size wide mouth mason jar.
Cover with filtered or sparkling water and stir.

Refrigerate for 30 minutes before pouring yourself a tall glass. Feel free to leave the ingredients in as you sip.
I feel the breath of the summer night,
   Aromatic fire:
The trees, the vines, the flowers are astir
   With tender desire.

The white moths flutter about the lamp,
   Enamoured with light;
   And a thousand creatures softly sing
   A song to the night!

But I am alone, and how can I sing
   Praises to thee?
Come, Night! unveil the beautiful soul
   That waiteth for me.

ELIZABETH DREW STODDARD, A SUMMER NIGHT
August is a busy time of the year as harvests are gathered and prepared for the cool days to come and students get ready to head back to school. Here at the Herbal Academy, we are preparing for back to school season, too, welcoming new students throughout the next month! It’s a time to get back to our education – even as adults! While the days continue to be hot and humid, the colors of summer begin to fade into deep browns, oranges, and golds.

It’s time to soak in those last days of summer with a tasty, refreshing drink. Herbs help us celebrate bringing their colors, flavors, and health benefits along with them. Cheers to the final days of summer, the last grill outs, and family vacations!
**Hibiscus Herbal Cooler**

**INGREDIENTS**

- ¼ cup dried hibiscus
- ¼ cup dried chamomile
- 2 tablespoons dried rosehips
- 1 tablespoon dried cinnamon chips

**DIRECTIONS**

Blend herbs together in a 4-quart saucepan.

Pour 8 cups (64 ounces) water over herbs, bring water to a boil before turning heat to low. Simmer for 30 minutes. Alternately, place herbs in a ½ gallon jar, add drinking water, cap, and place in the sun for several hours.

Add honey to sweeten, if desired, shake well, and chill in refrigerator. Enjoy by the refreshing glass!
The milkweed pods are breaking,
And the bits of silken down
Float off upon the autumn breeze
Across the meadows brown.

CECIL CAVENDISH, THE MILKWEED
With September comes cooler weather, the approach of autumn, and daily schedules settling back into a regular routine. And while the action-packed days of summer have passed, the busy days of fall are close on their heels.

In our fast-paced world, everyone can benefit from the power of adaptogens. This category of herbs helps support a healthy stress response by balancing different processes in the body, helping to bring the body back into balance when things have gone off track.
Brain Boost Tonic

INGREDIENTS

2 cups water
1 1/2 tablespoons gotu kola
1 1/2 tablespoons tulsi (holy basil)
1 small knob of fresh ginger, peeled (or 1 teaspoon dried ginger powder)
1 teaspoon raw honey
1 tablespoon MCT oil (or 1 teaspoon coconut oil)
1 teaspoon freshly squeezed lemon juice
Sprig of fresh tulsi or lemon slice
Optional: splash of sparkling ginger kombucha or water kefir

DIRECTIONS

Boil water and pour over the gotu kola and tulsi in a heat-safe container. Allow the tea to steep for 15-20 minutes.

Strain herbs from the liquid. Pour tea into a blender. Add ginger, honey, MCT oil, and lemon juice.

Blend on high speed until creamy and well mixed (about 1-2 minutes).

Pour into a glass and garnish with a sprig of fresh tulsi or a lemon slice. If desired, you can add a splash of ginger kombucha or water kefir if you enjoy some light carbonation.

Enjoy immediately in the morning or afternoon.
“In the dreamy silence
Of the afternoon, a
Cloth of gold is woven
Over wood and prairie;
And the jaybird, newly
Fallen from the heaven,
Scatters cordial greetings,
And the air is filled with
Scarlet leaves, that, dropping,
Rise again, as ever,
With a useless sigh for
Rest—and it is Autumn.

ALEXANDER POSEY, AUTUMN
As the days grow cooler, we find ourselves further transitioning into the season of fall. One way this transition takes place is through the shift in our diet from cooler, lighter foods to warmer, heavier foods — foods will help to sustain us as the days grow shorter and the temperature continues to decrease.

As this change takes place, digestive discomfort can sometimes occur. Thankfully, herbs can come to our aid, yet again, by helping to warm the body and support healthy digestion through the daily use of carminative herbs.
Cumin, Coriander, & Fennel Seed Tea

INGREDIENTS

½ teaspoon cumin seeds
½ teaspoon coriander seeds
½ teaspoon fennel seeds

DIRECTIONS

Mix all dry ingredients together and add to a glass mug.

Cover with 2 cups (16 ounces) of just-boiled water and steep for 20 minutes.

Strain and compost the herbs.

Sip this tea before or after meals to promote healthy digestion.
O world, I cannot hold thee close enough!
Thy winds, thy wide grey skies!
Thy mists, that roll and rise!
Thy woods, this autumn day, that ache and sag
And all but cry with colour! That gaunt crag
To crush! To lift the lean of that black bluff!
World, World, I cannot get thee close enough!

EDNA ST. VINCENT MILLAY, GOD’S WORLD
November brings cold winds, gray skies, spurts of light rain and snow, and leaves scattering the ground, and while this may paint a gloomy picture in your mind, it can also paint a cozy one. With the holiday season approaching, our thoughts often go to friends, family, and making memories with one another. However, our reality may go right into cold and flu season!

With cold and flu season in full swing, many seek natural methods to support the body’s defenses against viral illnesses. Prevention is key. Herbs rich in vitamin C can be part of your herbal protocol for supporting the immune system and keeping viruses at bay!
**High-C Immune Boosting Tea**

**INGREDIENTS**

- 1 part hibiscus
- 1 part rosehips
- ½ part lemongrass
- ½ part lemon peel
- ¼ part cinnamon chips

**DIRECTIONS**

Blend all herbs together, label, and store in an airtight container.

To use, add 2 tablespoons of herb blend to a glass mug and cover with 1 cup (8 ounces) of just-boiled water.

Cover and steep for 10-15 minutes before straining herbs from liquid.

Sweeten and enjoy 2-3 cups a day.
"I heard a bird sing
In the dark of December
A magical thing
And sweet to remember.
‘We are nearer to Spring
Than we were in September,’
I heard a bird sing
In the dark of December.

OLIVER HERFORD, I HEARD A BIRD SING
December brings about a mix of emotions for many. On one hand, the holiday spirit is in the air — lending to visions of family gatherings, cozy nights near the fire, or the peace of freshly fallen snow. On the other hand, feelings of stress, anxiety, fear, and loneliness are common with all the responsibilities and expectations that are ever-present during the holidays.

No matter how you find yourself feeling during the hectic days of December, a warm cup of herbal tea can bring some much needed comfort and stress support through the addition of nervine and adaptogen herbs. Grab a blanket, a book, and some cozy socks. Put your feet up and sip slowly!
Holiday Stress Less Tea

INGREDIENTS

1 teaspoon chamomile
1 teaspoon peppermint
½ teaspoon linden
½ teaspoon holy basil
½ teaspoon passionflower
¼ teaspoon orange peel

DIRECTIONS

Combine all herbs in a tea mug strainer. Place this inside of a glass mug.

Pour 1 cup (8 ounces) just-boiled water over the herbal blend, placing a plate over the mug, and allow to steep for 10-15 minutes.

Strain, sweeten (optional), and enjoy any time of the day.
ABOUT THE HERBAL ACADEMY

Founded by Marlene Adelmann, the Herbal Academy is an educational resource offering affordable online herbalist training programs for students at all experience levels. The Academy celebrates the community-centered spirit of herbalism by collaborating with a wide diversity of seasoned clinical herbalists, folk herbalists, and medical professionals to create an herbal school that presents many herbal traditions and points of view.

The mission of the Herbal Academy is to teach the art and science of herbalism honoring our intrinsic connection to nature. We are dedicated to teaching and promoting a lifestyle of wellness and vitality through the use of herbs, sound nutrition, and optimal health practices.

Whether you are looking into herbalism as a hobby or personal endeavor or preparing for a career in clinical herbalism, the Herbal Academy has designed herbalist programs and study paths to suit your goals and your educational needs.

VIEW ALL HERBALIST TRAINING PROGRAMS AND PATH PACKAGES:

theherbalacademy.com/courses-classes
We get asked ALL. THE. TIME. about recommendations for herbal schools & online courses. After long hours of researching, we found such an impressive school, that we couldn’t help but enroll ourselves!

BULK HERB STORE

Undertaking this Advanced Herbal Course this past year has been an incredible journey and I am very grateful for all the knowledge and confidence I’ve gained as an herbalist through this program. Thanks so much.

GERRY CHONG, ADVANCED HERBAL COURSE GRADUATE
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This program is designed to prepare students working toward a career as professional herbal practitioners. Learn how to exercise critical thinking skills necessary for clinical herbalism.

Find an educational program that fits your goals!  

[VIEW HERBAL COURSES]
For about 7 years my husband and I were looking for the right herbal school for us. We ended up traveling and researching on our own until we found the Herbal Academy. I am literally blown away by how in depth their intermediate course is, as well as the very professional design savvy layout. I will enroll in every online course this school provides and hope to eventually visit it in person one day!

EK BRADLEY, HOLISTIC FAMILIES