



# Sacred Herbalism Plant Ally Meditation

Thursday April 25th 6:30pm -8:30pm

Where: **Southwest Herb** 148 N Center St, Mesa AZ 85201

**\$35**

**RSVP** at: <https://namitha.org/herbal-classes>  
or with the QR code at the top left corner of this flyer.

This guided meditation will take you on a journey to find your plant ally (allies). Jen will call in your spiritual ancestors, angels & guides to assist in this process. She will teach you how to connect with sacred plant allies and herbal spirit guides. You will connect with plants on a high level of consciousness, learning and listening to what our allies and guides have to offer.

This is a master level lens of experiencing herbalism and plant medicine. What can we learn when we connect in? How can we experience healing even when a plant is not physically available to us? How can you use your own intuition to heal yourself? Learn this & more in this master class!

**Please Bring a pad, blanket, pillow, or whatever will make you comfortable laying down on the floor. You may also sit if that is better for you. Bring something to cover your eyes and also a journal to write things down in.**

We will Gather at 6:30, settle in & go over the basics. Jen will welcome you into ceremonial space by 7pm. Meditation will last 45 - 55 minutes. We will have a period to journal and discussion after meditation.



**Jen Padgett** is an herbalist, mother of many, energy worker and Priestess. She makes & sells herbal remedies under the name Aum Herbs, based out of Boulder Creek, California. She also has a feminine wisdom mystery school called Namitha (Namitha.org) One of her first classes was at SW Herb in Mesa, where she definitely got the herbalism “bug”! Among her favorite things to do are to make medicine, teach, and to gather women for ceremonial work, allowing each of us to remember who we truly are!

**Contact:** JLPnami@gmail.com ~. 408.599.0152

\*1 full & 1 partial scholarship available - contact Jen directly