

S.O.W. Institute Workshops

Browse a few other Workshops that Seeds of Wellness / SOW Institute offer.

Women's hormone health Class

1

Basic Herbs to Support
Peri-Menopause & Menopause
Hormone Changes



SEEDS OF WELLNESS 404-895-1302
ADMIN@SOWGRATITUDE.COM

Mindful Activities

Seeds of Wellness
404-895-1302
@sowgratitude



Winter Wellness Herbs

Embrace Nature's Gift of Medicinal Plants. Learn the main Herbs needed to optimize wellness during Winter. Discuss the action and uses of the top 10 herbs to keep in the home during prime cold & flu season.

- 1 It Can Help You Unwind
- 2 Reduce Pain and Soreness
- 3 Boosts Your Immune System
- 4 Prevent Chronic Diseases
- 5 Improve Your Digestive System
- 6 It Stimulates Brain Function
- 7 And much More!!!

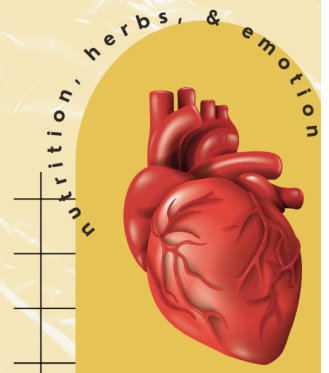


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HOW TO MAINTAIN HEART HEALTH

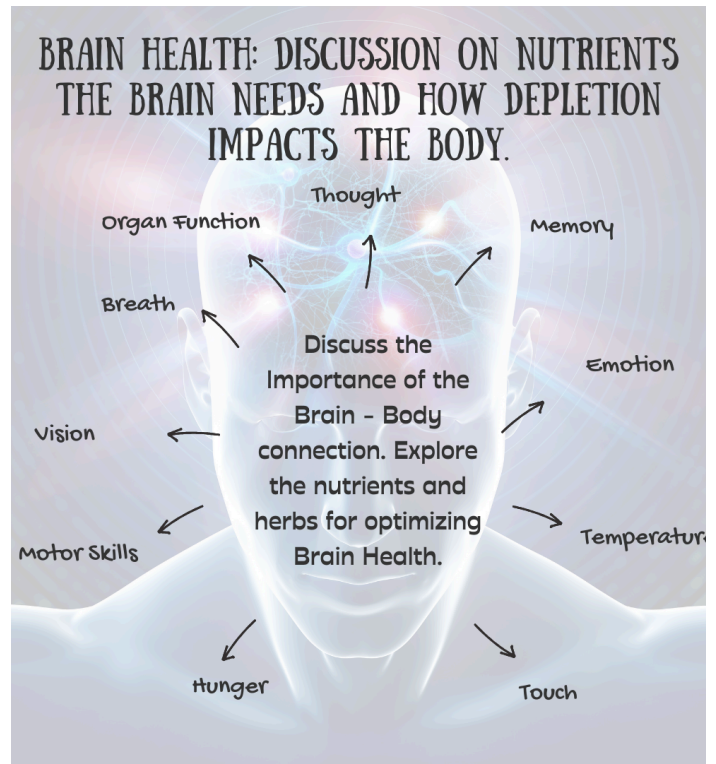
- Don't forget to exercise regularly
- Maintain a healthy diet
- Maintain ideal body weight
- Cholesterol
- Drink water
- Herbs
- Emotion

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All that is required for the mending of the body lies in the embrace of Nature and the depths of one's being.

Seasonal sanctuaries beckon, guiding the trinity of Body, Mind, and Spirit towards rejuvenation as the wheel of seasons turns. Throughout the year, workshops bloom like wildflowers, offering paths to enlightenment both in the digital realm and amidst the earthly embrace. Below is a glimpse of the diverse workshops that are also offered in addition. Workshops vary in price.

- What should I Eat: Protein, Lipids, Carbs
- Create a Kitchen Apothecary
- Eat the Weeds
- Why is Soil so Important?
- Food and the importance to overall Wellness
- Identify and Use the Weeds: Yard to Medicine Cabinet
- And so many more

SERVICES we offer in the the Seeds of Wellness Clinic:

- Consultations: Herbal & Food Therapy
 - Herbal Medicine
 - Herbal Apothecary
 - Holistic Lab Review
- QiGong
- Meditation
- Energy Medicine
- Holistic Wellness & Life Coaching

Bio-Individual protocols are created based on consultation. Some or all of the above may be incorporated into the protocol.

Consultation, Lab Review, Tongue, Nail, and Pulse analysis are used to create the bio-individual protocol to help bring balance and wellness to Body, Mind & Spirit.

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