

# An evening of wellness at



The HERB SOCIETY  
of AMERICA

Thursday, August 31 6:30 – 8:30PM

Fee: Just **\$10**

Please register at

[www.herbsociety.org](http://www.herbsociety.org)

by August 28 to let us know  
you are coming!

9019 Kirtland Chardon  
Road, Kirtland, OH 44094

440-256-0514

[www.herbsociety.org](http://www.herbsociety.org)

Join us for an herbal cooking demonstration and  
tasting with Chef Brian Doyle of Café Avalaun  
and choose 2 additional presentations!

## 1 Relax in the Herb Garden

*Experience with Melissa Hopper, Yoga Instructor of The Hopper Tree*

## 2 Fight Chronic Skin Disorders at Home with Nutrition and Botanical Skin Care Products

*Presentation with Mary Wank, Skin Care Specialist of Natural Skin Revival*

## 3 Make n'Take Herbal Vinegar

*with Herb Society of America staff and volunteers*

*And leave relaxed, rejuvenated and inspired!*

## Upcoming Events...

### Evening Relaxation Yoga

Enjoy the beauty and serenity of the gardens as you unwind  
with simple stretches and relaxing breath work

Mondays, August 21-September 25, 7-8:00 PM

Fee: **\$10** each class Register at: [TheHopperTree.com](http://TheHopperTree.com)\*

### Yoga in the Herb Garden Mini Series

Experience relaxing, gentle yoga followed by a discussion  
on a featured herb each week! For more details, visit:

[herbsociety.org](http://herbsociety.org) or [TheHopperTree.com](http://TheHopperTree.com)\*

Thursdays, September 14-28, 10-11:30AM

Fee: NON-MEMBERS **\$35** SPECIAL MEMBER PRICE **\$30**

Register at: [TheHopperTree.com](http://TheHopperTree.com)



\* Please arrive 15 minutes before the start of class time. Sessions  
are held outside and are moved to the porch or indoors if the  
weather dictates. Appropriate for all experience levels. Bring a  
mat and dress for the weather. Instructor: Melissa Hopper