

HERBAL TEA WORKSHOP LED BY ILE ASHCROFT

With over 60 different herbs to choose from, which Ile brought along with her, we had a most enjoyable time learning about their different properties and how they might help some aspect of our well-being. We then dowsed to find those we would most benefit from if we were to combine them to form a tea.

Having made our dowsing choices and dowsed for the ratio of herbs, one to another, we filled a bag to take home at Ile's invitation.

We are grateful to Carol and Tony for hosting the Workshop and to Carol for providing delicious soup for lunch.

Ile did a sterling job guiding us through the day with her encyclopaedic knowledge of herbs. We are very grateful to her for sharing her knowledge and her herbs. It was a fun and informative day



