



HERB WALK

Reconnect With the Wisdom of the Earth
with Lori Snyder



Date: Tuesday July 23rd

Cost: \$30.00 (All spots must be prepaid)

Book today – Limited spots! Max 15 people.

Call 604-734-4372 or
email Angela at ashand@gaiagarden.com

Time: 6 pm - 7:30 pm

Location: Camosun Bog

Meeting Point: Camosun street and west 19th ave.

Lori Snyder is an indigenous herbalist and educator, with a deep knowledge of medicinal and edible plants that grow in the most common and everyday spaces. A descendant from the T'suu tina (Sarcee), Nakota (Assiniboine), Cree, Nipissing and Anishinaabe (Ojibwa) people; with a Metis blend of the First Nations people with Scottish, French, and Celtic ancestry.

Born and raised in Squamish, Lori spent her childhood playing in the forest. From a young age, she has been learning about plants and later studied herbalism, aromatherapy, and permaculture. Since 2013 Lori has been bringing forth her First Nations perspective and knowledge of wild, native, edible and medicinal plants to help people reconnect to the wisdom of the Earth.

Through Lori's vision our immediate surroundings take on a new life and offer a wealth of untapped nutritional resources. In a time when our connection to the land on which we live grows ever more tenuous, Lori offers us an opportunity to reconnect, an opportunity to tap into the wisdom of ancestral relations who, for thousands of years, were nourished by this land and cared deeply for its fate.

RESERVE YOUR SPOT TODAY ~ CALL (604) 734-4372