



THE SPIRAL PATH HERBAL APPRENTICESHIP

January - October 2024

SACRED AGREEMENTS OF OUR APPRENTICESHIP CIRCLE

Please take a few minutes to intentionally and slowly read these words, and sign at the end of the document. Please submit the signed document along with your deposit upon acceptance to the program.

- 1) This is a safe & sacred space where we communicate with care, respect, & non judgment ~ not only to others, but also ourselves. All students in this apprenticeship are expected and required to hold a safe container of privacy & respect.
- 2) By joining this apprenticeship circle, you are making an intentional commitment to this 10 month journey and to Kelly Benson as your teacher. Kelly is committed to offering you the tools, training, materials, & practices promised for your apprenticeship experience.
- 3) By joining this apprenticeship circle, you are agreeing to your selected payment option. **THERE WILL BE NO REFUNDS** after our starting date.
- 4) You understand and agree that by signing this contract and submitting registration you are agreeing to pay the full tuition amount within the class year whether or not you complete the program. Automatic payments on a plan will continue as scheduled.
- 5) You agree to attend class on all scheduled dates unless pre-arranging alternative plans with Kelly.
- 6) You understand and agree that absence of more than three days will result in lack of certification of completion.

- 7) You understand and agree that any missed class days can be made up to acquire certification, and will be scheduled at the convenience of the teacher and at a cost of 200\$ per day.
- 8) You agree that you are physically able to participate in all aspects of the program, including sitting for hours at a time in lecture circles, gardening, and withstanding the elements of nature when necessary.
- 9) You agree to complete required homework each month as well as a final project for our October closing weekend.
- 10) You agree to check in with our private Mighty Networks group weekly and maintain presence of some sort in that space.
- 11) You understand and agree that you are to provide all of your own meals throughout our time together, with the exception of October where we will have an herbal chef cook for us.
- 12) You understand that you are allowed to utilize the kitchen spaces for preparing food, and that you are expected to wash and put away any utensils or kitchenware used.
- 13) You fully understand that Kelly is not a doctor, therapist, psychotherapist, or medical professional. In signing up for this apprenticeship, you agree to not hold Kelly responsible or liable for any of your health issues.
- 14) You understand that Kelly is a community folk herbalist from a blend of traditional herbal healing lineages. Kelly is sharing herbs for self study and educational purposes and does not prescribe herbs to anyone she doesn't work with through evaluations and 1:1 consultations.
- 15) Some herbs interact with pharmaceutical drugs. You are responsible for your own healing journey, and it is your responsibility to work with a health care provider before taking any herbs if you are pregnant or taking medication.
- 16) Private herbal consultations and recommendations are not included in this apprenticeship.
- 17) The module documents I am sharing with you are my creations and are for you, as my apprentice and student. Please do not share course materials with those not participating in the course.
- 18) Please do not copy, teach, or distribute any of my materials without my permission. If in doubt, please ask.
- 19) For our zoom sessions, I invite you to spend a little time intentionally preparing your space ~ perhaps an altar if you don't already have one, with your sacred tools and offerings used to support your presence and connection. A space just for you. Candles, Blessing Herbs to burn, sound healing tools, crystals and gemstones, special photos, ancestral remnants, treasures from earthen exploration ~ these are a few altar offerings that I can think of that I incorporate in mine.

- 20) PRACTICUM HOURS: Students are required to complete 5 hours per month of gardening practicum hours from April through October. This will include getting dirty, sometimes wet, hot and sweaty, all the outdoor summer things that tend to happen. This 5 hours is outside of our scheduled class meeting dates and can happen when it is convenient for you. This is an opportunity for you to be alone or quietly with others on plant focused tasks, such as planting seeds, weeding and clearing, harvesting plants, processing plants, and working the land by moving compost or soil. Practicum hours are intentional opportunities for you to be one-on-one with plants and the land ~ observing and listening, and cultivating a heart centered relationship with yourself and the gardens. You are intentionally given tasks intended for you to be quiet and singular ~ to smell, taste, touch, and learn directly from the plants you are working with. By signing this contract, you agree to committing to a total of 35 hours of practicum, from April through October.
- 21) I invite you to both prioritize this journey and also be super gentle with yourself if you have other things going on and you are not “doing” as much as you wanted to for this reason. Don’t worry about “falling behind”. There is a lot of information to take in as you embark on this experience, but don't forget to absorb the unseen realms of our journey as well. Just drop back in and connect if you feel like you’ve gotten a bit off track or distracted by life happenings.
- 22) Above all else - take care of yourself, show up as best you can in any given moment, commit to sharing your experience within our circle, and drop into the sometimes discomfort of vulnerability, intimacy, and allow space for deep connection and transformation.

Sign & Date