



THE SPIRAL PATH  
SCHOOL OF EMBODIED HERBALISM

## SEED TO SPIRIT AGREEMENT

**MAR 3, 2026**

**Date Range of Apprenticeship: May 30th - October 25th**

\*one weekend a month

Program Hosts: Kelly Benson, Allegra Cacace-Shortill, Jess Beneski

The Spiral Path School of Embodied Herbalism

528 Trapp Rd, Auburn, ME, 04210

APPRENTICE NAME:

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EMAIL:

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ADDRESS:

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**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.**

# SUMMARY & SACRED AGREEMENTS

Seed to Spirit is a six month beginner herbal apprenticeship starting in May and ending in October for one weekend a month at The Spiral Path School.

The program includes 6 immersive weekend gatherings in total in person, herbal education and instruction, experiential learning.

This program is educational in nature and does not provide medical diagnosis or treatment.

- 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.

- By joining this apprenticeship circle, you are making an intentional commitment to this 6 month journey and to Allegra & Jess as your teachers. They are both committed to offering you the tools, training, materials, & practices for your apprenticeship experience.

- By joining this apprenticeship circle, you are agreeing to your selected payment option. THERE WILL BE NO REFUNDS after our starting date. If the Host must cancel the program, paid tuition will be refunded in full and this is the only instance of a refund.

- 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.

- You attend all scheduled class dates to the best of your ability. Please do not come to class if you are sick. Please be in communication with us if there is a reason you cannot make it to class.

- You understand and agree that absence of more than three days will result in lack of certification of completion.

- 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, movement like yoga and breathwork, potential gardening and withstanding the elements of nature when necessary.

- You agree to check in with our private online group monthly and maintain presence of some sort in that space.
- You understand and agree that you are to provide all of your own individual meals throughout our time together, with the exception of October where we will host a potluck and all share a meal together
- You fully understand that Kelly, Jess & Allegra are not doctors, therapists, psychotherapists, or medical professionals. In signing up for this apprenticeship, you agree to not hold either Kelly, Jess, or Allegra responsible or liable for any of your health issues.
- You understand that Allegra and Jess are both community folk herbalists from a blend of traditional herbal healing lineages. We are sharing herbs for educational purposes and cannot prescribe herbs to anyone.
- 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.
- Private herbal consultations and recommendations are not included in this apprenticeship.
- The module documents and slide presentations we are sharing with you are our creations and are for you, as our students. Please do not share course materials with those not participating in the course nor copy or distribute without permission. If ever in doubt, please ask.
- We 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.
- 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.

TUITION OPTIONS:

**PAYMENT PLAN OPTION**

The Seed to Spirit Payment Plan is a monthly auto-pay renewal plan for the 6months of the apprenticeship starting in May. Signing this line means that you agree to a monthly auto-renewal payment of \$400 a month ending on October 25th. This plan starts on May 30th and is non-refundable. An initial 1st deposit of \$400 is required after your application and goes toward your tuition. Please leave this blank if you choose the Pay in Full option.

SIGN HERE:

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**PAY IN FULL**

The Seed to Spirit Pay in full tuition is \$ 2,200. If you choose this option you agree to pay the initial deposit of \$400 which goes toward your tuition and then complete your full payment of 1,800 to Kelly Benson of Earth Spiral Community via check or Venmo by our start date on May 30th. Not completing this payment will forfeit your initial deposit and is non-refundable.

SIGN HERE:

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