


# Mastering Herbal Medicine 2027

## FROM GARDEN TO REMEDY

**Borgo Santo Pietro, in collaboration with esteemed herbalist and Ayurvedic practitioner Anne McIntyre, is pleased to present the fourth edition of Mastering Herbal Medicine: a deeply immersive journey into the art and tradition of healing with plants.**

Continuing the heartfelt success of the first three years – during which participants from around the world gathered to reconnect with nature's wisdom – the 2027 course once again invites you to slow down, tune in, and learn from the land.

A leading voice in natural health, Anne McIntyre brings over forty years of clinical experience and is the author of more than twenty books on herbal medicine and Ayurveda. Her teaching, shaped by a lifetime of study and clinical practice, bridges traditional herbal wisdom and modern insight, offering a practical, accessible path into the world of natural healing.

Rooted in the belief that true wellness begins in rhythm with the natural world, the course unfolds in two parts: a self-led online journey, rich in knowledge and guided by Anne's experience, combined with a six-day residential workshop at Borgo Santo Pietro, held from 3 to 8 June 2027 – a time when the gardens are in full bloom and the herb fields at their most generous. While the online modules provide a flexible foundation that can be followed from anywhere, it is during the in-person days at Borgo that the learning comes to fruition – among the textures, scents, and stillness of the land itself.

You'll spend your time walking with Anne through Borgo's gardens, orchards, and woodland borders, learning to identify and harvest herbs in their natural setting. In the calm, light-filled atmosphere of the Herb House, you'll transform those freshly gathered botanicals into a range of traditional preparations – tinctures, salves, oxymels, and more – crafted by hand using time-honoured techniques.

Whether you are just beginning your herbal path or seeking to deepen an existing practice, Mastering Herbal Medicine offers more than knowledge: it offers a lived experience of connection, care, and a renewed relationship with the healing gifts of the earth.

## WHO IS THE COURSE FOR?

The course is designed for:

- Anyone who would like to learn about herbs for their own self-care and to care for their family at home.
- Healthcare professionals – including naturopaths, homeopaths, acupuncturists, osteopaths, chiropractors, nurses, health visitors, doctors, nutritionists, and others – who wish to deepen their understanding of herbal medicine and expand their therapeutic approach.

## COURSE DESCRIPTION

The Mastering Herbal Medicine course is composed of eight online modules and a six-day in-person workshop.

Available upon registration, the modules are designed to be flexible: the lessons can be completed at your own pace to fit naturally alongside other life commitments. However, students are encouraged to complete all available modules before attending the residential workshop, ensuring a shared foundation and a more meaningful group experience.
















## THE ONLINE LESSONS

The online lessons will cover the following topics:

- **Global Herbal Traditions -** The Western Tradition, Ayurveda, Chinese Herbal Medicine, Tibetan Medicine, Unani Tibb, Flower.
- **Essences, Aromatherapy, Homeopathy and Shamanism.**
- **The Active Constituents** of herbs and their tastes.
- **The Systems of The Body -** enhancing the health of one system in each lesson. Digestive and gut health, cardiovascular, immune, nervous, respiratory, reproductive, urinary, skin and eyes, musculoskeletal and lymphatic.
- **Treating Common Ailments** - we will discuss herbs that can be used to treat a wide range of common ailments in each system.
- **Monographs of Herbs -** in-depth information on the herbs in each module which includes the constituents and actions of each plant, historical and folkloric uses, modern uses, growing tips, contra-indications and recipes, building to a collection of 70 herbs by the end of the course.
- **The Still Room -** skills and techniques to prepare herbal medicines. Drying and storing herbs, herbs as foods, infusions and decoctions, tinctures and glycerites, honeys, powders, oxymels, elixirs, energy balls, hydrosols and how to use a still, salves and creams, hand and foot baths, eye baths, liniments, poultices and compresses, mouthwashes and gargles.
- **Practical Exercises -** this will mostly focus on creating a herbarium, building your collection of plants you have collected, dried, stored and researched.
- **Recipes** associated with the systems and/or herbs discussed during the lesson.

# THE PRACTICAL WORKSHOP AT BORGO SANTO PIETRO

**The in-person workshop will take place at Borgo Santo Pietro from the 3rd to the 8th of June, 2027, when the herb gardens are in full bloom.**

You'll have the opportunity to gather herbs from the gardens, orchards, and surrounding wild areas, guided by Anne in identifying and working with the plants directly. Each day includes discussions that reflect on the online curriculum, as well as demonstrations and hands-on practice in the preparation of herbal remedies, designed to build confidence and skill for use at home.

You'll also enjoy time to explore the 300-acre estate's organic gardens, woodlands, and herb fields, all cultivated with care according to regenerative principles. Each day includes refreshments and a farm-fresh lunch at Borgo. Students are free to enjoy the farm, grounds, and surrounding landscape throughout the week.
Accommodation at Borgo Santo Pietro can be arranged for guests wanting to stay on the premises, excluded from the cost of the course. A list of alternative nearby accommodations will be offered to students upon registration.

## SUMMARY

Mastering Herbal Medicine will provide you with the knowledge, tools, and confidence to treat common ailments safely and effectively using herbal preparations. You'll gain a deeper understanding of how and why herbs work, and how to integrate them into daily life for yourself and those around you.

The course runs online with eight online modules (over twenty lessons in total) and an in-person retreat. The total cost is **€1.995,00** which includes the online course, a 6-day workshop with supporting materials, as well as daily breakfast, refreshments, and lunch at Borgo Santo Pietro. Dinner is optional and not included.

Accommodation and flights are not included, however, transportation can be arranged in advance at an extra cost.

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For any inquiries and course information please feel free to contact us at **herbcourse@borgosantopietro.com**







# STORIES & RECOGNITION

"I have been working with plants, herbs and their connection to wellbeing for many years, yet Anne McIntyre's herbal medicine course first online and then at Borgo Santo Pietro gave me a wonderfully fresh perspective. Anne has a rare gift for sharing her extraordinary knowledge with warmth and generosity. Discovering and harvesting plants in the Tuscan gardens and countryside, and transforming them into our own herbal preparations, made the experience both deeply personal and memorable. I was also deeply inspired by Jeanette, the generous owner of Borgo Santo Pietro: her genuine passion for the land, plants and wellbeing created a beautiful sense of sharing. Just as memorable were the wonderful, like-minded people I met. Conversations, shared discoveries and a common curiosity about nature quickly grew into genuine friendships. I left Tuscany inspired, grateful and with a renewed appreciation for the wisdom of plants – as well as wonderful memories and friendships that I hope will last well beyond the course. It was a truly special experience, and one I would wholeheartedly recommend."

**Inez C.**

"The herbalism course at Borgo Santo Pietro was outstanding. I appreciate the time and generous sharing of herbal medicine practices along with the practice of making the remedies and… the most magnificent people! It was an experience I will always feel so grateful to have participated in –"

**Marian B.**

"This course is truly the best gift you can give yourself! Anne is such a wonderful teacher. Her knowledge is so profound, yet very relatable and actionable. The Borgo beauty is simply breathtaking, as is their generous, warm, and amazing hospitality. Six joyful days full of learning, valuable insights, inspiration, hands-on workshops, spring gardens, delightful lunches, and new friendships. I could not be happier or more thankful to have joined."

**Dana B.**

"The course was immensely insightful and detailed. I loved discovering that I have a pharmacy in my back yard, now that I know how to use all the plants that have been right outside my door. The expertise and vast knowledge of Anne McIntyre was reassuring and opened up a whole new world, the beautiful surroundings immersed in nature, and all the concoctions we made also made this an outstanding experience that my life will surely benefit from in the future."

**Tina F.**

"I have truly enjoyed this wonderful course and learned so much in just a few days! The complexity of the course, the beautiful location at the Borgo estate, the hands-on approach, plus the professionalism and kindness of the staff made it a useful and lovely experience all around! I am especially grateful for Anne's guidance, it's been an honor to learn from her!"

**Maria C. M.**

Borgo Santo Pietro has long championed the healing gifts of the earth. Now, the wider world is tuning in — with **Condé Nast Traveller** spotlighting our herbal medicine course as a defining travel trend:

"This June at Tuscany's Borgo Santo Pietro, herbalist Anne McIntyre will run a six-day herbal medicine course for guests using plants from the bucolic estate."





