

# The English Cotswolds

## *A Journey of Botany and Beauty*

Dates: July 30th– August 6<sup>th</sup>, 2010



Join internationally known Herbalists Anne McIntyre, David Winston, and Donna Bryant Winston for an inspirational journey through the beautiful English Countryside.

You will explore the relationship between nature and plants in all their beauty, and how they can help promote longevity, physical health, and emotional well being, amidst one of the most beautiful areas in England.

Each day will include an inspiring lecture and / or hands-on class with topics ranging from rejuvenation through Ayurveda, adaptogenic herbs, using botanicals to nourish and heal the body, to the field botany of English herbs.

During our 7 day adventure we will visit exquisite gardens, impressive castles & estates, fragrant lavender fields, herb filled woodlands & hedgerows, historic towns and charming old world villages.



### Places you will visit include:

- ☞ Bibury Court
- ☞ Hidcote Manor Garden
- ☞ Kiftsgate Garden
- ☞ Snowhill Lavender Farm
- ☞ Blenheim Palace
- ☞ Bournton-on-the-Water
- ☞ The City of Oxford
- ☞ Oxford Botanical Gardens
- ☞ Ancient town of Winchcombe
- ☞ Sudeley Castle
- ☞ England's Gifford's Circus

### Your Facilitators:

**Anne McIntyre** is a Fellow of the National Institute of Medical Herbalist (FNIMH), a member of the Ayurvedic Practitioners Assoc., the current president of the Herb Society & has been practicing herbal medicine for over 25 yrs. She has written 15 books on Herbal Medicine & gives consultations from her practice at Artemis House in Gloucestershire England.

**David Winston RH (AHG)** is an internationally known Clinical Herbalist & Ethnobotanist with over 40 years of training & experience in Chinese, Cherokee, & Western / Eclectic herbal Traditions. He is the author of 5 books, including *Adaptogens*, *Herbs for Strength, Stamina, & Stress Relief*.



**Donna Bryant Winston RN** is a public health nurse, herbalist, and educator. She currently manages a small inner-city health clinic, educating the surrounding community on natural therapies, combining her nursing skills and knowledge, with her herbal background.

## YOUR ACCOMODATION:



### **Middle Stanley Farm**

Our home for the duration of our stay will be Middle Stanley Farm, a large traditional Cotswold farmhouse that has been renovated with all the modern conveniences situated in a 90-acre woodland estate.

It is set high on the Cotswold ridge above the Evesham valley, with lovely views across to the ancient Malvern Hills.

The cost for this incredible English journey is only **\$2275.00**

Special Couples Rate: \$4200.00 per couple (\$2100.00 pp)

### Included in this 7-day journey:

- ☞ Lodging (double occupancy)
- ☞ 3 meals / day – you will be fed with wonderful nourishing and (as far as is possible) organic food. (Except for 1 lunch / 1 dinner while we explore Oxford, giving you the opportunity to satisfy your own tastes in this historic and cosmopolitan city)
- ☞ Transportation from Oxford (our meeting place) to your accommodations and all destinations throughout the week.
- ☞ All entrance fees
- ☞ All classes, instruction, and educational materials

### Not included:

- ☞ Round trip airfare to England
- ☞ £25 (approx) bus fare from Heathrow to Oxford, where you will rendezvous with your facilitators



## REGISTRATION INFORMATION:

Space is limited to 20 participants, so register early to guarantee your place on this trip.

A non-refundable deposit of \$275.00 is needed to reserve your place. The next payment of \$1,000.00 dollars will be due by April 5<sup>th</sup>, and final payment of \$1,000.00 is due by June 7<sup>th</sup>, 2010.

Please make checks payable to Donna B. Winston and mail to: Cultural Journeys LLC  
Please put Cotswold Journey on memo line.

c/o Donna B Winston  
P.O. Box 553  
Broadway, NJ 08808

For more information please contact us at [dwjournneys@gmail.com](mailto:dwjournneys@gmail.com)

**We hope you can join us!**