

Aromatherapy Summer School

Syros, Greece 2005

Introduction

Join us for Summer School in Syros, Greece! Our summer school 2005 will be held on the beautiful island of Syros in the heart of the Cyclades, amongst wild thyme and other aromatic Mediterranean botanicals.

Greece is the birthplace of the "father of medicine" Hippocrates, who believed the body should be treated as a whole and that food should be medicine. Summer school 2005 is an opportunity to immerse yourself in this ancient land on the beautiful island of Syros in the heart of the Cyclades. Syros is close to Mykonos and Santorini. Syros is an enchanting location for this residential series and is the highlight of our aromatherapy department.

In 2005, we are introducing a series of four, week-long programs, each week building on the previous. Students can join us for one week, or attend all four. We emphasize experiencing the relaxing healthy lifestyle of a Greek island amidst a wide variety of Mediterranean plants and herbs. Instruction is by ACHS's outstanding faculty with bonus guest lectures from leading professionals in the industry.

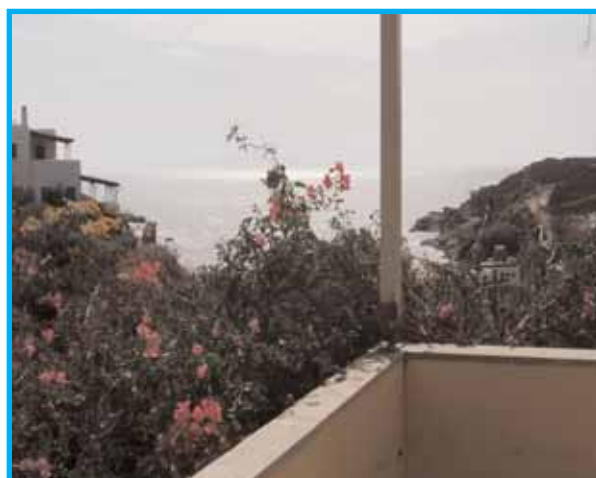
Cuisine



Meal style is Greek cuisine prepared with fresh local produce. Three meals are included each day using regional produce: Breakfast, lunch, and dinner. Regional wine is included with lunch and dinner. Greek meals may be different than you are used to. Students who are following particular diet plans, such as high protein plans, may need to bring supplements such as meal bars. There are stores in Abela for extra snacks. Breakfast is typical Greek style with fresh bread, jam, fruit, boiled eggs, cheese, and hot beverages. The Europeans are not renowned for their breakfasts, and to Americans, they tend to be somewhat basic even in the best hotels! Lunch is a three-course meal, including a tomato cucumber and olive salad, with a meat, chicken, fish or vegetarian dish and a selection of vegetables and either a selection of fruit or small sweets for desert. Local wine is included. The evening meal is similar to the midday meal and wine is again included.

Accommodations

The small, picturesque Villa Abela is our base for Summer School 2005. Featuring grounds and courtyards covered in multi-colored bougainvillea, Villa Abela is nestled in a south-facing hillside and protected from island breezes that are common in the summer. Villa Abela offers accommodation for a small number of students. Abela (meaning the place where grapes grow) is a quiet secluded bay with safe swimming and Villa Abela is 100 yards from the beach. Our classes are held daily at Villa Abela. Each room is self-contained with a bathroom, television, air conditioning, and a small kitchen so you can make your own coffee, tea and snack. There are no telephones in the rooms. This boutique retreat has shady courtyards and lovely gardens for reading and resting. Meals are taken at the local Taverna or at the retreat.



Wake up to beautiful views

Instruction

The lectures give you diversified theoretical and practical aspects involving essential oils and medicinal Mediterranean plants. Instruction includes lectures, botanical identification and hike, visits to local trade facilities such as a cheese factory. Each of the 4 weekly programs has a different level of subject specialty, so please review the following specific Course outline for the programs you are interested in attending.

2005 Lecturers:

u **Dorene Petersen, BA, Dip.NT, Dip.Acu, ACHS Founder and President**

ACHS President. Internationally renowned lecturer, New Zealand trained naturopath, and Hong Kong trained acupuncturist. Dorene also serves as the Aromatherapy Registration Council (ARC) Board President.

u **Robert Seidel**

internationally renowned expert Distiller, Distillation designer and Owner of the Essential Oil Company.

u **Erika Yigzaw, LLB (Hons), B Commerce**

ACHS Senior Vice President and expert on legal issues relating to the Natural Health Industry.

u **Other guest lecturers will be announced as they are confirmed.**

Aroma 102 Intro to Aromatherapy

May 24 to May 30

Lectures

Lecture 1: What is Aromatherapy, including where do essential oils come from, location and composition of essential oils secretory structures, how are they made with an introduction to the various ways we can prepare oils including maceration?

Lecture 2: Five essential oils from plants of the region: fennel, eucalyptus, rosemary, geranium, and orange.

Lecture 3: An introduction to distillation and how to harvest for essential oil production. An introduction to quality control and chemistry.

Lecture 4: Introduction to administration, safety, and continuation of quality control. Demonstration of an aromatic reflexology massage.

Lecture 5: Holistic aromatherapy and wellness protocols.



Workshops

Workshop 1: A guided hike to gather Mediterranean plants.

Workshop 2: We prepare macerated oil using local olive oil from local olives, and using plants we harvested early in the morning.

Workshop 3: Distillation: everyone will participate in the distillation in the small still.

Workshop 4: Using aromatherapy – preparing aromatic sprays.

Performance objectives

At the conclusion of this class, each student will be able to:

1. Describe what is aromatherapy.
2. Describe where essential oils come from.
3. Describe the methods of producing aromatic compounds including distillation.
4. Harvest Mediterranean plants for distillation.
5. Select methods of administration of essential oils appropriate to the desired outcome.
6. Identify when essential oils can safely be used, restrictions on use, and when they should not be used.
7. Identify methods to ensure quality control of essential oils, including optimal storage conditions and rotation.
8. Identify five plants of the region: fennel, eucalyptus, rosemary, geranium, and orange.
9. Describe the main therapeutic actions for the essential oils five plants of the region: fennel, eucalyptus, rosemary, geranium, and orange.
10. Create a macerated oil.
11. Assist to distill essential oils.
12. Prepare an aromatherapy spray for therapeutic purposes.



Aroma 203 Intermediate Aromatherapy

May 31 to June 6

Lectures

Lecture 1: Revision: What is aromatherapy, where do essential oils come from. Introduction to aromatherapy chemistry. "What smell is that?" Learning the individual active constituents and identifying them by smell. Learn how to harvest for optimal distillation.

Lecture 2: Five essential oils from plants of the region: thyme, sage, basil, helichrysum, and rock rose.

Lecture 3: Aromatherapy Facts and Fun- - we take a look at some of the latest research and how to incorporate 14 Mediterranean-type oils into our kitchen.

Lecture 4: Creating a blend for massage and/or reflexology.

Workshops

Workshop 1: Gathering Mediterranean Plants, such as Helichrysum & Time

Workshop 2: We prepare a tincture using plants we harvested early in the morning.

Workshop 3: Distillation: everyone will participate in the distillation.

Workshop 4: To be decided as a group: more distillation, a chemistry workshop, or a workshop on clinical practical including active listening and conducting a case study.



Performance objectives

At the conclusion of this class, each student will be able to:

1. Describe what is aromatherapy.
2. Describe where essential oils come from.
3. Describe the therapeutic compounds that make up essential oils using the language of organic chemistry.
4. Identify the main functional groups found in essential oils.
5. Identify at least five common essential oil components by smell and identify the functional group they belong to.
6. Describe the methods of producing aromatic compounds including distillation.
7. Harvest Mediterranean plants for distillation.
8. Select methods of administration of essential oils appropriate to the desired outcome.
9. Identify when essential oils can safely be used, restrictions on use, and when they should not be used.
10. Identify five plants of the region: thyme, sage, basil, helichrysum, and rock rose.
11. Describe the main therapeutic actions for the essential oils five plants of the region: thyme, sage, basil, helichrysum, and rock rose.
12. Create a tincture.
13. Assist to distill essential oils.
14. Prepare an aromatherapy blend for therapeutic massage or reflexology.
15. Identify the legal parameters within which an Aromatherapist operates in the USA.
16. Describe the scope of practice of an Aromatherapist.

Aroma 309 Advanced Aromatherapy

June 7 to June 13

Lectures

Lecture 1: A brief review: What is aromatherapy, distillation, administration, quality and safety.

Lecture 2: Distillation and Essential Oil Chemistry.

Lecture 3: Five essential oils from plants of the region: Turmeric, Boswellia, Cardamom, Vitex, and Oregano.

Lecture 4: Legal Issues and Clinical Practice II

Lecture 5: Conducting an aromatherapy consultation session including an introduction to Iridology, tongue constitutional evaluation, and energetic medicine including flower essences.

Workshops

Workshop 1: Gathering Mediterranean Plants, such as Helichrysum & Thyme

Workshop 2: We prepare a flower essence using plants we harvested early in the morning.

Workshop 3: Distillation: everyone will participate in the distillation.

Workshop 4: Aromatherapy Blending workshop: therapeutic blending and natural perfumery.

Performance objectives

At the conclusion of this class, each student will be able to:

1. Describe what is aromatherapy and where essential oils come from.
2. Select methods of administration of essential oils appropriate to the desired outcome.
3. Identify when essential oils can safely be used and when use may be contraindicated.
4. Describe the therapeutic compounds that make up essential oils using the language of organic chemistry.
5. Identify the main functional groups found in essential oils.
6. Describe the methods of producing aromatic compounds including distillation.
7. Harvest Mediterranean plants for distillation.
8. Select methods of administration of essential oils appropriate to the desired outcome.
9. Identify when essential oils can safely be used, restrictions on use, and when they should not be used.
10. Identify five plants of the region: thyme, sage, basil, helichrysum, and rock rose.
11. Describe the main therapeutic actions for the essential oils five plants of the region: thyme, sage, basil, helichrysum, and rock rose.
12. Create a tincture.
13. Assist to distill essential oils.
14. Prepare an aromatherapy blend for therapeutic massage or reflexology.
15. Identify the legal parameters within which an Aromatherapist operates in the USA.
16. Describe the scope of practice of an Aromatherapist.



Aroma 311 Aromatherapy Distillation

June 14 to June 20

Lectures

Lecture 1: Review of aromatherapy, administration, safety, and quality control.

Lecture 2: An introduction to distillation. How to harvest for essential oil production. Introduction to essential oil chemistry for distillation.

Lecture 3: Distillation II

Lecture 4: Distillation III

Lecture 5: Other methods of producing aromatic compounds, including maceration, effleurage, and CO₂.

Workshops

Workshop 1: Gathering Mediterranean Plants, such as Helichrysum & Thyme

Workshop 2: We prepare macerated oil using local olive oil from local olives, and using plants we harvested early in the morning.

Workshop 3: Distillation: everyone will participate in the distillation.

Workshop 4: Distillation II

Performance Objectives

At the conclusion of this class, each student will be able to:

1. Describe what is aromatherapy and where essential oils come from.
2. Select methods of administration of essential oils appropriate to the desired outcome.
3. Identify when essential oils can safely be used and contraindications for use.
4. Describe therapeutic compounds that make up essential oils using the language of organic chemistry.
5. Identify the main functional groups found in essential oils.
6. Identify at least five common essential oil components by smell and identify the functional group they belong to.
7. Each student will identify the notes of essential oils by olfactory analysis.
8. Each student will recognize individual aromas by repeated perfume blotter tests
10. Describe the methods of producing aromatic compounds including distillation.
11. Each student will select essential oils and construct a fragrance blend
12. Harvest Mediterranean plants for distillation.
13. Identify five plants of the region: tumeric, Boswellia, cardamom, vitex, and oregano.
14. Describe the main therapeutic actions for the following essential oils: tumeric, Boswellia, cardamom, vitex, and oregano.
15. Create a flower essence.
16. Assist to distill essential oils.
17. Prepare an aromatherapy blend for therapeutic use and a natural perfume and/or therapeutic blend.
19. Describe the legal parameters within which an Aromatherapist operates in the USA.
20. Define the scope of practice of an Aromatherapist.



Old Greek Still

Optional Tours (will vary with each program)

Tour 1: Shopping trip to Ermoupoli and a visit to Ano Syros.

Tour 2: Visit to the cheese factory on Syros.

Tour 3: Visit to the weaving factory.

Tour 4: Visit to the nougat factory on Syros, where artisans use pure essential oils to enhance their manufacturing process.



Class size is limited to 20 students.

Make you reservation today!

Relax and Learn in the land of the gods

Call 001-503-244-0726 or 800.487.8839

or visit www.achs.edu