

## Guide to Week 3

This is for the week that begins on Wednesday, 25 January and ends on Wednesday, 1 February.

There will be no class this Saturday, 29 January.

### Class on Wednesday, 1 February

On Wednesday, 1 February, we will have a Plant Preparation Workshop, an introduction to the Plant Study Assignment (folks will choose the plant they wish to study), and a seminar in preparation for the Lunar New Year/Liberal Arts Forum.

### Plant Preparation Workshop

We will finish up the Plants for the Nervous System lecture and then focus on preparations made with water (especially teas and baths), and dream pillows.

If possible, please bring for yourself AND to share:

- Fabric for a dream pillow
- Scissors
- Needle & thread
- Cardboard for pattern making
- Batting/stuffing
- Dried herbs for stuffing
- Favorite essential oils
- Large bowl for mixing

Either:

-A tea you like (list the ingredients & something you know about them)

Or:

-A favorite soup (list ingredients)

Or:

-A favorite bath salt or herbal blend (again, list ingredients & something about them)

-A cup, bowl & spoon

NOTE: There will be additional supplies provided but, hopefully, these will be enriched by contributions from many of us.

Please pick up from Closed Reserve, copy and read the Plant Preparation Packet either before or after this class.

### Preparation for Lunar New Year/Liberal Arts Forum

It is important that, BEFORE class on 1 February, you have read the handout given in class on 25 January about the Chinese Calendar and Festivals. On 1 February, we will be practicing our roles and seminar facilitators for the Lunar New Year/Liberal Arts Forum based on this reading.

### Reminders

Hopefully, this week (Week 3) you will carry out your first Classroom Participation/Observation. You will also complete your second Project Log (goal for average number of overall project hours completed by the end of Week 3 is 14), and your second Project Reflections.

Remember, too, to keep making Journal entries.