

# AVICENNA WEEKEND SEMINARS - 2026

## MASTER CLASSES

For Practitioners, Teachers & Students of Herbal Medicine

# HERBAL PHARMACY



## PRINCIPLES & PRACTICE

with **JOE NASR** *DPhyt., DO, MNIMH*

### SEMINAR OBJECTIVES

- Understand the principles of the extraction of herbs & of crafting herbal medicines
- Explore the basic chemistry of active herbal ingredients & aromatic molecules.
- Observe demonstrations of the techniques of making herbal remedies

### SEMINAR CONTENTS

#### Immersive experiential Lectures on:

- Basic chemistry of active herbal ingredients, volatile organic compounds (essential oils), fixed oils, thickening agents, natural preservatives & emulsifiers
- Principles of Distillation, vapour pressures & boiling point of heterogenous mixtures
- Aromatic & Spirituous Waters, their distillation and uses
- Production of spagyric tinctures, aromatic syrups and herbal percolates
- Production of infused oils, ointments, pomades, balms, creams & lotions

#### Practical Demonstrations on:

- Distilling an aromatic water, a spirituous water, & an aromatic syrup.
- Preparing an infused oil, a pomade, an ointment, a cream, and a lotion
- Percolating a dry herb & extracting a herb's soluble minerals

Please Turn Over →

## FIRST WEEKEND SEMINAR IN WALES

**Date: Saturday 13th & Sunday 14th June 2026**

**Venue: Cilcennin Village Hall, Cilcennin, Wales, SA48 8RF**

**Fees: Practitioners £300 inclusive of VAT (Students £225 inclusive of VAT)**

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## REPEAT WEEKEND SEMINAR IN LONDON

**Date: Saturday 27th & Sunday 28th June 2026**

**Venue: 6 Netherhall Gardens, London NW3 5RR**

**Fees: Practitioners £300 inclusive of VAT (Students £225 inclusive of VAT)**

### SEMINAR LEADER

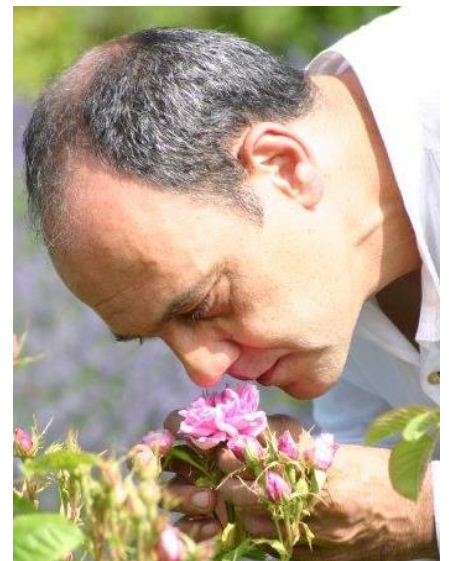
**Joe Nasr** *D Phyt. DO, MNIMH*

Joe Nasr is a well-known medical herbalist, osteopath, and senior lecturer in herbal medicine.

His lecturing skills, enthusiasm, and dedicated work on herbal medicine-training development was part of the revival of the profession in the UK, which started in the early 1980's.

Joe has a passion for aromatic medicinal plants, which he takes pleasure in nurturing on his herb farm set deep in beautiful Mount Lebanon. He grows old scented roses, apothecary's rose, damask rose, rose geranium, and lemon balm amongst other aromatic medicinal plants.

Joe is also a dedicated and experienced plant distiller. Over the years, he has developed innovative techniques for the production of high-quality aromatic waters, tinctures, herbal syrups and more, through his company Avicenna. These products are designed for, and have been used by medical herbalists in the UK and abroad since 1998.



**For further information and a booking form, please contact:  
Charlotte Boyle - Email: [avicenna@clara.co.uk](mailto:avicenna@clara.co.uk) Tel: 01570 471000  
[www.avicennaherbs.co.uk](http://www.avicennaherbs.co.uk)**