



Instructor Bio: Kristin Henningsen is a clinical herbalist, yoga therapist, writer, & educator, who first fell in love with plants in the desert southwest. In addition to studying Native American herbal medicine in the Southwest, she has worked in academia and for non-profit organizations in the field of botanical research all over the country.

Currently she serves as faculty and clinician for the Vermont Center of Integrative Herbalism, and Kaplan University's School of Health Sciences. She has been researching, writing, and teaching about medicinal plants for over 15 years. Look for her wandering through the woods, kids and dogs in tow. More at: www.kristinhenningsen.com