Introduction

SS 301 ACHS Summer Session will be held on the beautiful island of Syros, Greece, in the heart of the Cyclades, amongst wild thyme and other aromatic Mediterranean botanicals.

This ten day summer session is planned as a total wellness and cultural program. We will enjoy 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. 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 our medicine. Summer Session 2007 is an opportunity to immerse yourself in this ancient land. Syros is close to Mykonos and Santorini and not too far from the island of Cos where Hippocrates founded a medical school and began teaching his ideas on natural health. Syros is an enchanting location for this residential session.

Cuisine

Greece and its sun-kissed isles offer a tantalizing cuisine that is fresh and fragrant, served with warmth and vitality. The Greeks' zest for the good life and love of simple, well-seasoned foods is reflected at the table.

Throughout your stay, your meals will be prepared with fresh local produce. Three meals are included each day: Breakfast, lunch, and dinner. Regional wine is included with 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.
Accommodations

Your program includes nine night's accommodation at Abela Villa or the Beachside Taverna. The cost is based on 2 persons per room. Single rooms are available for an additional charge. Each room has a shower, toilet, and washbasin. Accommodations are clean and comfortable, ensuring an authentic Greek island experience. There is daily room service. Laundry facilities available for a minimal fee.

Instruction

The lectures give you diversified theoretical and practical experiences involving, nutrition, herbal medicine, flower essences, iridology, essential oils and the distillation of medicinal Mediterranean plants. Instruction includes lectures, botanical identification and hikes, and hands on classes preparing natural medicines and distilling.

Tuition

The fully-inclusive cost of this program is $3900 includes all meals, accommodations, program material, museum fees and tours and transportation while on Syros. (Does not include airfare or travel insurance). Payment plans & student loans available with early registration.

SS 301 ACHS Summer Session 2007

Program Dates: June 12 to 21, 2007

A total wellness & cultural program incorporating:

- Holistic Nutrition
- Aromatherapy
- Distillation of both wild & cultivated aromatic plants
- Herbal medicine
- Sustainable wildcrafting
- Medicine preparation
- Flower essence theory
- Flower essence preparation
- Iridology

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