Bernadette Torres

Grandma Herbalist, Teacher, Health Facilitator, Director of Shabeta’s Healing Garden, began her journey with medicinal plants and healing as a child in the mountains of Taos, New Mexico where her father introduced her to her first healing plants. She worked in health food stores since 2004, learning the valuable connection between health and food. Recognizing the nutritional value in many plants, she became passionate about learning all she could from many amazing herbalists, curanderos, and healers from all over the world. Every summer, she leads private and public medicinal Plant ID hikes for the Integrative Medicinal Students at UNM and others. In 2009, she began teaching at the New Mexico School of Natural Therapeutics, the only national recognized massage school that offers an herbal program. Since 2006, her journey brought her to study the Asheninka healing techniques from the central jungle of Peru with her partner Asheninka Mino. Together, they run an outdoor garden school where they can demonstrate the Plant life from seed to fruit. At this point in her life, she is primed to share this wealth of knowledge as a teacher ad herbal consultant. Offering unique apprenticeship programs geared to help students gain confidence by developing their own intuitive sense in the use of medicinal plants.