



THE
ALEMBICS
LAB

DISTILLING KNOWLEDGE

A Wild Botanical Journey

FORAGING, SUSTAINABILITY, CREATIVITY, & CONNECTION

12TH TO 14TH APRIL

RIVER RIDGE RETREAT

THE CATLINS

REWILD



Taking a different approach to Rewilding, we delve deep into the knowledge of all things wild. Building our foundations & our connection to nature, we will learn about seasonal foraging, living soils, and botanical extraction in our intensive 3-day seasonal workshop weekend at River Ridge Retreat in The Catlins.

The team at Rewild Retreats has created an amazing weekend that will take you through various workshops & experiences that cultivate a sense of adventure, curiosity, and a greater connection to the wild within and around you. We start the weekend learning about foraging, the benefits of living soil, how to create organic compost, and incredible fine dining experiences that will nourish your soul.

Jill Mulvaney from Alembics leads us all through a comprehensive range of plant extraction and distillation techniques using seasonal organic botanicals. Taught over two days, this Masterclass is a hands-on and immersive learning experience engaging all your senses.

Read on for a more detailed workshop overview.



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DAY 1

REWILD



Friday 12th April 12 pm – 8 pm

Introduction to Foraging, Living Soils, & Organic Compost

- Take a foraging tour through the Catlins with Abby of Bush to Buffet
- Talk on Living Soils & How we can integrate this into our daily lives
- Dinner, Drinks & Introductions
- Relax & Unwind - Optional Yin & Yoga Nidra



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DAY 2

REWILD



Saturday 13th April, 10.30am – 3.30pm

Using Water as a Solvent

- Prepare a tea ceremony, using traditional methods of macerating medicinal and aromatic herbs for wellness and flavour. Using locally-foraged plants with a history, from underfoot.
- How-to-distil a seasonal hydrosol (aromatic water from the still) using a traditional copper still and an aromatic NZ native plant we have harvested and prepared ourselves.
- Create a hydrogel using this freshly distilled hydrosol and all natural materials—for use as a cooling, soothing and hydrating serum.
- Pre-lunch botanical cocktail
- Break for Lunch
- A distillation of an essential oil from a NZ native, using a modern still.
- Prepare a balm using resins, beeswax and propolis and essential oils distilled from native plants.



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DAY 3

REWILD



Sunday 14th April, 10.30am – 3.30pm

Using Alcohol as a Solvent

- Turn a wine or fruit ferment into a clear spirit
- Prepare a botanical gin using classic gin botanicals, and those we source from underfoot —a unique blend, reflecting the environment and season.
- Break for Lunch
- Prepare botanical bitters for digestive health and well being
- Make your own personalised blend of botanical gin using single, botanical quintessences
- And now let's end the day with a well earned G&T

All teaching notes about techniques and processes demonstrated will be provided to participants at the beginning of each day along with a list of other resources. Sample bottles of everything prepared during the Masterclass will also be available to take home!

REWILD


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YOUR HOME FOR THE WEEKEND RIVER RIDGE RETREAT, THE CATLINS

Nestled beside the Catlins river beneath gorgeous native bush ridges and positioned on 15 acres of beautifully groomed grounds, it is simply a slice of paradise.



The Catlins is a hidden gem on the East coast of the south island, New Zealand. It is an area of great contrasts and natural beauty with an abundance of extraordinary wildlife. From magnificent coastal cliffs and headlands, long white beaches, caves and sandy bays to beautiful native rain forests, waterfalls, rivers, valleys, hidden lakes, and rolling green pastures. The Catlins is a fascinating unspoilt rugged place off the beaten track, with so much to see and do.

This time of year is prime time for foraging in the wild rain forests & endless paddocks that will be surrounding us. Join us for a weekend of fun, creative, & wild workshops!



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INVESTMENT

REWILD

Includes private or shared accommodation at River Ridge Retreat Friday & Sat night, 2 day Alembics Masterclass Workshop, All meals & drinks catered by Bush to Buffet Friday afternoon/evening, Saturday morning, afternoon, & evening, and Sunday morning & afternoon (gourmet/ fine dining), Foraging tour & workshop, & Workshop / Talk on Living Soils & How To Create Organic Compost, optional yoga & meditation on Sat & Sun morning.

The Investment:

This is an invitation to reflect on your access to resources and privilege, the value of the work put into these retreats and what you'll get out of it, what you can genuinely afford, and what you might pay for in a comparable retreat experience. By committing to what is truly within your means you make it possible for others to show up within theirs and we are all grateful for this.:

1st Tier - \$1400- For those who are financially well-resourced, pay it forward pricing that allows us to offer a scholarship spot on this educational experience.

2nd Tier - \$1200 - For those on medium incomes and access to financial resources

3rd Tier - \$1000 - For those on low incomes, caring responsibilities and from marginalized communities.

Flexible payment plans available for all Tiers. Email info@rewildretreats.co.nz to book your spot.