

# Great Lakes Herb Faire Schedule - 2017

*(Subject to change- slightly)*

## Friday

Friday	Event/Class	Teacher	Location
1:00pm - 4:15pm	<b>Registration</b>		Registration table(s) at the tent outside the Mess Hall
3:00pm	<b>Marketplace officially opens</b>	Vending Coordinator: Marcie Nido	Marketplace
4:30pm - 5:00pm	<b>Opening Ceremony</b>	Victoria Voges and Talitha Johnson	Pavilion
5:00pm - 6:30pm	<b>Keynote Address: As Above, So Below</b>	Betzy Bancroft	Pavilion
6:45pm - 8:00pm	<b>Dinner Marketplace</b>		Mess Hall Marketplace
8:30pm - 9:30pm	<b>Story Telling</b>	Rowena Conahan	Amphitheater
8:30pm - 9:30pm	<b>Herbs for Dreaming, Divination, and Personal Development</b> <i>(Informal late night class)</i>	Lottie Spady	Pavilion
8:30pm - 9:30pm	<b>An Apple a Day... Apples as Medicine</b> <i>(Informal late night class)</i>	jim mcdonald	Yurt
8:30pm - 9:30pm	<b>Making Medicinal Herbal Sauerkrauts</b> <i>(Informal late night class)</i>	Katherine Novotny	Mess Hall

# Saturday

Saturday	Event/Class	Teacher	Location
7:30am - 8:15am	<b>Earth Wisdom Yoga</b>	Leigh Ann Phillips-Knope	Yurt
7:30am - 8:45am	<b>Breakfast Marketplace</b>		Mess Hall Marketplace
9:00am - 10:30am	<b>Keynote Address: Herbalism for Underserved Communities</b>	7Song	Pavilion
<b>*** Session 1 ***</b>			
11:00am - 12:30pm	<b>Herbs and Foods for a Healthy Heart</b> <i>(All levels)</i>	Betzy Bancroft	Pavilion
11:00am - 12:30pm	<b>To Perk or Not to Perk</b> <i>(All levels)</i>	Leslie Alexander	Yurt
11:00am - 12:30pm	<b>Deepening Plant Knowledge Through Botanical Illustration and Plant Identification</b> <i>(All levels)</i>	Kristine Brown	Arts and Crafts Building
11:00am - 12:30pm	<b>Plant Consciousness and Healing</b> <i>(All levels)</i>	Lynn Abbey Zukowski	Big Tent
11:00am - 12:30pm	<b>Barks, Nuts, Leaves, Roots and Fungi: Great Lakes Tree Medicine</b> <i>(All levels)</i>	Lisa Rose	Herb Walk Meet at Amphitheater
11:00am - 11:40pm	<b>Natural Building</b> <i>(Kids)</i>	Rowena Conahan	Kids Tent
11:50am - 12:30pm	<b>Flower Power</b> <i>(Kids)</i>	Angela McElroy	
12:45pm - 2:15pm	<b>Lunch Marketplace</b>		Mess Hall Marketplace

## \*\*\* Session 2 \*\*\*

2:45pm - 4:15pm	<b>The Herbal Treatment of Auto-Immune Diseases (PART 1)</b> <i>(All levels)</i> <b>Note: 2 Part Class</b>	Althea Northage-Orr	Pavilion
2:45pm - 4:15pm	<b>The Holistic Herbal Dog</b> <i>(Intermediate, but open to all)</i>	Leslie Williams	Yurt
2:45pm - 4:15pm	<b>Queer &amp; Trans Plant Medicine: Herbal Considerations for Gender &amp; Sexuality Liberation</b> <i>(All levels)</i>	cheré suzette bergeron	Arts and Crafts
2:45pm - 4:15pm	<b>Aphrodisiacs &amp; Energetics...</b> <i>(All levels)</i>	jim mcdonald	Big Tent
2:45pm - 4:15pm	<b>The Twisted Tales of Elderberry, Poke, Lobelia &amp; More</b> <i>(All levels)</i>	Heather Irvine	Herb Walk Meet at Amphitheater
2:45pm - 3:25pm	<b>White Pine Medicine</b> <i>(Kids)</i>	Janice Marsh-Prelesnik	Kids Tent
3:35pm - 4:15pm	<b>Tai Chi for Kids</b> <i>(Kids)</i>	Joseph Quade	

**\*\*\* Session 3 \*\*\***

4:45pm - 6:15pm	<b>The Herbal Treatment of Auto-Immune Diseases (PART 2)</b> <i>(All levels)</i> <b>Note: 2 Part Class</b>	Althea Northage-Orr	Pavilion
4:45pm - 6:15pm	<b>Medicinal Mushrooms</b> <i>(All levels)</i>	Chris Wright	Yurt
4:45pm - 6:15pm	<b>Herbal Allies for Coping</b> <i>(All levels)</i>	Talitha Johnson	Arts and Crafts
4:45pm - 6:15pm	<b>Being a Visual Detective</b> <i>(Intermediate level)</i>	Joyce Wardwell	Big Tent
4:45pm - 6:15pm	<b>The Wonders of Wayside Weeds</b> <i>(All levels)</i>	jim mcdonald and Jared Bogdanov- Hanna	Herb Walk Meet at Amphitheater
4:45pm - 5:25pm	<b>Kid'chen Super Heros</b> <i>(Kids)</i>	Tricia Bellew and Tina Stone	Kids Tent
5:35pm - 6:15pm	<b>Brushing Can be Tasty and</b>		

4:45pm - 5:25pm	<b>Kid'chen Super Heros</b> <i>(Kids)</i>	Tricia Bellew and Tina Stone	Kids Tent
5:35pm - 6:15pm	<b>Brushing Can be Tasty and Fun</b> <i>(Kids)</i>	Leslie Alexander	
6:30pm - 8:00pm	<b>Dinner Marketplace</b>		Mess Hall Marketplace
8:30pm - 10:30pm	<b>Musical Performance</b>	Diaspora Detroit Drum and Dance	Pavilion

## Sunday

Sunday	Event/Class	Teacher	Location
7:30am - 8:15	<b>Earth Wisdom Yoga</b>	Leigh Ann Phillips-Knope	Yurt
7:30am - 8:45am	<b>Breakfast Marketplace</b>		Mess Hall Marketplace

### \*\*\* Session 4 \*\*\*

9:00am - 10:30am	<b>Herbal Medicine and Treatment Protocols for Infection, Pain and Inflammation</b> <i>(Beginner/Intermediate)</i>	7Song	Pavilion
9:00am - 10:30am	<b>Herbs and Traditional Healing</b> <i>(All levels)</i>	Adela Nieves	Yurt
9:00am - 10:30am	<b>Local (Non-Alcoholic) Menstruums: Preserving the Harvest</b> <i>(All levels)</i>	Jess Krueger	Arts and Crafts
9:00am - 10:30am	<b>How to Compose a Herbal Compound from Intake to Prescription (PART 1)</b> <i>(Intermediate/Advanced)</i> <b>Note: 2 Part Class</b>	John Redden	Big Tent

9:00am - 9:40am	<b>Medicine Wheel</b> <i>(Kids)</i>	Victoria Voges	Kids Tent
9:50am - 10:30am	<b>Little Herbologists and Potion Masters</b> <i>(Kids)</i>	Sarah Evans	
<b>*** Session 5 ***</b>			
11:00am - 12:30pm	<b>Ancient Indigenous Wisdom of Healing: Making the Connection to Plant Wisdom</b> <i>(Intermediate)</i>	Esstin McLeod	Pavilion
11:00am - 12:30pm	<b>Heirloom Seed Saving. Fruits, Vegetables, Herbs and Flowers</b> <i>(All levels)</i>	Ben Cohen	Yurt
11:00am - 12:30pm	<b>Sensitives: Understanding the Different Archetypes of the Sensitive Soul</b> <i>(All levels)</i>	Merri Walters	Arts and Crafts Building
11:00am - 12:30pm	<b>How to Compose a Herbal Compound from Intake to Prescription (PART 2)</b> <i>(Intermediate/Advanced)</i> <b>Note: 2 Part Class</b>	John Redden	Big Tent
11:00am - 12:30pm	<b>Ecological Herb Walk</b> <i>(All levels)</i>	Betzy Bancroft	Herb Walk Meet at Amphitheater
11:00am - 11:40am	<b>First Aid Kids</b> <i>(Kids)</i>	Kristine Brown	Kids Tent
11:50am - 12:30pm	<b>Botanical Drawing</b> <i>(Kids)</i>	Kristine Brown	
12:45pm - 2:00pm	Lunch Marketplace		Mess hall Marketplace

## \*\*\* Session 6 \*\*\*

2:15pm - 3:45 pm	<b>Fine-Tuning the Choice of Nervines in Clinical Treatment</b> <i>(Intermediate)</i>	Althea Northage-Orr	Pavillion
2:15pm - 3:45 pm	<b>Create Your Home Apothecary from the Land Around You</b> <i>(Beginner/Intermediate)</i>	Kathleen Wildwood	Yurt
2:15pm - 3:45 pm	<b>Healing from the Hive</b> <i>(All levels)</i>	Jo Feterle	Arts and Crafts
2:15pm - 3:45 pm	<b>Herb Walk with a Clinical Focus</b> <i>(Intermediate)</i>	7Song	Herb Walk Meet at Amphitheater
2:15pm - 3:45 pm	<b>Herbal Interactions</b> <i>(Intermediate)</i>	Leslie Williams	Big Tent
2:15pm - 2:55pm	<b>Saving Seed for Future Generations</b> <i>(Kids)</i>	Ben Cohen	Kids Tent
3:05pm - 3:45 pm	<b>Plant Whisperers</b> <i>(Kids)</i>	Stacey Quade	
4:00 pm – 4:30 pm	<b>Closing Ceremony</b>		Pavilion area

### Class Descriptions

#### Keynotes

##### Herbalism for Underserved Communities

Presented by 7Song

7Song will be presenting a talk on how herbal medicine can be brought into underserved communities including integrative free clinics, encampments and other events. We will also look at practicing herbalism as a street medic during protests. This talk will cover the various types of preparations and specific medicinal plants that can be useful in these situations. Some of the discussion will be of a philosophical bent and the rest on practical ways that we as herbalists can be an asset to those around us.

## **Human Ecology: As Above So Below**

Presented by Betzy Bancroft

This ancient phrase--as above, so below—came from the recognition that nature displays the same patterns on all levels. Now that we have tools to see even smaller and larger levels of reality, especially our microbes, we still find this observation completely accurate. Let's take a look at these patterns, especially the principle of cooperation in nature, and how we can use them to foster better individual and community health.

## **Friday Evening**

### **Storytelling by the Fire**

Led by Rowena Conahan

### **Herbs for Dreaming, Divination, and Personal Development**

Lottie Spady

Participants will explore the historic uses of herbs as talismans, in ritual and as a pathway to personal growth and development. Using the areas of dream interpretation, free writing, and tarot card reading, participants will try tapping into the intuitive, astrological and energetic value of herbs. We will also discuss medicine making and cycles of the moon. Participants will be encouraged to share their own experiences in these areas as well. We will sample dream elixirs, herbal essences and each participant will take home a small dream pillow.

### **An Apple a Day... Apples as Medicine**

jim mcdonald

From the old adage "An apple a day keeps the doctor away" to tale of the fruit given by Idunn to sustain the strength of the Norse god(desse)s, the apple has long been seen as a purveyor of health and vitality. While we now mostly think of it as a common fruit, all parts of the trees have been used as medicine to sustain and restore health. jim mcdonald will share the uses of various parts of the apple tree as tea, tincture, syrup, cider & smoke.

### **Making Medicinal Herbal Sauerkrauts**

Katherine Novotny

Come learn how to make your own medicinal sauerkrauts and other fermented foods. We will taste a few of my favorite bubbling tonics and talk about some seasonal, wild-harvested ingredients. This class is hands-on, so get ready to help chop!

## **Session 1**

### **Herbs and Foods for a Healthy Heart**

Betzy Bancroft

Love your heart! Learn about delicious remedies that nourish the heart and support its function, as well as prevent cardiovascular problems. Our lively discussion will range from fats and antioxidants to broken-heart potions, with a bunch of berries in between.

## **To Perk or Not to Perk – That is the Question**

Leslie Alexander

Welcome to the world of needing a tincture ASAP and having none on hand. Historically, percolation has been a technique that has enabled us to get out of these tight situations. We'll discuss what it means to percolate herbs, how it's done, advantages and disadvantages. While it is perhaps a preparation technique that every herbalist should come to know ... if only for those tight spots it is not the most reliable of techniques (until perfected!) and much can affect a successful flow and the accumulation of tincture. Enter technology and MrButter ~ a machine originally heavily marketed for making fat soluble herbal extracts - but a great tool for any herbalist needing a tincture in under 6 hours. Come and increase your understanding, share your experiences and sample a few preparations.

## **Deepening Plant Knowledge Through Botanical Illustration and Plant Identification**

Kristine Brown

Have you ever looked at plants and wish that you could draw them accurately? Do you wish to have a more intimate relationship with the plants but don't know how to get started? Do you wish to be more familiar with plant families and their basic medicinal uses? During this workshop, we'll combine sensory observation, drawing, studying the wild weeds around and discussing the medicinal uses of them. You will learn how to meet a plant and gain knowledge about that plant through your senses of sight, taste, touch and smell while using a drawing technique to discover an intimate knowledge of the plant. Deepen your knowledge both intellectually and spiritually with the plants that grow in our environment.

These exercises will encourage you to see the plants on a new level by using your spiritual intuition as well as your mental intellect to examine the plants in a whole new way. Bring a note/sketch book, pen and/or pencil, bottled water and dress for the weather. No drawing experience is necessary, Kristine will give you the necessary skills to be able to draw for this class and beyond.

## **Plant Consciousness and Healing**

Abbey Zukowski

The class will cover some of the exploding and exciting new scientific research on plant consciousness. Then we'll talk about how these green beings have interacted with people since the beginning and how we can still connect with them energetically and spiritually today, and how this can impact disease. There will be a discussion of plant personalities and an experiential "green breath" exercise.

## **Barks, Nuts, Leaves, Roots and Fungi: Great Lakes Tree Medicines (Herb Walk)**

Lisa M. Rose

The trees of the Great Lakes offer so many medicines - from acorns to root barks to leaves to fungi. Join herbalist Lisa Rose in this hands-on, medicine making class to learn new ways to incorporate the gifts of the trees into your apothecary.

## **Natural Building**

Rowena Conahan

Participants will help to construct a spiral-shaped tunnel made of plant material. In the center we'll place a small table for nature treasures, and a cozy place to sit. We'll decorate our spiral with hand-made ornaments, some weaving, and other building techniques.

**Flower Power**  
Angela McElroy

What do you get when you take a flower and a horse and put them together? FLOWER POWER. Flowers are more than a pretty face! Flowers are enriched with powerful healing and transformation for individuals. The use of flowers for the healing purposes is timeless as it addresses a wide range of physical and spiritual imbalances. Winston Churchill puts it perfectly "There's something about the outside of a horse that is good for the inside of a man." This hands on class with horse and flower will educate the youngest learner on how to heal the deepest wounds with flowers and a horse buddy.

**Session 2**

**The Herbal Treatment of Auto-Immune Diseases**  
Althea Northage-Orr  
**2 part class- Sessions 2 and 3**

With new auto-immune diseases appearing almost yearly, what strategies can we craft as herbalists? This class will focus on herbal and nutritional strategies for dealing with diseases such as lupus, ulcerative colitis and other common auto-immune diseases. We will discuss some of the mainstream treatments and their advantages and disadvantages, and how as practitioners we can work both adjunctively or solely in their treatment.

**Aphrodisiacs & Energetics...**  
jim mcdonald

"Aphrodisiac" is a highly problematic term, predominantly because of the popular but mistaken belief that they create "automatic interest" in anyone/everyone who uses them... products advertised with guarantees for amazing results often fail to deliver, or (not infrequently) are found to be adulterated with drugs. Looking at lists of plants deemed "aphrodisiacs", we see everything from strong, druglike herbs (yohimbe) to culinary spices (ginger) to adaptogens (ashwangandha) and antispasmodics (kava). What gives? Well, just like all other aspects of herbcraft, one person's turn on can put another person out... in other words, energetics apply here as well. We'll look at what indications make certain herbs appropriate to certain people, and give you some ideas to ponder with your partner(s).  
All levels

**The Holistic Herbal Dog**  
Leslie Williams

Intermediate level but open to all. Dogs respond well to herbal medicine and holistic food protocols. This will be a solid foundation of information and interactive discussion toward safe and affordable herbal work with canines - for daily life and many common issues - plus discussion of when to get professional help. Complete resource lists provided for books and online sources for further study.

**Queer & Trans Plant Medicine: Herbal Considerations for Gender & Sexuality Liberation**  
cheré suzette bergeron

How can we support queer & trans clients as herbal medicine practitioners? What does it mean to be an herbalist / healer working within your own marginalized community? Come be a part of this lively discussion! We'll delve into these questions while exploring the magical multiverse of herbal supports for queer & trans liberation. Utilizing a trauma-informed & healing justice framework, we will discuss herbal

allies & flower essences for the following: navigating daily microaggressions, supports for those who tuck and/or bind, minimizing unwanted side effects of hormone replacement therapy (HRT), and both preparing for & healing from gender affirmation surgery.

### **The Twisted Tales of Elderberry, Poke, Lobelia & More (Herb Walk)**

Heather Irvine

Wild Yam, Bugleweed, Skullcap, Prickly Ash, Solomon's Seal, Goldthread, Spicebush, Sassafras, Ghost Pipe, Elderberry & Viburnums creep around the grounds as well as prominent Poke, Blackberry, Black Cherry, Boneset, Blue Vervain & Joe Pye Weed. If you live here you may not have an appreciation for how special medicinals like Pokeweed popping up around edges of the sandy fields or Wild Yam draping the lakeside understory are. If you don't live here, it could be your first chance to see Northern Prickly Ash, Bugleweed, Tupelo Blackgum, Skullcap and other plants we were thrilled to see in 2016. As a plant walk leader I like to engage participation while packing enough plants and information about them into our brief time together to reveal something new for just about anybody.

### **White Pine Medicine**

Janice Marsh-Prelesnik

We will taste test white pine infusion, chew on some resin, and create an oxymel. Outcome: Understand and be able to explain the herbal actions of pine; Astringent, Antiseptic, Analgesic, Anodyne, Expectorant and how to prepare infusions and oxymel.

### **Tai Chi for Kids**

Joseph Quade

Tai Chi is a movement form from China. Learning the movements can help you build your inner strength. It helps you with mental focus, balance, coordination, flexibility and feeling peaceful. We will practice and learn beginning level movements.

## **Session 3**

### **The Herbal Treatment of Auto-Immune Diseases continued (see session 2 for description)**

Althea Northage-Orr

### **Being a Visual Detective**

Joyce Wardwell

Nails, tongue, facial features, teeth, skin, hair can all provide visual clues to help with understanding of subclinical chronic deficiencies and excess. The information gathered from simply understanding what to look for can be an integral part of developing herbal protocols for building long term chronic health. In this class we will review how to see really see these visual clues and how to use the information to further develop a comprehensive health plan.

Intermediate

### **Herbal Allies for Coping**

Talitha Johnson

In an effort to address feelings of listlessness and despondency, examining local herbs to help bring the

mind, body and spirit back to a state of calm. From an African-centered teaching approach, attendees will engage in an interactive experience and learn how bio-regional herbs can help serve as de-stressors for some of life's challenging woes.

### **Medicinal Mushrooms**

Chris Wright

This presentation gives an overview of various medicinal mushrooms and their medicinal properties.

### **The Wonders of Wayside Weeds (Herb Walk)**

Led by jim mcdonald and Jared Bogdanov-Hanna

Common weedy plants are the foundation of most herbalists' repertoires, and for good reason. We'll take a deeper look at the specific indications and the surprising and overlooked uses of some of our most beloved medicinal plants.

### **Kid'chen Super Heroes**

Tricia Bellew and Tina Stone

Grab your capes and get ready to uncover all of the many ways that you can use your herbal allies to help you strengthen and support your growing bodies. This class is sure to be sprinkled with fun, and rolling with laughter!... After all, we herbalists know how to brew up some magick!

### **Brushing can be Tasty and Fun!**

Leslie Alexander

Join me as we make tooth powders to replace commercial pastes! These powders are affordable, tasty, fun to prepare (and use) and can help build sound brushing habits and support oral health. After all, we'd all like to keep our teeth for a lifetime! This is a hands-on, action-packed workshop for people with mouths of any size or shape!

## **Session 4**

### **Herbal Medicine for Internal and External Infections**

7Song

This class will focus on practical herbal strategies and treatments for internal and external infections. These include; respiratory and GI infections internally and external skin infections.

Participants will learn which herbal medicines to have on hand, plants that can be gathered and prepared, useful preparations, and learning to differences which plants to use for different types of infections.

Some of the plants that will be covered include; Yarrow, Echinacea, Oregon grape root, and charcoal. Beginner-Intermediate

### **Herbs and Traditional Healing**

Adela Nieves

For most of history, indigenous peoples have used herbs in healing ceremonies and as spiritual medicine. In this workshop, we will discuss traditional herbal cleansings – *limpias* – and folk knowledge of the

ancient art of *Curanderismo* (Mexican Folk Healing). Adela will demonstrate a *limpia* and offer varied examples of how herbs have been used in parts of Latin America and the Caribbean.

### **Local (Non-Alcoholic) Menstruums: Preserving the Harvest**

Jess Kreuger

Let's explore how to harvest a few common medicinal herbs and ways to preserve them using locally abundant menstruums. Optimal timing to harvest and then how to make them last throughout the winter will be covered. This will include techniques like drying & using locally produced raw materials like honey, apple cider vinegar and animal fats. Practical applications, storage and demonstration will be included.

### **How to Compose a Herbal Compound from Intake to Prescription**

John Redden

#### **Part 1 of 2 part class (Sessions 4 and 5)**

We will create a template that methodically takes the practitioner through the steps of a clinical visit. First we collect the information from the intake form and with the patient generate a plan to get to our therapeutic goals. We describe what is required to go from our beginning point (now) to our end point (therapeutic goal). The descriptions become action categories within body systems. We select herbs using a set of rules or selection criteria from lists (provided) and write them down. From the many herbs listed we will then organize and de-select by simple rules. Once pared down we check our formula to see that it will bring the patient to their desired goal. We do a little math and we have a prescription for health.

Intermediate / Advanced

### **Ecology and Ethics for Wildcrafters and Foragers (Herb Walk)**

Cali Janae

Using ecological understanding as a framework, this class will discuss the ethical considerations involved in wild harvesting plants. We will discuss ecological principles such as mutualism, commensalism and parasitism and apply them to the relationships that plants have with the other beings that rely on them. This discussion will include humans as an element of the ecological conversation. Discussion will ask questions such as: What is my intended impact while harvesting? How can I harvest sustainably? What is my relationship to this specific plant? How can I harvest in a way that increases biodiversity? Finally we will discuss urban crafting and the human ethics and health involved in growing and gathering plants in a city setting.

Intermediate to Advanced, but essential for beginners to start thinking about these ideas.

### **Mosaic Art**

Victoria Voges

Make a beautiful art piece using things from Nature. Stones, shells, seeds, driftwood and more. Choose a design platform to place it on. Be as creative as you like! Learn about the ancient stories surrounding your gifts from Nature as you explore this modality! A fun take home project to remember the Herb Faire long after it's past!

## **Little Herbologists and Potion Masters**

Sara Evans

Infusing herbalism with literature is fun for all ages! Herbology, as is studied at Hogwarts, is a traditional magick that compliments all of the other disciplines - perhaps more than any other. Young or young-at-heart fans of the Wizarding World can join me in some fun crafts and experiments centered around the magick that is inspired by the beloved stories. Explore some potions as well as some take-home crafts, in the kids' tent!

## **Session 5**

### **Ancient Indigenous Wisdom of Healing: Making the Connection to Plant Wisdom**

Esstin McLeod

Making the Connection to Plant Wisdom: Creating an understanding that Spirituality lives within Mother Earth and defining our connection to health and Plant medicine. The health/healing process can assist with personal wellness restoring balance and personal integrity.

Intermediate

### **Heirloom Seed Saving. Fruits, Vegetables, Herbs and Flowers**

Ben Cohen

For as long as people have grown their own food they have also practiced seed saving. In this workshop, you will learn how seed saving helps maintain biodiversity and contributes to food security. Seed saving may be more important now than ever before! Ben Cohen from Small House Farm will discuss proper planning, planting and harvesting techniques so you can easily incorporate seed saving into your garden routine. Learn how to save seeds from fruits, vegetables, herbs and flowers. This will be a fast-paced and informative workshop with hands on demonstrations, stories and lots of fun!

### **Flower Essences for Sensitive: understand the different archetypes of the sensitive soul and learn how flower essences can support and nurture the mind, body, emotions and spirit of those of a highly empathic or intuitive nature.**

Merri Walters

It seems that many people who have a profound affinity to Nature and the plant world are also very sensitive or perceptive in ways that make it harder for them to live in the harsher conditions of the technology oriented modern world where an attuned and receptive sense or psychic life can leave you feeling destabilized physically, emotionally, mentally or psychically.

In this class we will define "sensitive" and the sensitive experience, we will look into both the liabilities and the gifts of the sensitive and teach you how to use the power of Nature through flower essences to create more stability and harmony for both your children and yourself. We will also clarify how to understand your gifts and how to awaken, support and strengthen their value so that you can operate from a place of wisdom and power allowing you to manifest the blessing that you were born to be!

### **How to Compose a Herbal Compound from Intake to Prescription**

John Redden

**Part 2 of 2 part class (sessions 4 and 5)**

### **Ecological Herb Walk**

Betzy Bancroft

Developing a deep understanding of a few common weeds helps us save the native and less common species for special needs. On this walk we'll include discussion of the abundance or ecological concerns of the herbs we meet, in addition to the medicinal and edible uses. And probably spend a lot of time on a few common weeds . . . .

### **First Aid Kids**

Kristine Brown

Learn to put together a basic first aid kit and make your own herbal remedies to go in the kit. Depending on the time we have, we'll make a few remedies to get you started in building your own kit at home.

### **Botanical Drawing with Kids**

Kristine Brown

## **Session 6**

### **Herbal Interactions**

Leslie Williams

Everything is connected. We have good sources to look up pharmaceutical- herb possible interactions, but once we point out those we will do the more difficult work of learning how to think as herbalists. We can create the safest and most effective protocols for each individual considering simple chemistry and anatomy, foods, drugs, supplements, health conditions, economy.

Intermediate

### **Create Your Home Apothecary from the Land Around You**

Kathleen Raven Wildwood

Safe and effective remedies for indigestion, insomnia, pain, coughs and colds do not need to come from a chain drugstore, nor from expensive supplements made from exotic or endangered plants. Many of the plants that are native or naturalized to this land can be used to create a simple apothecary for home use. Some of them are growing in your yard now, ready for you to make into remedies! Others can be sustainably and ethically wildcrafted or grown. Kathleen will teach you how to replace the products you might buy at a drugstore with simple herbal preparations that you can make for yourself, and how to use them. She will bring samples of herbal preparations to taste and smell.

Beginner/Intermediate

### **Healing from the Hive**

Jo Feterle

Jo will share some Historical uses of Honey for medicine and how she uses the gifts of the Honey bees today. She will demonstrate how she makes Herb infused honey and practical uses as well as how she uses honey, propolis and wax in first aid. She will also discuss other honey goodness like a pastes, elixirs, Oxymels, scrubs and balls (pills). She will discuss plants that are beneficial in attracting pollinators and you may even get to make a simple honey scrub or herb infusion to take with you. Pollinators out!!

## **Fine-tuning the Choice of Nervines in Clinical Treatment**

Althea Northage-Orr

This class looks at the personality of specific nervines and how to best match them with specific conditions and constitutional types. We will examine and correlate diverse sources of information such as Homeopathy, Flower Essence research, traditional historical lore, and the viewpoints of Traditional Chinese Medicine. The aim is to aid practitioners in choosing wisely from the many possible nervines in use, and to deepen their understanding of the necessity of matching specific nervines to specific constitutional and psychological types.

## **Herb Walk with a Clinical Focus**

7Song

This walk will focus on the clinical uses of the medicinal plants that grow in southern Michigan. It will include ways to gather and prepare plants as medicine and specific ways in using them clinically. We will also look at the various structures and families of the plant we see. Some of these plants include Pine, Witch hazel, Wild cherry, Blue vervain and Goldenrod.

## **Saving Seeds for Future Generations**

Ben Cohen

Saving seeds isn't just important work, it's also lots of fun! In this hands on workshop, kids will learn about planting, growing and saving seeds from lots of their favorite fruits and vegetables including beans, melons, cucumbers, tomatoes and lots more! They'll even get to snack on these tasty treats while they work!

## **Plant Whisperers**

Stacey Quade

We will do a quick review of how our human bio field is connected to the Universal Energy field and how we can use this part of ourselves to talk to the plants. We will practice and listen with this part of ourselves with each other and with specific plants.

## **Saturday and Sunday Sunrise Classes**

### **Saturday**

#### **Earth Wisdom Yoga**

Leigh Ann Phillips-Knope

Breathe with your whole body! Move with your soul! Deepen your connection to the Earth through Yoga postures, meditation and pranayama. Lay your troubles down and join us for an inward healing journey. All bodies, ages, sizes and abilities encouraged to attend. Yoga mats not required, but please bring one if you have it.

### **Sunday**

#### **Earth Wisdom Yoga**

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