

2018 Great Lakes Herb Faire Schedule

(Subject to change- slightly)

Friday

	<i>Event/Class</i>	<i>Teacher</i>	<i>Location</i>
1:00pm-4:15pm	Registration		Registration table Outside Mess Hall
3:00pm	Marketplace open	Vending Coordinator: Marcie Nido	Marketplace
4:30pm-5:15pm	Opening Ceremony	Adela Nieves Martinez	Pavilion
5:15pm-6:00pm	Keynote	Guido Masé	Pavilion
6:30pm-7:45pm	Dinner Marketplace		Mess Hall Marketplace
8:00pm-9:30pm	<i>The Magick and Symbolism of Herbs Used in Personal Development, Dreaming, and Tarot</i>	Lottie Spady	Pavilion
8:00pm-9:30pm	<i>Ember and Smoke: Incense as Plant Devotion</i>	Inger Brown	Yurt
8:00pm-9:30pm	<i>Plants of the Poisoner</i>	Andrea Burkiewicz	Forest Edge Tent
8:00pm-9:30pm	<i>A Bitters Cocktail Hour</i>	Lindsey Feldpausch	Mess Hall
8:00pm-9:30pm	<i>Sleepytime Potions and Sweet Dream Notions- KIDS CLASS</i>	Tricia Bellew	Kids Tent

Saturday

	<i>Event/Class</i>	<i>Teacher</i>	<i>Location</i>
7:30am-8:15am	<i>Early Morning Plant Study</i>	Kristine Brown	Pavilion/Fire pit
7:30am – 8:15am	<i>The Power of Listening</i>	Linda Conroy	Amphitheater
7:30am-8:15am	<i>Yoga in the Yurt</i>	Colleen Donahoe	Yurt
7:30am-8:45am	Breakfast Marketplace		Mess Hall Marketplace
9:15am-	Keynote –Ancient Wisdom	Esstin McLeod	Pavilion

10:15am	Healing with Earth's Medicine		
10:15am-11:00am	Marketplace/ Silent auction/Mingling		
Session 1			
11:00am-12:30pm	Practical Details in Herbal Product Making: Managing Your Specifications and Process Records	Guido Masé	Pavilion
11:00am-12:30pm	Bodywork and Herbs: Sharing an Oil Blend and More	Briana Wiles	Forest Edge Tent
11:00am-12:30pm	Integrating Ethics	Linda Diane Feldt	Yurt
11:00am-12:30pm	Introduction to Astrological Herbalism	Alexander Weyer	Arts and Crafts
11:00am-12:30pm	Michigan Botany Walk	Amanda Klain	Herb Walk Meet at Amphitheater
10:45am	Kids Opening Ceremony		Kids Tent
11:00a- 11:40	Kids Natural Building	Deanne Bednar	
11:50- 12:30	Insects in the Garden	Nicki Schneider	
12:45-2:15pm	Lunch Marketplace		Mess Hall Marketplace
Session 2			
2:45pm-4:15pm	Medicinal Mushrooms for Optimal Health	Kristin McPhee	Pavilion
2:45pm-4:15pm	Digestive Disorders, Gut Biome and Botanical and Functional Medicine PART ONE OF TWO PART CLASS	Althea Northage Orr	Forest Edge Tent
2:45pm-4:15pm	A Reflection of Wholistic Health, Mental Health and Plant Therapy	Esstin McLeod	Yurt
2:45pm-4:15pm	Blending Oil and Water: DIY Herbal Cream	Lynn Abby Zukowski	Arts and Crafts Building
2:45pm-4:15pm	One Plant, Many Uses	Ginny Denton and Jess Kreuger	Amphitheater

2:45pm-4:15pm	<i>Invasive Plant Foraging Walk</i>	<i>Greg Monzel</i>	<i>Herb Walk Meet outside Mess Hall</i>
2:45pm-4:15pm	<i>A Mini Walk Through the Four Temperaments</i>	<i>Angela McElroy</i>	<i>Kids Tent</i>
<i>Session 3</i>			
4:45pm-6:15pm	<i>Herbal Medicine in Cancer Therapy: Managing an Integrative Protocol</i>	<i>Guido Masé</i>	<i>Pavilion</i>
4:45pm-6:15pm	<i>Digestive Disorders, Gut Biome and Botanical and Functional Medicine</i> PART TWO OF TWO PART CLASS	<i>Althea Northage-Orr</i>	<i>Forest Edge Tent</i>
4:45pm-6:15pm	<i>Making Room for Death</i>	<i>Tracy Mangold</i>	<i>Yurt</i>
4:45pm-6:15pm	<i>Oxymelding: Exploring the Creative Potential of Herbs, Vinegars and Honey</i>	<i>Kyle Denton</i>	<i>Arts and Crafts</i>
4:45pm-6:15pm	<i>Native Herb Walk</i>	<i>Erika Galentin</i>	<i>Herb Walk Meet at Amphitheater</i>
4:45pm- 5:25	<i>Splish Splash Mouth Bath</i>	<i>Leslie Alexander</i>	<i>Kids Tent</i>
5:35 6:15pm	<i>Herbal Food Exploring</i>	<i>Janice Marsh-Prelesnik</i>	
6:30pm-8:00pm	<i>Dinner Marketplace</i>		<i>Mess Hall Marketplace</i>
8:30pm-10:00pm	<i>Performance</i>	<i>Rhyta Musik</i>	<i>Pavilion</i>
<i>Sunday</i>			
	<i>Event/Class</i>	<i>Teacher</i>	<i>Location</i>
7:30am-8:15am	<i>Early Morning Plant Study</i>	<i>Kristine Brown</i>	<i>Pavilion/Fire pit</i>
7:30am-8:15am	<i>The Power of Listening</i>	<i>Linda Conroy</i>	<i>Amphitheater</i>
7:30am-8:15am	<i>Yoga in the Yurt</i>	<i>Colleen Donahoe</i>	<i>Yurt</i>
7:30am-8:45am	<i>Breakfast Marketplace</i>		<i>Mess Hall Marketplace</i>
<i>Session 4</i>			

9:00am-10:30am	<i>Becoming a Practicing Herbalist</i>	<i>Micah McLaughlin</i>	<i>Pavilion</i>
9:00am-10:30am	<i>Practical Chemistry for Herbalists</i>	<i>Leslie Williams</i>	<i>Forest Edge Tent</i>
9:00am-10:30am	<i>Terpenes, Alkaloids and Phenols, Oh My! An Intro to Secondary Metabolites</i>	<i>Lindsey Feldpasch</i>	<i>Yurt</i>
9:00am-10:30am	<i>A Midwife's Guide to Nutritional Deficiencies in Pregnancy</i>	<i>Andrea Burkiwicz</i>	<i>Arts and Crafts</i>
9:00am-10:30am	<i>Ecology and Ethics for Wildcrafters and Foragers</i>	<i>Cali Janae</i>	<i>Ampitheater</i>
9:00am- 9:40	<i>Yoga and Dance</i>	<i>Colleen Donahoe</i>	<i>Kids Tent</i>
9:50-10:30am	<i>Foraging Fun: Tasting Trees, Weeds and Bugs</i>	<i>Colleen Donahoe and Greg Monzel</i>	
<i>Session 5</i>			
11:00am-12:30pm	<i>Dreams of the Medicinal Orchard</i>	<i>John Wright</i>	<i>Pavilion</i>
11:00am-12:30pm	<i>Herbs for Diabetes & Insulin Resistance</i>	<i>Kathleen Wildwood</i>	<i>Forest Edge Tent</i>
11:00am-12:30pm	<i>Aromatic Medicine in the Treatment of Respiratory Disorders</i>	<i>Jade Shutes</i>	<i>Yurt</i>
11:00am-12:30pm	<i>Simple Honey Based Ferments</i>	<i>Jo Feterle and Nicki Schnider</i>	<i>Arts and Crafts</i>
11:00am-12:30pm	<i>Herbs and Ceremony</i>	<i>Adela Nieves</i>	<i>Amphitheater</i>
11:00am-12:30pm	<i>Herbs and Health for Nourishment and Fun!</i>	<i>Linda Conroy</i>	<i>Meet at the Mess Hall</i>
11:00a-12:30p	<i>Color Your World With Plants</i>	<i>Kristine Brown</i>	<i>Kids Tent</i>
12:45pm-2:00pm	<i>Lunch Marketplace</i>		<i>Mess hall Marketplace</i>
<i>Session 6</i>			

2:15pm-3:45 pm	<i>Demystifying Herb-Drug Interaction</i>	<i>Erika Galentin</i>	<i>Pavilion</i>
2:15pm-3:45 pm	<i>Reading Your Clients</i>	<i>Micah McLaughlin</i>	<i>Forest Edge Tent</i>
2:15pm-3:45 pm	<i>Womb Wellness</i>	<i>Talitha Johnson</i>	<i>Yurt</i>
2:15pm-3:45 pm	<i>Syrups and Ciders for Cold Care</i>	<i>Heather Mourer</i>	<i>Arts and Crafts</i>
2:15 pm-3:45 pm	<i>Edible Plant Walk</i>	<i>Rachel Mifsud</i>	<i>Meet outside Mess Hall</i>
2:15pm-2:55	<i>Hogwarts Herbology: Infusing Nature Learning with Literature</i>	<i>Sara Evans</i>	<i>Kids Tent</i>
3:05- 3:45 pm	<i>Why Nature is Good for Your Brain</i>	<i>Breezy Barcelo</i>	
	<i>Kids Closing Ceremony</i>		
4:00 pm – 4:30 pm	<i>Closing Ceremony</i>		<i>Pavilion area</i>

Friday

Keynote

Herbalists in Action: Moving into Daily Practice

Guido Masé

I may be biased, but if there's one thing the world needs, it's more herbalists. We approach the world from a different perspective, one grounded in real, personal relationships with our local ecologies. Through stories, recipes, caring and – crucially – working, we help bring joy and well-being regardless of our cultural context, experience, or training. For some of us, stepping out into the world and sharing our passion can be daunting, or fraught with uncertainty: after all, the work we do hasn't always been safe, or free. Let's explore a simple framework, similar across all herbal traditions, for awakening to the wonder of the green world, identifying our allies and alignments, nurturing those connections, and sharing all those gifts with our communities. In so doing, we can build a meaningful daily practice and bring those rituals into the broader culture. More info to come

Friday Evening Classes

The Magick and Symbolism of Herbs used in personal development, dreaming, and tarot

Lottie Spady

We will take a brief look at the history of herbs used in ritual, as talismans, to aid with dream imagery, and in meditation. We will also look at herbal symbolism in tarot and oracle card decks such as The Herbal Tarot by Michael Tierra and Candis Cantin, and the Soulflower Plant Spirit Oracle Deck by Lisa Estabrook. We will discuss using the intuitive nature of herbalism for self-awareness, understanding, and personal growth. We will sample dream elixirs, herbal essences and each participant can make and take an herbal "Personal Power Pouch".

All levels

Ember & Smoke: Incense as Plant Devotion

Inger Brown

Come explore the medicine of smoke. We'll consider the possibilities for creating sacred and intentional space with wild- and hand-crafted loose and compound incense with a regional focus. This class is experiential and interactive, many plants and blends will be sampled over heat as smoke. A base recipe handout will be provided for your continued experiments at home. Feel free to bring any resins and dried roots, bark, leaves, or fruits you'd like to experience and share with the group!

This class is best suited for adults and older children accompanied by an adult. We set fire to things, adult supervision is a must.

Plants of The Poisoner

Andrea Bukiewicz

In this class I will discuss folklore, personal experiences and safe ritual practices of the Solanaceae and Artemisia. This will be a witchcraft focused presentation. My hope is to share the stories of the plants and popular uses throughout the ages, my own stories and connection to these plants, along with my researched recommendation on safe use.

Beginner to Intermediate

A Bitters Cocktail Hour

Lindsey Feldpausch

There are several exciting methods to incorporate herbs into your drinking life. One popularized way to do so is in the form of bitters. In this class, we will explore techniques for blending bitters and discover the art of the herbal cocktails. All the while sipping cocktails (or mocktails) made in class.

Adults, all levels

Sleepytime Potions & Sweet Dream Notions (Kids Class)

Tricia Bellew

Come explore the magickal art of rest and relaxation.

Through the use of herbal teas, aromatherapy, talismans, and melodies, we will discover the many tools that we can use to prepare our mind, body, and spirit, for our nightly journey to the Land of Nod.

Kids Class

Saturday

Saturday Early Morning Plant Study

Kristine Brown

Start your day learning about plants through meditation, sensory exploration, and drawing. In this early morning session we will practice sitting with a plant while reflecting on its energy, learn to listen for details while drawing a plant, and spend time focusing on each plant's botanical uniqueness. Please bring a notebook or sketchbook and a pen or pencil to write and draw with.

The Power of Listening: Person to Person

Linda Conroy

Start the day with a practice of care and listening. People are part of nature and part of the healing equation. This session will introduce participants to a simple compassionate listening and witnessing process that makes room for presence and that is nourishing and healing. Everyone will have the chance to see and be seen. All you need to participate is an open heart and a listening ear. Please arrive a few minutes early to get settled and plan to stay for the entire session. This session does not work well when people are coming and going.

Yoga in the Yurt

Colleen Donahoe

A peaceful and meditative hatha practice with equal emphasis on breathing, relaxation, and yogic exercise, in keeping with the Sivananda tradition.

Saturday Keynote

Ancient Wisdom Healing with Earth's Medicine

Esstin McLeod

Ancient Wisdom, "The Medicine of the Mother Earth" identifies the constant movement of life force, flowing through the seasons of Creation constant energy that changes and so the Peoples move with the flow. Flowing with the seasons becomes an expression of Healing and Health within Ancient Spiritual Wisdoms and practices.

Ancient Wisdom of healing identifies a therapeutic process through a series of phases directed to Plant Therapy and Spiritual Development.

Phases: Reclaiming, Retrieving, Recovering, and Convalescing therefore reestablishing a space for healers, medicine keepers and Spiritual advocacy.

Ancient wisdom teachings instruct us to overcome and trust who we are, to overcome the stigma that is attached to self made labels and finally believing the different approaches of healing. The Wisdom teachings identifies our perception that as healers our ways of traditional healing creates a belief in the Wisdom of who we are, that our existence goes beyond our human boundaries.

Practicing and formulating healing methods by applying Earth's medicine, and reformulating new understandings for Healers, we move in the direction to support and develop new initiations for the future healers of today.

Session 1

Practical Details in Herbal Product Making: Managing Your Specifications and Process Records

Guido Masé

In this class we will take a deeper dive into the technical and regulatory details of herbal product making. The first part of the class will cover what is meant by raw material and component specifications; then, we will move to documenting the processes that take those components and turn them into packaged herbal medicine; and finally we will cover finished goods specifications and how to check and see if they are met after manufacturing is complete. Together, these form the heart of GMP compliance – and are achievable goals even for the small-scale manufacturer.

Intermediate/advanced specifically for herbal product manufacturers or those with interest

Bodywork and Herbs: Sharing an Oil Blend and More

Briana Wiles

As a bodyworker of Structural Integration (Rolfing), a Massage Therapist, and as an herbalist, Briana has blended her works and discovered what herbs really work. In this class we will discuss the use of infused herbal oils as topical preparations. Learn how to make herbal oils with fresh or dried herbs. Discuss combining them in ways that truly make a spasm stop or help to correct a stubborn spine. We will cover herbs for pain relief, inflammation, structural support, spasms and circulation promotion and more. This class will also cover uses of tinctures, liniments, and smoking blends to help relieve muscular tension, and bring more ease into the body.

All levels

Integrating Ethics

Linda Diane Feldt

It is a great time to talk about ethics. The ethics of Wildcrafting, ethical boundaries and consideration when working with clients, ethical business practices, working with legal requirements in an ethical way. Simple questions are actually complex such as: is it ethical to diagnose, prescribe, and then sell a remedy or herb to a client? What are the consequences of confidentiality? What ethical behavior do we want to model in the field? Why is pro-bono work important?

All levels

Introduction to Astrological-Herbalism

Alexander Weyer

This class will begin with a fundamental overview of the tenets of Astrology including the idea of Energetic Correspondence or Sympathies. We will go on to explore the basic elements of a Natal Chart including the Elements, Modes, Planets, Signs, and Houses all gearing up to demonstrate how the Practicing Herbalist can begin to integrate these systems in order to enhance and deepen their Herbal Craft. With a little bit of familiarity of an Astrological Chart, I will then enable the class with the ability to begin Planting, Harvesting, Preparing, Formulating, and Administering in accordance with the desired Astrological timing so as to cultivate the most potent energy available within their Medicines.

Michigan Botany Walk

Amanda Klain

Walk and explore the woods with Amanda where she will teach the basic botanical terms and characteristics used in plant identification. She will demonstrate how to use a key to identify species in the field. Her focus will be on native species of Michigan and she will talk about how to use habitat guidelines to expect and look for certain species and discuss plant diversity.

All levels

Kids Natural Building

Deanne Bednar

In this hands-on class, we will explore constructing with natural materials, by co-creating a "Twig-loo" (a shelter made of sticks) that we can climb into. Together we will learn the art of lashing knots, do some weaving & decorating, and perhaps even try our hand at a cob-style fairy house (or frog home) made out of the earth. The fun will be in the doing!!

Kids class 1st half

Insects in the Garden

Nicki Schneider

Insects (and other invertebrates) play a very important role in the garden ecosystem. In this class, community herbalist Nicki Schneider will introduce some of the many insects you may encounter including pollinators, pests and other invertebrates like spiders!

Kids Class- 2nd Half

Session 2

Medicinal Mushrooms for Optimum Health

Kristen McPhee

During this class, participants will learn about the mushroom life cycle, taxonomic classification, and key constituents. Participants will also learn indications and applications of the most researched medicinal mushrooms as well as those specific to our bioregion. Medicinal mushroom preparations using specific solvents for optimum extraction will also be discussed.

Intermediate

Digestive Disorders, Gut Biome and Botanical and Functional Medicine

Part 1 of 2 part class

Althea Northage-Orr

This is a three hour intensive designed for herbalists from beginners to more advanced practitioners in which we will look at the new and emerging information about the profound impact that gut health has on all systems

of the body. We will talk about gut dysbiosis, auto-immune gut disease and the more common digestive disorders that are frequently encountered in practice. We will look at botanical and nutritional strategies to both heal and support those with digestive disorders.

All levels.

A Reflection of Wholistic Health, Mental Health and Plant Therapy

Esstin McLeod

This session will assist the learner with putting into perspective the connection between Plant Therapy and mental Health from a Wholistic health framework Plant therapy can be used when dealing with mental health issues that affect daily living. Seasonal strategies can be developed enabling individuals to live a more focused lifestyle with plants remedies calming an over active thought process, learning to identify what is of the good mind and how we can use different remedies and strategies to maintain a more focused lifestyle.

All levels

Blending Oil and Water: DIY Herbal Creams

Lynn Abbey-Zukowski

This experiential class will be an adventure in learning to make herbal creams for your own use. Creams can be a little more challenging than some other herbal preparations, because the oil and water need to combine in an emulsion. We will talk about when to use creams, how to infuse oils, what herbs to use, choosing and combining water and oil-based ingredients, emulsifiers and preservation. Participants will take home a cream we make together from a basic recipe and will leave with ideas for making their own creams.

All levels

One Plant, Many Uses

Ginny Denton with Jess Kreuger

Join Ginny and Jess to explore the offerings and teachings of single most spectacular tree: White Pine. We'll take the slow road and further our understanding of one very accessible and medicinal tree. We will discuss identification, actions, energetics, useful preparations and taste some piney medicines. The format of the class is suited for very new beginning plant folx as well as those seasoned in the craft (always something to learn!) We hope you join in with your White Pine stories!

All levels

Invasive Plant Foraging Walk

Greg Monzel

As herbalists and foragers, we must balance conservation of sensitive plants and habitats with our communities' needs for good quality foraged foods and herbal medicines. One approach we are fond of is making maximum use of so-called invasive plants to help control their spread while making a harvest. Some of our favorite forages Greg will highlight include autumn olive, Japanese honeysuckle, burdock, Japanese knotweed, tree of heaven, garlic mustard and ground ivy.

All levels

A Mini Walk Through the Four Temperaments

Angela McElroy

Some children are "easy." They are predictable, calm, and approach most new experiences in a positive way. Other children are more "difficult", not able to manage their emotional experiences and expression with ease. When a child's personality doesn't quite fit or match that of other family members, it can be a challenge for everyone. Of course, no child is one way all the time, but each has his own "usual" type.

By helping children become aware of some of these characteristics of temperament, they are able to better understand themselves, siblings and friends and begin to appreciate uniqueness, and deal with problems that may lead to misunderstandings and conflicts.

Using Equine therapy and herbs, kids will get a hands on approach to learning how animals can help us be aware of our emotions, and when feeling a little off, what herbs can help bring them back into balance.

Kids class

Session 3

Herbal Medicine in Cancer Therapy: Managing an Integrative Protocol

Guido Masé

Botanicals have an important role to play for the cancer patient. Their primary strength is helping to improve quality of life, lessen the chance of infection, and protect vital organs when taken alongside conventional treatment. But questions often arise: what are the potential interactions with modern treatment? What herbs have the best track record, and at what dose? What effects can herbs have in hormone-sensitive cancers? We will work through these questions and review current research to help highlight safe and effective use, and reinforce the idea that herbal medicine isn't just helpful – it is an essential component of the cancer patient's support plan.

Intermediate to Advanced

Digestive Disorders, Gut Biome and Botanical and Functional Medicine- Part 2 of 2 part class

Althea Northage-Orr

This is a three hour intensive designed for herbalists from beginners to more advanced practitioners in which we will look at the new and emerging information about the profound impact that gut health has on all systems of the body. We will talk about gut dysbiosis, auto-immune gut disease and the more common digestive disorders that are frequently encountered in practice. We will look at botanical and nutritional strategies to both heal and support those with digestive disorders.

All levels.

Making Room for Death:

A shifting awareness for living and herbs for the journey

Tracy Mangold

What experiences have shaped your feelings, thoughts, views on death? We will share and explore attitudes from our cultural upbringings and discuss some of the history that has shaped the "Death Trade" of today. We

will learn about bringing the funeral parlor back into our homes and how caring for our dead can support the living and the grieving process in a healthy way. I will share legal aspects as well as support systems in regional states. Herbal allies to care for the body, caretakers and all those walking with grief will be discussed.

All levels

Oxy-Melding: exploring the creative potential of herbs, vinegar and honey

Kyle Denton

I intend to teach this as a part class, part workshop. The first part of the presentation will review what an oxymel is, in which ways that it may be useful, etc. I will go over some common herbs that are found in oxymels, and go into the constitutional energetics to compile a formula for the right person and condition. I will follow with a sample test for the audience using different extraction methods. Ex: here is elderberry that was in apple cider vinegar, here in balsamic, here heated, here, cold extract for 6 weeks, here in honey, etc. Then the last half hour of the class I can guide through the process from beginning to end. If I have the capabilities and kitchen space, everyone can take part in this so they can bring something home.

All levels

Nativie Herb Walk

Erika Galentin

Learn to identify common and not-so-common native medicinal plants. Key Thomsonian and Physiomedical uses for native flora will be discussed. Identification, propagation, harvesting, and clinical use will all be covered.

Splish Splash Mouth Bath

Leslie Alexander

This class is a time for kids to make a tooth powder and get excited about oral care! Odds of overall vitality improve when sound oral care techniques are adopted early in life. We'll be exploring how to care for the mouths of young people, sampling preparations and even making a few. We'll work toward creating tasty, enjoyable herbal preparations to care for the mouth. Of course, teaching children and young people to care for their mouths, we're greatly affecting their overall health and wellbeing too. Important stuff. Come and check it out!

Kids class 1st half

Herbal Food Exploring

Janice Marsh-Prelesnik

Let's be creative in the kitchen and learn about wild edible plants that can be added to common foods. What herbs can be added to hummus that tastes good? What about making edible play dough; which herbs could be added? Let's make an herbal smoothie. Yum, come hungry with your sleeves rolled up!

Kids class 2nd half

Sunday

Sunday Early Morning Plant Study

Kristine Brown

Start your day learning about plants through meditation, sensory exploration, and drawing. In this early morning session we will practice sitting with a plant while reflecting on its energy, learn to listen for details while drawing a plant, and spend time focusing on each plant's botanical uniqueness. Please bring a note book or sketch book and a pen or pencil to write and draw with.

The Power of Listening: Person to Person

Linda Conroy

Start the day with a practice of care and listening. People are part of nature and part of the healing equation. This session will introduce participants to a simple compassionate listening and witnessing process that makes room for presence and that is nourishing and healing. Everyone will have the chance to see and be seen. All you need to participate is an open heart and a listening ear. Please arrive a few minutes early to get settled and plan to stay for the entire session. This session does not work well when people are coming and going.

Yoga in the Yurt

Colleen Donahoe

A peaceful and meditative hatha practice with equal emphasis on breathing, relaxation, and yogic exercise, in keeping with the Sivananda tradition.

Session 4

Becoming a Practicing Herbalist

Micah McLaughlin

It can feel frightening and overwhelming to move from being an at-home herbalist to starting your practice. In this class, we'll explore possibilities in forming a business that meets your own unique needs and how to avoid the pitfalls of many startup practices. Understanding your goals as a person is the first step in launching your herbal practice. This class will be useful for those asking questions like "What kind of business do I want to create?" and "Is this business I created really serving my community and the life I want?"

Intermediate to Advanced

Practical Chemistry for Herbalists

Leslie Williams

Chemistry can be useful and fun! Which carrier oils permeate the skin and which ones create a barrier on top of the skin? When do you add 10% vinegar or glycerin to a tincture? How do you decide for yourself what percentage of alcohol to use and how do you make oxymels in a hurry with good shelf life, good taste and several different herbs? How can we best work with alkaloids, enhance bitters, combine flavors for specific effects on digestion and assimilation? How can we make time release herbal formulas? Chemistry makes sense when it involves real herbs we know and grow. This workshop will involve lots of samples, tastings, local trees

and herbs charts and resource lists.

Terpenes, Alkaloids and Phenols, oh my!
An introduction into Secondary Metabolites
Lindsey Feldpausch

In this class we will dive into the world of secondary metabolites. These captivating chemical creations are metabolized by plants, for a variety of reasons, many of which we can only speculate. While we may not understand exactly why they are made, we do know that many contribute great medicinal properties to the herbs that we utilize and have fascinating effects on the human body. The emphasis of this class will be an introduction to phytochemistry, focused on gaining a greater understanding of secondary metabolites.

All levels

Intermediate to Advanced

A Midwife's Guide to Addressing Nutritional Deficiencies During Pregnancy
Andrea Bukiewicz

In this class I will be discussing what basic prenatal care of an herbalist midwife looks like, how to navigate the different body systems to treat ailments related nutritional deficiencies and a plant and food based regimen for health concerns in pregnancy.

All levels

Ecology & Ethics for Wildcrafters and Foragers
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 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. The class will start out as a lecture-style and proceed into a plant walk at the end of the class.

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

Yoga and Dance
Colleen Donahoe

Kids class 1st half

Foraging Fun: Tasting Trees, Weeds and Bugs
Colleen Donahoe and Greg Monzel

Colleen will lead the kids in plant centric ice-breaker/team building/warm up yoga and dance activities, and then Greg will take over and lead a foraging focused nature walk with plant (and bug) tasting.

Kids class 2nd half

Session 5

Dreams of the Medicinal Orchard

John Wright

What does our own personal garden of Eden look like? Can we grow the diversity of medicinal herbs we need for our practices in the microspace of a backyard, or a large farm? How can we integrate the trees and shrub medicine we want to grow locally with the other herbs in our gardens? We hope to answer these questions with a technique called forest gardening. In designing a forest garden we can think of the plants occurring in layers as they do in the forest. As gardener herbalists we find ourselves wanting to grow herbs and mushrooms that may fit into all the layers of the forest. Forest gardening gives us tools for the ecological cultivation of a diversity of 'wild quality' herbs with the benefit of increased disease and pest resistance, soil creation, improved habitat for many species and reduced water and fertility needs over time.

Herbs for Diabetes & Insulin Resistance

Kathleen Raven Wildwood

There are common, local herbs which are excellent for preventing and treating Type II Diabetes and the pre-diabetic condition of insulin resistance. The focus of this talk will be on using these herbs to help stabilize blood sugar, improve energy and prevent progress of the disease. We will also cover the five most effective food and lifestyle practices which can measurably reduce insulin resistance, as well as local herbs for some of the complications of diabetes such as peripheral neuropathy, incomplete wound healing and kidney problems.

Intermediate

Aromatic Medicine in the Treatment of Respiratory Disorders

Jade Shutes

Throughout our time together we will explore the role of essential oils in supporting health and wellness of the respiratory system as well as how essential oils rock when it comes to respiratory infections. You will learn about a handful of essential oils and their therapeutic effects. Methods of application from suppositories to personal inhalers will be discussed along with appropriate dose recommendations and safety concerns.

7 Essential Oils with an affinity to the respiratory system

Antimicrobials / Expectorants / Immune Support

Lower respiratory tract infections and the use of suppositories

Upper respiratory tract infections: steam inhalations, diffusion

Simple Honey Based Ferments

Nicki Schneider and Jo Feterle

Jo Feterle and Nicki Schneider have been working together and experimenting with various ferments based on honey. Making mead and herbal sodas have become an fun pastime for us and we enjoy tasting and sharing what we've created. While many find fermentation scary or even not very appetizing (who doesn't love sauerkraut?!) a homemade, fizzy, fermented soda is always a winner. For this class, we would like to share our

experiences, walk through a basic fermented soda and mead and offer samples of our various creations.

All levels

Herbs and Ceremony

Adela Nieves Martinez

For most of history, herbs have been used in healing ceremonies, as spiritual medicine, and therapy for the soul. In this workshop, we will discuss *limpias* (traditional herbal cleansings), folk knowledge of the ancient art of *Curanderismo* (Mexican Folk Healing) and *Community Healing: Espiritismo* (Spiritism), one of the indigenous healing systems of Puerto Rico. We will create our own small ceremony and be in direct practice with the herbs.

All levels, all ages.

Herbs for Health, Nourishment and Fun!

Linda Conroy

Join herbalist, forager and wild food aficionado Linda Conroy for this fun and inspiring stroll. As we visit the plants that grow around us, we will focus on weaving them into our lives as allies for health (optimizing their nutritional value), everyday medicine, and other creative endeavors that can enhance our lives and bring smiles to our faces!

Color Your World with Plants

Kristine Brown

Plants have long been used in many ways...from food to clothing to medicine to paper. In this workshop, we will play with another aspect of plants, using them as dyes for fabrics. In this class we'll turn ordinary fabric into extraordinary colors using only natural plant dyes. Each child will get to take home their own plant dyed handkerchief.

Kids class

Session 6

Demystifying Herb-Drug Interactions

Erika Galentin

Many people get very frightened when they think about herbs and drugs interacting with each other. Some even may feel defensive about the idea that pharmaceutical medicine so easily puts herbs in the hot-seat. In this class you will be introduced to the means by which herbs and drugs may interact with each other, for better or for worse. We will cover basic pharmacological mechanisms of herb-drug interactions, as well as cover concepts such as the use of herbal adjuvants. Most importantly, participants will learn basic skills for easier interpretation of scientific research behind these interactions in order to discern their clinical relevance.

Intermediate to Advanced

Reading Your Clients

Micah McLaughlin

From the first email to the handshake, everything your client does or says reflects the way that they show up in life. As practitioners, it's crucial that we take this information in and allow it to inform herbal and lifestyle suggestions. It's our job to not only provide an effective program, but to align it to our client's patterns, quirks, mannerisms and, ultimately, their constitution. Learn how to co-create a program that is simpler and easier for them to follow and gets better results by learning to read your clients.

Intermediate to Advanced

Womb Wellness

Talitha Johnson

This session will be on menstrual flow, and ways to help regulate the natural flow of life. Participants will learn how to ask the right questions from themselves and consultees, explore unique approaches to help regulate “the flow”, unblock stuck energy (i.e., cramps), and overall womb wellness.

All levels

Syrups and Ciders for Cold Care

Heather Mourer

In this 90-minute interactive workshop, participants will learn about a few “basic needs” going into cold and flu season. Together, we’ll prepare elderberry syrup and fire cider, taste and talk about other preparations and discuss appropriate ways to use different herbs for different constitutions and symptoms. Everyone who attends will take home a zine filled with recipes and resources.

All levels

Edible Plant Walk

Rachel Mifsud

This walk will focus specifically on plants and plant parts that are edible. We will talk about how to identify 5-8 plants and we will discuss methods of harvest, preparation, and use.

All levels

Hogwarts Herbology

Sara Evans

Infusing nature learnings with literature is fun for all ages! Herbology, as is studied at Hogwarts, is a traditional magick that compliments all of the other disciplines. Young or young-at-heart fans of the Wizarding World can join me in some fun experiments inspired by the Magick of beloved stories.

Kids class, 1st half

Why Nature is Good for Your Brain

Breezy Barcelo

Taste honey, smell flowers, and feel the grass on your toes. Watch the clouds, and listen to the birds! Did you know that your brain loves the earth and her beauty? When you use your senses to explore nature, your brain sends you messages to be happy and healthy. Let's try it out and learn how it works!

Kids class, 2nd half

Closing Ceremony