



OVER 140 NEVER-BEFORE TAUGHT CLASSES - BY OVER 70 LEADING-EDGE TEACHERS

These Plant Healer events are constantly evolving, the range of class topics expanding and diversifying as our understanding of what constitutes "healing" – and what all needs to be healed in these crazy toxic times – continues to deepen. Outside the constraints of normal professional herbalism, Medicinal Plants intersect with nature awareness and conservation, justice and diversity issues, the treatment of trauma, the challenging of the status quo, movement and lifestyle, adornment and celebration. Together we are doing the mighty crucial work of becoming our most authentic selves, heeding our calling, following our hearts, and helping to shift the culture from one of acrimony, imbalance, and dis-ease, to one of relationship and responsibility, healthy divergence, and downright delight!

This year, there are more classes, covering a wider range of topics than ever before, as an increasing number of eclectic, youthful, unusual, or unusually driven teachers are attracted to the Plant Healer community and its mission of personal empowerment, inspiration, liberation, and activation.

With up to 12 simultaneous classes in each of the many time slots, you will likely want to make a list prior to the Confluence of those which will best inform, stretch, and propel you on your personal healing path.

**FULL CLASS DESCRIPTIONS FOLLOW BELOW -
ORGANIZED BY TEACHER LAST NAMES IN ALPHABETICAL ORDER**



Sarah Baldwin

Herbs For Heartache & Breakups

(1.5 hrs)

Throughout the ages, romantic love has been a bearer of both soaring joy and bottomless sorrow, exquisite pleasure and unbearable pain. When the sweetness of love turns sour or is cut short, we often experience heartache, heartbreak, grief, sadness, anger, and perhaps even a dark night of the soul. This class will focus on herbal allies that can help us navigate the complicated web of breakups, separations, and troubling relationship scenarios. Of course, there is no cure for a broken heart, but there are plants that can help us get through the experience with greater ease. We'll explore plant allies that can help ease the acute grief we feel in the emotional and physical heart, as well as plants that assist in releasing chronic or stagnant grief in the lungs. We will also look at plants that can help us attain the strength to cut energetic cords, reclaim our own identity, and gain emotional distance from relationships that are toxic, unhealthy, or simply no longer serve our highest good. We'll also explore plants that support conflict resolution and ease emotional turmoil for times when we have to deal with external things like dividing possessions and changing our place of residence. We will also spend some time covering deep issues that relationships stir up within us, like guilt, resentment, and crisis of identity. Above all, this class will honor and celebrate the strength and tenacity of the human spirit when going through experiences that cut us to the core and challenge us deeply.

Wild Foods For Wild People

(1.5 hrs)

You are what you eat. We've all heard the old adage, but this is one saying that is true in the literal sense. The food we consume becomes the very molecules of our being. So, which would you rather be -- domesticated or wild? Wild foods have a special, vibrant energy straight from the heart of Mother Nature that is imparted to us when we consume them. Eating wild foods makes for wild folks -- it is a way to reconnect with our primal roots while also maintaining vibrant health. By eating the strongest, most resilient and abundant plants, we become stronger, more resilient, and more abundant ourselves.

Following the wise woman tradition of herbalism, incorporating medicinal weeds into our food is part of a healthy lifestyle, and it helps us get out of the paradigm of simply using plants like drugs to address symptoms. Wild plants are chock full of nutrients, vitamins, and minerals so that we can nourish ourselves using whole foods. Why take countless supplements when we can get optimal nutrition from foods found abundantly in nature? Wild edibles support our health from the ground up and are a great way to side-step conventional food and monetary systems while connecting with nature at the same time. Come and learn about a variety of wild and weedy edibles that also have medicinal and nutritive properties, as well as some yummy recipes and ideas for how to enjoy them.

Jory Barnes

Movement:

Qi Gong For Cultivating Connection to The Green Spirit of The Earth

(1 hr)

Qi Gong is the art of cultivating qi or energy by one's own effort. This Friday and Saturday morning class will take participants on the journey from basic energy awareness present within themselves to energetic exchange and communication with the green world of plants. We will be working on a simple set of movements designed to bring balance and wellbeing to the body, mind and spirit. From this place of balance we will work on extending our energies out to the plants around us to come into a mutual beneficial communion. These techniques can be used also to help grow and create more potent medicine for both the people and the planet.

Rachel Berndt

Zero Waste Herbalism

(1.5 hrs)

Practicing herbalism can be wasteful, but it doesn't have to be! This class will consist of discussion and exploration into practicing herbalism with more intention, practicing with consciousness of the waste that can be involved both physically and mentally. During this class we will discover how to utilize the abundance that your own bio-region naturally provides you, those herbs that grow wild or that are easily cultivated in your region. We will discuss combining these herbs with other local ingredients (honey, brandy, vodka, etc.) to create effective herbal remedies that are low cost (or free!) We will also discuss herbs that are easy to find or grow throughout most of America that are useful in place of exotic herbs. Shifting your practice to focus on the use of the herbs that are free in your yard or in the woodlands down the street not only creates less physical waste (no packaging, no plastic, no shipping) but it also creates more profound learning experiences and more potent remedies, allowing you to waste less in a much deeper sense. The goal of this workshop is that each participant leaves feeling empowered and excited to connect with the plants in their own bioregion, that they feel how approachable the art of herbalism really is, and that they begin to be more conscious of the ways in which they can create less waste mentally, energetically, and physically, while practicing herbalism.

A Sensory Exploration Into Herbal Actions, Energetics, & Tastes

(1.5 hrs)

Immerse your senses into the art of herbalism! During this hands-on workshop we will explore the concepts of herbal actions, energetics, and tastes through utilizing our sensory perceptions. We will compare a handful of different herbs and will experience them through tasting, touching, smelling, and visual observation. After our sensory exploration we will discuss what our findings indicate. The concepts of actions, energetics, and tastes are some of the most important concepts to understand when practicing herbalism. Without a deep understanding of them, herbalism can feel like a complicated mystery and a guessing game. Through sensory exploration one can more efficiently and accurately learn about these concepts. It is endlessly fun and immensely empowering to be able to learn so much about a plant simply by using our senses. There is a part of this way of thinking that is different from "normal" thinking, or the type of thinking we are used to. The goal of this workshop is to get participants thinking about herbalism from a sensory perspective, to teach them how they can learn from the plants through their senses, and to introduce them to the important concepts of actions, energetics, and tastes. If you have ever wanted to know how to learn from the plants themselves, this is the workshop for you!

Bonus Sunday Class:

Natural Beauty: A Paradigm Shift

(1 hr)

Beauty lies within all of us, it is innate. Every baby is beautiful! We live, however, in a culture that promotes false beauty and promotes the notion that we must change what we look like in order to be beautiful, especially through unnatural methods. We don't need to change how we physically look to become beautiful - we can radiate our own natural and unique beauty through being conscious, kind, loving, and confident, and we can foster these qualities through the support of our herbal allies! During this class we will expand our cultural idea of what beauty is. We will discover how closely linked our mental and physical states are, and will explore the ways in which we can use natural methods to create real beauty. When one feels confident in themselves and loves themselves, they want to take care of their body too, and so we will also be discussing several herbs that can easily be incorporated into daily life to support general wellness. Beauty, health, and confidence are very closely connected and this class will address how to cultivate these qualities in great amounts from the inside out! This workshop is for everyone.

Katrina Blair**The Wild Wisdom of Weeds**

(1.5 hrs)

Welcome to the wild wisdom of weeds. I am honored to introduce you to some wonderful wild plants that contribute towards the regeneration of planet earth while at the same time support the optimal health for humanity. These wild plants grow abundantly, are easy to find and often considered as weeds to society.

A few of my marvelous green friends include: Mallow, Purslane, Plantain, Amaranth, Lambs Quarters, Dandelion, Thistle, Curly Dock, Clover, grass, Knotweed, Chickweed and Mustard.

These special plants are found not only in and around Durango, Colorado but they are also found everywhere on the globe next to human civilizations. They follow our footsteps impeccably. As humans we create the perfect niche for them to grow well due to our expert skills of disturbing of land and compacting soils and they provide us with free food and medicine wherever we go. Nature has evolved these wild plants to be in a symbiotic relationship with humans.

Whether we are based at home or find ourselves traveling, these wild plants can help each of us maintain a state of optimal health with minimal cost and effort. Each one represents a sustainable food source as well as an extensive medical pharmacy and first aid kit.

These plants are our guides to connect more deeply with our sense of place. They are adapted perfectly to our local climate, altitude and terrain. When we ingest them, their wisdom and integrity become a part of us on a core level. They teach us how to maintain vitality, build interconnectivity and adapt to change. Integrating these wild plants into our daily practice provides a path of simple abundant living that can lead to a feeling of deep trust and a sense of belonging. As we utilize them, they continue to give back in countless ways to the health of our bodies and integrity of our home on earth.

While at the same time they are supporting our personal optimal health, they also are providing nectar and pollen for the honey bees and wild pollinators and helping regenerate disturbed and stressed lands. With their

deep taproots, they aerate and break up compact soil, which increases earthworms and other microorganism activity underground. Their leaves compost each year, which builds topsoil and ultimately increases the fertility of the land. By simply appreciating what is growing under our feet, we have access to improving the quality of life for all beings on a local and global level.

These wild edible and medicinal plants have the potential to not only support our survival amidst rapid global changes occurring in our natural environment, but to even help us thrive in this unique modern time. Join us in the movement helping our local cities and towns transition into organic land stewardship and reduce the synthetic chemicals and herbicides used on public spaces. Together let's celebrate these plant heroes of our time and support greater quality of life for all beings here on earth.

Hands-On Demonstration Lab:
Homemade Body Care: Botanical Shampoo, Lotions & Toothpowder
(1.5 hrs)

The Homemade Body Care class will introduce you to the simple ways nature can support our health, beauty and personal care. We truly ingest whatever we place on our skin. Our skin is one of our biggest organs that absorb the products that we put on it. Instead of buying commercially made products that can lead to pollution of our earth's resources such as shampoo, lotion or toothpaste in plastic single use containers, we will learn how beneficial it is to offer your skin fresh healing plants right from the earth. Together we will be making hands on recipes from the wild plants growing nearby. We will all sample some of the recipes that we create. Our recipes include homemade shampoos, lotions, and toothpowder.

The healing herb lotion will be made with mallow greens, aloe vera, comfrey leaves, plantain leaves and or Calendula flowers, coconut oil and essential oil. Mallow rehydrates, reduces inflammation and support integrity of the skin. Calendula regenerates skin tissues, supports circulation of the skin cells and improves healing of wounds. It also protects against the skin irritation from solar radiation. It also helps heal sun spots. Aloe Vera offers itself as a powerful soother, healing and moisturizing ingredient especially if used fresh. Comfrey is a strong healer to the skin and bones and plantain strengthens the integrity of the skin, drawing out toxins and healing wounds.

The intelligent shampoo is made from mallow water, flaxseed soak water, Lambsquarter roots, Yucca Leaf, Aloe Vera and essential oil. Mallow supports the scalp's health by maintaining hydration of the skin and preventing dry flakes or dandruff. Yucca is a natural source of saponins which acts as the sudsing agent in shampoo. Aloe Vera is a soothing plant that eases dry skin, and regenerates hair growth. Placing wild plants on your head also makes you smarter!

Our toothpowder supports the strength and health of the teeth. It is made from horsetail, clay, mint oil, water and Kelp powder. Horsetail gently scours the teeth, cleaning them of any left over food, plaque or debris. Horsetail is a rich source of silica which the body absorbs and re-deposits in the teeth for rebuilding enamel, the bones and hair. The clay draws out and absorbs the excess fluids from stagnant tissue prone to infection or irritation and sustains healthy gums. The Kelp seaweed is a source of trace minerals supporting the teeth's long term strength and integrity. Cavities tend to occur when the body is deficient in minerals. Using Kelp in the toothpaste as well as eating seaweeds on a daily basis will help prevent decay.

Larken Bunce

Earth, My Body: Somatic Practices For Herbalists

(2 hrs)

We are the Earth and the Earth is us. We are our bodies and our bodies are us. Yet, many of us experience a sense of separation, a severing even, in our relationships with the living Earth body and with our own physical selves. Some of us, on the other hand, find ourselves acutely sensitive to the slightest sensation, and to every threat, painfully aware of the ongoing wounds to our own bodies and to the larger ecological body of which we are all a part. Some of us straddle these experiences, overwhelmed by the shifting and unpredictable nature of our experiences. Drawing tools from the fields of somatic psychology and trauma studies, this will be an experiential class intended to share a variety of practices for helping us relate to our bodies in new and hopefully, healing ways. Time will be dedicated to practices that ground and focus attention on the body, as well as those that allow for less attention to bodily sensation, acknowledging that support looks different for everyone. We'll explore practices that are easy to apply within a consultation or to teach folks to use on their own. Of course, plants are supreme mediators of our embodied experiences and so we'll also consider a handful of herbs to support each practice through direct and subtle actions on our bodies and hearts.

Demystifying The Pulse: Traditional Assessment For Western Herbalists

(2 hrs)

Traditional assessment methods, such as reading the tongue, face or pulse, are invaluable doorways to the inner terrain, giving us clues about qualities such as moisture and heat, as well as a sense of tension and overall vitality. We can also gain entry into the psychoemotional world of the client, allowing insight into a person's world view and perceptions, as held in and expressed through the body. Assessing the pulse is especially useful for understanding the state of the nervous and cardiovascular systems, but also serves as a microcosmic mirror of all of the organs, as well as a person's integrated function. Perhaps most profound is the opportunity to listen in to the Heart-stories carried in the Blood, our ancestral inheritance, our earliest experiences, our current fears and dreams which all course through us, shaping the behavior of every cell and directing our patterns of perception and response. We'll learn some theory and then spend time practicing together, including selecting herbs based on what we feel. We'll address the potential for accessing information through entering another's heart-field and the therapeutic value of intentional touch and presence which can be a fortunate "side effect" of pulse assessment. This class is meant to demystify pulse for beginners and to deepen understanding for folks with some knowledge. Come, bear witness, and share the story of your Heart.

Sunday Hands-On Workshop Intensive:

Laying on of Leaves: Topical Herbalism for Pain, Injury, Fatigue & Stress

(2.5 hrs)

Applying bruised or crushed leaves, flowers and roots directly to the body in the form of a poultice is one of the oldest and simplest forms of medicine. More refined compresses, soaks, liniments and oils can also do wonders. Topical herbalism works well alone or in combination with internal remedies in all kinds of acute injuries, as well as chronic conditions involving pain or spasm, including soft tissue and bone injuries, bruises, nerve pain, back pain, joint pain, and muscular cramps (skeletal, respiratory, digestive and uterine). Infections and fevers, even fatigue and eye strain, respond well. Topical preparations are quite safe—there are rarely contraindications. Kids love them, and they're a great way for everyone to form direct relationship with

medicinal plants. You'll get instructions and recipes and experience a number of preparations first-hand, with emphasis on relaxing, rejuvenating and inspiring.

Juliette Abigail Carr

Home Herbalism I: Weaving Together The Patterns of Herbs

(1.5 hrs)

How do we pick the right herb for the moment we're living in, given the limitations of the home apothecary? Climbing out of the trap of "this herb for headaches, that one for cough" allows the Home Herbalist to reach the next level of understanding that can be seen from the corner of your mind's eye, but is still outside your grasp. Critical thinking allows us to move fluidly within an organizational framework to understand top-down pattern recognition, using Herbal Actions, Specific Indications, & Energetics to choose the most appropriate herb, along with the ability to flex and substitute herbs on hand. Discussion & hands-on practice help us synthesize our pattern recognition skills. We will take this home-focused exploration of patterning even further in Part 2: "Patterns of Problems: Contraindications & Drug Interactions."

Home Herbalism II: Patterns of Problems: Contraindications & Drug Interactions

(1.5 hrs)

Join us to create a map to navigate the labyrinth of herbal contraindications and drug interactions. We will use pattern recognition and critical thinking skills to explore this complex topic, an intimidating frontier for many home herbalists and folk herbalists. Discover which groups of herbs may be problematic when used in certain physical conditions or combined with specific classes of medications. We will also discuss the strength of the evidence and how to look deeper to make appropriately judicious choices; for example, there is an enormous difference between Cotton Root and chamomile in pregnancy, and yet both are contraindicated. How do you know which rules to bend, and which to honor? This class can certainly be taken alone, though its concepts are introduced in detail previously in "Weaving Together the Patterns of Herbs."

Hands-On Demonstration Lab:

Home Herbalism III: The Art of Formulation

(1.5 hrs)

Building elegant formulas can be a challenge, especially for the home-based herbalist. You don't need to be a clinician with letters after your name to learn to channel your creativity into effective, useful, deliciously perfect formulas! There is no need to throw in everything but the kitchen sink when you use this simple organizational framework to guide your personal wizardry. Discussion & hands-on practice help us synthesize our formulation skills. This class can certainly be taken by itself, but it does build on concepts discussed previously in "Weaving Together the Patterns of Herbs."

Betsy Costilo-Miller

Fantastic Flavonoids & Where to Find Them

(1.5 hrs)

This class will explore one of the most prevalent phytochemicals in herbs and foods- the wonderful flavonoids. We will explore their molecular structure, function in plants, and physiological effects in the human body, as well as look at pharmacokinetics and extraction methods. We will also take a look at some of my favorite flavonoid-rich plants, including cacao, baical skullcap, bilberry and hawthorn.

It's Vagus, Baby!:
The Vagus Nerve & Brain-Gut Communication
(1.5 hrs)

Unlike Las Vegas, what happens in the vagus nerve doesn't stay in the vagus nerve. The impact of this parasympathetic innervator extends throughout our entire physiology, exerting particular influence over lung, heart and gut function. This class will look at the anatomy & physiology of the vagus nerve, and how its tone (or lack thereof) impacts a range of processes, from how we respond to stressors to the formation of memories. In particular, we look at the intricate communication network between our brain and gut, facilitated by the vagus nerve (like a super awesome tin can phone), and the marvel that is the enteric nervous system.

Caty Crabb

Starting Your Clinical Practice:
Transitioning From Herb Student to Practicing Herbalist
(1.5 hrs)

How do you make the jump from herb student to successful clinical herbalist? This transition can be daunting, yet there is a need for more great practicing herbalists! There are so many issues, both practical and ethical, that we need to be talking about to help make this transition more realistic. Caty Crabb is a successful clinical herbalist who has been running a thriving practice for over a decade. She currently works regularly with over 100 clients, makes all of their medicine, and grows many of the herbs on her farm in Southeast Ohio. In this class, Caty will share her own story and offer advice to help aspiring clinical practitioners become effective practicing herbalists. How can you create your own advanced education in order to acquire the variety of skills, experience, and confidence you need to be a well-rounded practitioner? How can common mistakes be avoided? What ethical considerations need to be addressed? How do you know when you are ready to practice? This class will be a combination of lecture and discussion format where we will cover all of these issues and more. Come with your own questions as well!

Hands-On Demonstration Lab:
Percolations: Advanced Medicine Making
(1.5 hrs)

Come and learn an advanced technique for making high quality tinctures! Percolation allows you to make stronger medicine from dry plants in much less time than other traditional methods. The process is one you really need to see, rather than just read about, in order to start doing it yourself. This hands on demonstration will set you on your way! Caty has made hundreds of gallons of tincture using this technique, and can guide you through the process and the potential pitfalls.

Running a Low-Cost, Client-Centered Herb Practice
(1.5 hrs)

A client-centered approach is rooted in the belief that our clients are the experts on their own bodies. This philosophy is derived from a place of deep respect for one's clients and their experiences. Openness, creativity, and a lack of judgment are all critical traits for the client centered practitioner to develop to allow you truly hear your clients' stories and find effective solutions to meet their health care needs. Caty will talk about why this approach is important, and some of the practical elements that are required to make it work. We will also discuss how client-centered care ties into practitioner ethics, and the importance of creating and practicing our ethics in an unregulated field.

This class will address how being client-centered differs from other healthcare models, and why it is especially important when working in underserved communities. Caty will draw on her decade-plus experience as a client-centered clinical herbalist to share ways you can structure your practice around this principle; from conducting a client-centered intake, to thoughts on "compliance," to tips on how to meet your clients where they're at. She will share practical ways you can help make herbal medicine affordable to those with few resources, and still be able make a sustainable living as a full-time clinical herbalist!

Sean Croke

Hands-On Demonstration Lab:
Secondary Metabolites as Plant Communication
(2 hrs)

The compounds in plants that humans like to work with as medicines are largely considered secondary metabolites, meaning that they do not serve a primary purpose to the metabolism of the plant. Since these compounds do not serve any obvious purpose to the plant's organism in terms of keeping it running or providing food or energy they in many ways can seem to be a waste of the plant's resources since many of them are very molecularly complicated and therefore energy intensive to create. The standard hypothesis by plant scientists/botanists/etc is that these very complicated and unusual molecules are largely created by the plants in order to serve as some kind of protective barrier, either from UV rays, pathogens, or insect predation. Some of these compounds are also thought to be created to help to attract pollinators or otherwise spread genetic material around.

While these ideas do make sense for some of the secondary metabolites that are known to exist, it is currently hypothesized that there are over 200,000 such secondary metabolites within the plant kingdom. Many of these are so uniquely beautiful and complex (and difficult to make) that proposing that they function within the plant as a bitter taste to ward off insects seems too simple a solution. I would like to propose that these compounds function (sometimes literally within the plant) as hormones and pheromones that serve as communication molecules primarily. Since the plants and the insects and animals (including human animals) that they interact with all exist within a larger superorganism that we call Gaia or the planet Earth, these molecules function essentially as neurotransmitters within the mind of Gaia, moving information from one part of the organism (the plants) to another part (humans) in order to create change within the larger organism.

This class will delve deeply into this concept while also offering a practical demonstration on the extraction of some secondary metabolites from a plant in the form of steam distillation of essential oils. We will also be ingesting quite a few secondary metabolites in order to try and figure out what information they are communicating.

Entheogenic Herbs in The Treatment of Addiction (2 hrs)

The culture is shifting in the ways that we view people who are living with addictions, in many ways for the better. While for many years the addict was seen as a weak or degenerate individual who should primarily be punished back into being a good and productive member of society again the shift has been made to a more disease based approach in which the addict suffers from a metabolic disorder that can be treated through a series of interventions and should not be punished as harshly for their disorder. I hope and think that I see the shift happening further towards the direction that the addict is largely reacting to the ills of the culture in which they live when they take on this often self-destructive path of interacting with substances. Often there is a goodly amount of intergenerational trauma that needs to be worked through that leads to sometimes wonky brain chemistry which makes the substances so delicious and appealing. The addict is venturing deep into their own psyche to try to find healing, and therefore to bring healing to the larger society/family.

While the general goal of the AA or NA approach is to encourage the addict to give up all substances and maintain total sobriety, I would like to propose that it may be fruitful in some cases to get the recovering person involved with the set of herbs that we know of as visionary medicines, entheogens, or psychedelic plants. These plants have been worked with in a number of different cultural contexts in order to help people to recover from the damages of addiction (and often the traumas that lead to this state) such as the Native American Church, the Santo Daime, and the Bwiti. While not a plant, LSD served a pivotal role in the journey away from alcoholism of none other than Bill W, the founder of Alcoholics Anonymous. The entheogens can bring about healing on the deep neurochemical level by resetting some of the chemical imbalances that may come about from long term substance use, and perhaps more importantly can allow the personality type that loves to delve deeply into altered states looking for pearls of wisdom to continue doing so but using tools that will facilitate a deep spiritual renewal rather than leading to confusion and destruction.

This class will delve into some history of the entheogenic medicines as they relate to healing from addictions while also looking at more modern research around the healing potential of these plants and substances within a more western type therapeutic context. We will also go over some specific case histories and discuss non-entheogenic herbs and practices that can be helpful for being supportive of people who are either trying to heal from their addictions or who are currently using but are wanting to mitigate some of the negative effects of that use.

Special Sunday Class: Moving Towards Mutually Beneficial Wildcrafting (2 hrs)

Learning from the wild plants is a beautiful activity for the human animal to undertake, it helps to make us wiser and moves us forward in our healing path. A simple way that is easily accessible to people who wish to do that is to learn the art of wildcrafting medicinal plants that live within their bioregion. While this is a wonderful skill for people to learn, we are unfortunately living in a time of great environmental devastation in

which the wild places are knowing great pressures by the human inhabitants of this planet to extract materials from them as resources. It is rightfully concerning to many elder and young herbalists that the wild plants may follow in this trend and be eaten up by the gaping maw of global capitalism, perhaps by the very humans who love them so much, the herbalists.

Let's face it, plants are the elders of humans and they probably created us for their own reasons. Humans are nice because we have movable bodies, legs and thumbs, so we can be very helpful to our plants elders (or we can be really harmful but let's shoot for the former). How can we learn to tend the wild plants? It is well known that a vast system of plant tending has been and continues to be underway by the indigenous peoples of this continent for as far back as there are records. Simple techniques of propagation such as root division, air layering, the taking of cuttings, transplanting and seed collecting are easy for the average human to learn and to put to use in helping the wild plant to be taken care of.

Can we help the plants to move to new places before global warming changes their native homes to the point that they can no longer live there? Let us hope so. It is my goal that rather than seeing hundreds of pictures on social media of budding herbalists digging up roots to make a tincture which will sit on their shelf for years we will start to see pictures of budding herbalists taking cuttings from plant stands that do not hurt the existing stand and using that material to create a new and viable stand somewhere else, perhaps without ever harvesting the medicine or at least doing these things in conjunction. This class will cover some philosophy and history around tending the wild gardens, as well as a goodly amount of practical demonstration of propagation techniques. There will be some walking around outside so please do be prepared for that.

Kristen Davenport

Art Hands-On Demonstration Lab:
Plants Speaking in Colors – Artistic Dying Using Plants & Mushrooms
(2 hrs)

The wild plants around us gave our ancestors everything they needed – food, medicine, tools – and a sometimes forgotten but critical element: *art*. We will delve into the ways plants and mushrooms have been used as dyes throughout history, and discuss some of North America's major dye plants and mushrooms. We also will practice botanical dying, with discussion and hands-on trials of using leaves to make botanical prints on fabric or paper, using the natural dye in the leaf itself. If you want to make something you can take home, please bring some nice art paper such as watercolor paper, or else a piece of natural white fabric such as either silk or fine wool ideally, or else cotton or linen if not.

Sean Donahue

Blending Cannabis With Other Healthful Herbs
(2 hrs)

Whether as an aid to neuropsychimmunological regulation. or as a plant bringing the medicine of pleasure to our bodies (essentially doing the same thing), Cannabis is a plant that can bring beautiful healing to many people. For beings like us whose nervous and endocrine systems evolved in a world rich with plant diversity,

Cannabis, like all our other beloved herbs, can often bring ever greater benefit when it is combined with other herbs. We will discuss how Cannabis can be combined in smoke blends with other herbs to shift the somatic experience the medicine brings.

Sunday Hands-On Workshop Intensive:
Black Cohosh Unleashed
(2 hrs)

Let's break Black Cohosh out of the box it has been put in by the herbal products industry! Black Cohosh is an herb that acts in profound and profoundly inter-related ways on the nervous system, the heart and blood vessels, the muscles, the fascia, and the body's interstitial fluids. Drawing on nineteenth century texts, folk magic traditions, and personal clinical experience, I will offer a portrait of Black Cohosh as a medicinal and magical ally for moving stagnation and for bringing integration of ourselves in all our parts.

Animist Herbalism
(1.5 hrs)

We have witnessed a beautiful resurgence of vitalism – the understanding that our bodies are not machines, but living systems with their own animating intelligence. But vitalism can still treat humans as separate from the rest of the living world. What does herbalism look like when we don't treat humans as separate from the rest of the living world and that viewed the health of our internal ecosystems as inseparable from the health of the communities, human and wild, in which we participate? We will explore how those of us who did not grow up in animist cultures can develop an animist herbalism by weaving together our own embodied experience and our own ancestral traditions without appropriating the cosmologies and practices of others.

**A Survival Kit For Changelings:
Herbs & Strategies For The Autistic & NeuroDivergent**
(2 hrs)

For neurodivergent people, inhabiting a sensory and social world shaped by a culture whose aesthetic preferences and styles of interaction tend to be the polar opposite of our needs and our natural tendencies. In this workshop, we will focus on herbs and somatic strategies to help Autistic people minimize and mitigate overwhelm, meltdown, and burnout. The goal here is not to become "less Autistic" but to make it easier to bring forth our Autistic brilliance in the world. Attempts to steer discussion toward "causes" or "cures" for Autism will invoke the deep displeasure of unseelie creatures who are best not provoked.

Jolie Elan

Becoming Wild – An Ethnobotanist's Adventure With The Mighty Oak
(1.5 hrs)

Many Indigenous people say that plants reveal their medicine via dreams and visions. What if these types of relationships are within our reach? How do we go about building mutually beneficial relationships? On a decade long adventure to eat acorn food, ethnobotanist Jolie Elan became so intertwined within the oak web of life that the oaks began to reveal myths and medicines in some unexpected ways. Join Ethnobotanist and oak

lover Jolie Elan as she tells her ethnobotanical love story that discusses the ecology, botany, medicine, myth, spirit and food of the mighty oak.

Plant Intelligence: What a Plant Knows

(1.5 hrs)

This fun class will cover current research on the fascinating field of plant intelligence. This field represents one of the many examples where modern science is telling the same story as many indigenous cultures regarding the intelligence of our natural world. It turns out that plants smell, taste, make clear choices, exhibit learned behavior, share resources with sick and needy, sense danger and alert kin in response to threat. Tobacco plants actually use chemical signals to call in the enemies of their enemies that protect them from predation. It turns out that plants are pretty darn smart and some might even say sentient. This new world of plant intelligence will blow your mind and might just change your perspective as an herbalist.

How to Really See a Plant

(1.5 hrs)

As Georgia O'Keeffe says "Nobody sees a flower really; it is so small. We haven't time, and to see takes time - like to have a friend takes time." During this wonderful eye pleasing class, we will take the time to build intimacy with plants focusing on flowers, the sex organs of plants. Most plant identification focuses on floral characteristics and we will learn exactly what we are looking at and how to describe it accurately to other plant people. We will also explore all the gorgeous and inventive forms, habits and vestitures of the vegetative parts of plants. By looking deeply and exploring plant anatomy we build deeper relationships with our medicines and hone our ability to distinguish plants in the wild. You will never look at a plant the same way. This class is intended for beginners to the world of plant identification.

Mugwort: From the Medical to The Metaphysical

(1.5 hrs)

Named after Artemis, Goddess of the wild and imagination, Artemisia species are used worldwide. From digestive bitter to dreamer's oracle, Mugwort (*Artemisia douglasiana*) spans the herbal continuum from the medical to the metaphysical. This wholistic class will explore the medicine, myth, ethnobotany, and magic of mugwort and present a model on how to build real relationships with plants. Students will also dive deep into our inner wilds as we journey into the plant spirit medicine of magical mugwort.

Susan Evans

Hands-On Demonstration Lab:

Gardens to Glass: Botanical Cocktails, Bitters, Syrups & More

(1.5 hrs)

Have you ever looked at the ingredients on a margarita mix? Mainly the very chemicals, dyes and preservatives that herbalists and other healers seek to avoid. Designing your own drinks is a lot less expensive, more fun and definitely healthier. Discover how to create delicious mocktails, cocktails, shrubs, bitters and syrups from your garden and market.

Enjoy the fresh and seasonal tastes from easy to make, hand crafted creations. Make your own blue spruce gin and jalapeño tequila. Discover fresh fruits, herbs and veggies that make tasty concentrates you can store in the fridge and use for anything from a hibiscus lime cooler to a conifer cocktail. Become your own mixologist as we discover easy ways to use plants and produce for healthier, tastier hydrating.

Hands-On Demonstration Lab:
The Herbal Pantry: Preserving, Enhancing, & Storing
(2 hrs)

Discover how to preserve the fresh and healthy herbs of summer with elegant blended vinegars, herb butters and spice blends, marinated cheeses, robust herb pestos and spicy salsas. Learn how to harvest and store your herbal bounty for the best flavor. We'll cover the top seven culinary herbs including basil, oregano, rosemary, thyme, sage, parsley and chives that can be used in a multitude of applications, from culinary to medicinal. Fill up that fridge, freezer and pantry with delicious condiments and seasoning blends to add nutrition and pizzazz to any meal.

Tiffany Freeman

Medicines of Our Ancestors: Smoke, Cupping, & Blood-Letting
(1.5 hrs)

The use of Smoke, Cupping & Blood letting as therapeutic techniques have been used across the globe by many of our ancestors for time immemorial. Blood letting and cupping often conjure up images of the dramatic techniques that took place during the dark ages, or the backs of famous folks in Hollywood that looked like they've been attacked by an octopus, and for a lot of us it just makes us feel uneasy & queasy to think of bleeding or the sucking up of skin. In this talk we will discuss how many cultures across the globe had systems of medicine, that predate blood letting in Europe or Hollywood fads, that have several hundred years of practice, tradition & literature on these techniques. We will be looking at the history, past & present, and the importance of the therapeutic benefits of using cupping & blood letting as well as smoke for tools for health. Alongside we will also explore the cultural and spiritual significance of these globally shared techniques.

Earth Medicines: Some Traditional Indigenous Herbs & Medicines of Canada
(2 hrs)

In honor of the Ancestors & Elders who keep this knowledge alive, I am grateful to present to you some botanical and other Earth Medicines from the indigenous traditions of Canada. In this circle, we will discuss several different plants through an indigenous world view, including ways in which their use in Traditional Medicine is both similar to and different from common usage. As we look at the plants, we will explore the importance of tradition in the gathering, harvesting & preparing of plants for medicines.

Nourishing The Blood: An Herbal Approach to Post Partum & Post C-Section Healing
(1.5 hrs)

With the C-section rates in the USA and Canada being in the top 10 highest out of all the countries in the world, with rates of 30-40% of all births delivered by Cesarean, womyn are not often being treated for the tremendous amount of blood loss that occurs by this means of childbirth. Blood loss and its serious effects upon a womyn's health are often overlooked, mis or undiagnosed and in most cases due to lack of postpartum health care. Blood deficiency has been linked to areas such as post-partum depression, anxiety, panic attacks, migraines, breast feeding difficulties, fatigue and exhaustion, blood pressure issues and so many more health conditions according to traditional medicine. The stigma of birth by caesarean also enhances the stress on the blood and conditions of blood deficiency. For many womyn, birth by this mean is a necessary procedure to save the life of their child, for many it is a road that a pregnant mother gets on without even knowing what is at the end of it, regardless of why, the major loss of blood still goes untreated. Many modern day techniques, tests and interventions set the stage for an increase in induction rates and therefore an increase in the rates of birth by c-section. In this discussion we will look at the interventions that may set you on the road for c-section and increased blood loss, we will discuss traditional techniques that are used to move babies that are breach, we will discuss the effects of stressors and dis-ease on pregnancy, the role of blood in breast milk production, and herbal, nutritive and traditional hands on healing work to aid in nourishing the blood after loss. Working to treat the blood after childbirth no matter which way a chid is brought into this world is an important area to address and an area where we can help support mothers through the amazing journey of parenthood.

Penney Garrett

Food Elimination Diets: How To Make 'Em Not Suck
(1.5 hrs)

Do you know someone who stopped eating gluten and no longer gets joint pain or acne? Have you thought about ditching dairy to see if you lose weight or stop getting stomach aches? Have you tried to guide your clients through dietary changes but find they always seem to fall off the wagon?

Elimination diets are quite the fad these days, but actually implementing one into your life can be difficult beyond belief. Not only do you have to change all your shopping and cooking habits, but the emotional component of breaking up with your favorite foods can be fraught with deep sadness and unsuspecting triggers. If you've wanted to shake up your diet - or help someone else do so - but aren't really sure how, come to this class to learn tips, tricks, and recipes that can make the difference between success and failure. Learn ways to help stay satisfied even without your favorite snacks, tips to make cooking more efficient and cost effective, and what herbal allies you can use to help along the way. This is a great class for those that want to experiment with their own diet for personal change, as well as superb information for practitioners that would like more tools to help guide their clients.

Penney is a certified nutritionist, clinical herbalist, home fermenter and brewer, educator, and personal chef. One of her deepest loves is inspiring people to learn about food and gain the skills for deep and satisfying nourishment. Snacks and treats will be provided in this class to help illustrate the diversity of flavors you can achieve, even on a highly restricted diet. A small donation is requested to help offset the price of food, though no one will be turned away for lack of funds.

Lab (with Erika Larsen):
Eat Your Herbs: Creative Cooking With Medicinal Plants

(1.5 hrs)

In this cooking class we will be sharing some building blocks and resources so that you can take your healthy kitchen magic to a whole new level. We'll go over some foundation techniques for cooking and preserving medicinal herbs such as salts and spice blends, sauerkrauts and pickles, mead, oxymel, vinegar and kombucha, soups and stocks, crackers and energy bars. We'll talk about formulating a meal like you do a tincture. And about ways that cooking can be an important medium for working with herbs in community: for yourself, your family, your friends, people that you're around and cooking for on a regular basis. Then we'll all do some cooking! And eating! We'll bring some samples of foods that take longer to make, and as a class make a meal to share. We'll also share some of our favorite resources: the books we double check for ratios, the web sites we check for inspiration. Please bring your questions, and come ready to play and eat.

For both of us the line between food and medicine is blurry. Many tonic herbs are foods. Many spices are medicine. And foods are medicines too: for protection, for improved immune function, for re-building broken down muscles, tendons. Food is medicine. Medicines can be food. Maybe we don't need to be so stringent in our categorization. The kitchen is a place to experiment, to use what you have on hand, to create, share, love and heal. Which is what we'd love to do with this class. Let's talk, cook, and eat together.

Sunday Hands-On Workshop Intensive:
Home Fermentation: Sauerkraut & Beyond
(2.5 hrs)

Are you tired of paying \$9 for a small jar of fancy kimchi at the store, but simply can't live without it? Have you wanted to make sauerkraut or pickles but feel like it's a daunting task? Come to this class to learn how surprisingly simple making these things for yourself can be. We will talk about how amazing our bacterial partners are, and taste some fun flavor combinations that go way beyond the typical. Much of this can seem scary and intimidating from the outside, but every documented culture has recorded methods of fermentation - implemented long before fancy kitchen gadgets and scary safety warnings. From a way to preserve the bounty of the year, to bringing a bit of intoxication and magic to ceremonies, ritual, and celebration, fermentation can be a truly magical addition to any meal or event.

Join Penney, a certified nutritionist, clinical herbalist, diehard foodie, and enthusiastic kitchen witch, for a journey through some amazing flavors. We will taste a plethora of treats and talk about the science, mystery, and lore behind fermentation basics and practices. A sauerkraut demo will also occur, with step-by-step instructions for how to start making your own creations as soon as you get home. Taste some wild krauts, kimchis, pickles, and libations, all while learning tips and tricks for incorporating these healthy and fun ferments into your daily life. Whether you want to up the nutritive content of your meals or simply impress your dinner guests, there's something in this class for any food lover or nutrition geek.

A small donation is requested to help offset the price of food that will be provided in class, though no one will be turned away for lack of funds.

Amy Glasser

Evoking Flora: Botanical Drawing & Watercolor Painting

(1.5 hrs)

Experience my favorite way to connect to plants! Let us weave our botanical knowledge with our artistic spirit to honor nature's flora. Through plant portrait drawing and watercolor painting, we become intimate with our plant allies. Through noticing every petiole, leaf margin, and sepal, we receive a deeper understanding of each plant's character and spirit. As you mirror the plant onto your paper, you and the plant will blossom into a strengthened connection. Learn how to accurately capture not only the plant's physicality but also the plant essence through simple drawing and watercolor techniques.

In this workshop, we find the live flora specimens that are around us and will start with a light pencil drawing and then add layers with watercolor. You will basic painting techniques, such as composition, paint strokes, layering, color mixing etc. to bring your paper to life with your own artistic style. No experience necessary. Some supplies will be provided, but please feel free to bring watercolor paints, paper, and your personal artistic wands. Bring a hard surface to work on.

Continuing Evoking Flora: Botanical Drawing & Watercolor Painting

(1.5 hrs)

This workshop is for those who wish to continue working on their plant portrait. We will go into more depth and detail of how to finish your composition. We will work on the finishing touches such as color accents, blending, blotting, and adding dimension. These are the magic tricks to make your plant portrait come alive and blossom on the paper. No experience necessary. Some supplies will be provided, but please feel free to bring watercolor paints, paper, and your personal artistic wands. Bring a hard surface to work on.

Astrid Grove

Women's Health in Apocalyptic Times

(2 hrs)

Many fear the end of the world as we know it. I know as a community we have been gathering the skills to support the masses for the better part of our lives... right?! When thinking about the possibility of a time when we don't have access to modern medicine like we do now, I see the value in having more knowledge on how to keep women healthy. It is my understanding that if women are healthy, then all beings will thrive. This class is grounded in this understanding and will cover self care practices stemming from traditions all over the world. When self care is present, there is less illness. We will also review some common illnesses specific to women and remedies we can use. The focus will be herbal medicine, with some hands on healing practices as well.

Discussion: Ending Pregnancy at Home

(1.5 hrs)

The information I will share in this class stems from close to 20 years of experience supporting people who have arrived at a clear "no" when realizing they are pregnant. We will discuss the fertility cycle and when it is best to end a pregnancy at home. We will learn effective ways to prevent a pregnancy with herbs, and less successful ways to avoid! I will delve into several herbal abortifacients that people have used successfully at home and herbs to support before, during and after an herbal home release. I understand this class is

controversial in general and especially in the herbal community. Please join me if you are ready to receive the wisdom I share.

Jesse Wolf Hardin

Sense of Place For Plant Healers

(with Dara Saville – 1.5 hrs)

How can one develop or deepen their sense of place and why does it matter? As herbalists we can do this in a variety of ways. Some of us might start by engaging our minds as we learn as much as possible about the land and its relationship to the people through plants. By reading books, taking classes, and making our own observations, we can get to know the many layers of place. Others will naturally be drawn into intimate connection with place by way of the emotional heart. Becoming awestruck by the beauty it offers, we can transcend ourselves, reconnect with the network of life, and realize our interbeing with all aspects of the living world around us. Both avenues are equally as important to explore and when united, they form the foundation for developing an unbreakable bond with the land while serving as a powerful catalyst for action on behalf of place. When we understand a place with our minds and our hearts have fallen in love with its vital beauty, we will be moved to make ourselves part of that place by playing an actively beneficial role in its biological ecosystem and cultural community. This is how we become the place we most love.

Lauren Haynes

Solomon's Seal: The Shatavari of The South?

(1.5 hrs)

Have you noticed that adaptogens are everywhere this year? From fashion magazines to apothecary shelves, they are having an extended moment. So what are they, where did they come from, and what the heck do they do? David Winston and Steven Maines wrote the seminal book on adaptogens, and say that there are only 12 or so true, researched adaptogens. These delightful dozen span the globe, all coming from the far corners of the earth. Ok... mostly India and Siberia, but still. The far corners.

But surely there are more. Most of the research, if not all, on these favored few came from Russian scientists looking to increase the stamina of their citizens, for either working longer hours or winning more Olympic medals. Suspect, no? We'll dive deep into these subjects in this class, and start to think beyond borders in terms of which plant friends work as adaptogens, and in what ways. We'll look deep into plant cousins across bioregions, and see what they share in common. For example, shatavari is a bonafide adaptogen, but why not it's cousin Solomon's seal? Do they both not soothe and build the body?

Hands-On Demonstration Lab: Sweet & Sour – The Magic of Oxymels

(1.5 hrs)

Did you know that Hippocrates used oxymels? And that polysaccharides extract well in vinegar? Do you need new tips for what to do with your yearly strawberry harvest? Come explore all these questions and more in this hands-on lab. We'll have herbs and fruits for you to make your own oxymel, and we'll come up with a list

of ailments of the mind, body and spirit that it can help bring back into balance. We'll talk about the history of the oxymel, from thousands of years ago to the present and whom the oxymel is a perfect remedy for to this day (kids, elderly, alcohol-averse). We'll be discussing extraction benefits, medicinal menstrooms, some delicious botanicals to use and flavor profiles - in addition to trying a variety of the ooey gooey candy-like goodness. And if you're wondering what an oxymel is, definitely get your butt to this class. (Pssst... it's a menstroom of honey and apple cider vinegar.)

Marija Helt

Botanical Support For Athletes

(1.5 hrs)

Actually, this class is not relevant to just athletes. It's applicable to anyone who moves, whether for a physically demanding job, as an avid gardener or in preparation for clearing all the crap out of the garage. I'm simply basing it on experiments with what helps as a 40-something year old martial artist and cyclist and with what helps my training partners and clients. One habit that has been helpful is using a muscle warmup liniment before training and a muscle and joint antiinflammatory oil afterwards. When I get lazy and stop doing this, I'm more prone to injuries. We'll make both in this class and I'll share my favorite plants and essential oils for muscle, connective tissue and bone support in preventing and dealing with injuries. These include Pedicularis, Nettles, Goldenrod, Horsetail, Ashwagandha, St. John's Wort, Mullein Root along with essential oils of Ginger, Black Pepper, Rosemary, Marjoram, Frankincense and Helichrysum. It doesn't take much effort to use botanicals to keep yourself moving, and it can make a big difference for those of us no longer in our 20's (or 30's, for that matter).

Mushroom Medicine Making

(2 hrs)

If given the choice of only three botanicals for my apothecary, one would certainly be a mushroom. The most frequent mushroom usage for myself and my clients is for allergies; to strengthen heart, blood vessels and lungs; to improve brain health, to strengthen a weakened immune system and for support related to cancer. Delicious edibles like Lion's Mane, Shiitake, Maitake and Button Mushrooms provide medicine simply by eating them. When stronger medicine is needed, you can turn to decoctions, tinctures, double or triple (or more!) extracts and cooked powders. We'll play around with each of these and get into which type of preparation may be best for different issues. For instance, Reishi's liver-supporting properties are, ironically enough, alcohol-extractable, while it's immune boosting properties come out in water. And, you'll get to meet a handful of medicinal mushrooms in the process. Come have some fun with fungi!

Upstream Against The Flow - Unconventional Women, Science & Botanical Art

(1.5 hrs)

Botanical illustration and painting were key components in the burgeoning science of botany in the 17th and 18th centuries, a time when science was strictly a "male" endeavor. Women were barred from the various science organizations and societies and to pursue a scientific endeavor meant swimming against a strong stream. As a scientist, I can say that since then things have improved but are still unsatisfactory, with serious discrepancies in salaries and "power positions" between women and men in science. Given that photography

didn't emerge until the 19th century, drawings and paintings were the way to carefully (and beautifully!) document plant species. A number of these artists were women. While these women mostly came from privileged backgrounds, allowing them to do what they did, some were pretty unconventional for their time... eschewing marriage and children to pursue their work. I'll talk about a handful of these women and show some of their beautiful works, with a focus on medicinal herbs and mushrooms.

**Native Plant Identification Walk I:
Mountain Stream Communities**
(2.5 hrs)

Set the stage for your Confluence experience with an in-depth, two and half hour plant identification walk with Marija, alongside a lovely Colorado creek – learning the medicinal plants and ecology of this wild and beautiful region of the mountainous Southwest.

Special Sunday Class:
All About Amanitas - From Deadly Poison to Divine Food
(1.5 hrs)

Death Caps, Destroying Angels, Panther Mushroom, Fly Agaric, Grisettes, Caesar's Amanita....Amanitas are a beautiful group of mushrooms and are also a reason that some people do not forage for wild mushrooms. Rightly so, perhaps, given that Death Caps and Destroying Angels are responsible for well over 90% of mushroom related deaths. At the other end of the spectrum are Caesar's Amanita, a prized edible. Though, eating Amanitas leaves room for a deadly mistake if not extremely careful. This class explores Amanita history and folklore, from Santa Clause and flying reindeer to Roman emperors, toxicity and medicinal uses, and edibility. Hint, I will not be recommending the addition of Death Caps or Destroying Angels to your apothecary.

Kristin Henningsen

Patterns of Discontent: Recognizing Stagnation & Supporting Action
(1.5 hrs)

The reality of our world today lends itself to a whole host of imbalances, many being deeply rooted in stagnation. Anger, fear, hopelessness, and apathy are just a few emotions that inhibit our ability to create effective change in our world and ourselves. More and more people are experiencing and answering a call to action, but struggling to free themselves from the physical and emotional stagnation they have been held in so long.

This class will explore common patterns of stagnation and strategies to help those who feel this call to action, but need a spark. We will explore herbs, diet, and lifestyle strategies to catalyze change and help reawaken society.

Shifting Focus: Constitutional Assessment Through a Global Lens
(1.5 hrs)

Not all folks fit into a tidy box. While constitutional assessments can be valuable in recognizing deeper imbalances, they can also be limiting in our approach. Being able to flip between the different lenses of Traditional Chinese Medicine, Ayurveda, and Western energetics can provide a more nuanced approach, and valuable insight into what our clients need. Recognizing that our approach must shift with each season and stage of life allows us to be more effective in practice.

This class will look at the basic concepts of TCM, Ayurveda, and Western energetics to help us fine tune our constitutional assessment, recognize imbalances, and meet our clients exactly where they are. Class will include self-assessment, partner work, as well as case studies to apply these concepts to real situations.

Hands-On Demonstration Lab:

The Fine Art of Tea Formulation: Creating Magical & Medicinal Blends
(1.5 hrs)

There are few things in this world as deeply nourishing as a good cup of tea, and there are many approaches to creating an effective and delightful blend. Traditional Chinese Medicine, Ayurveda, and Western practices all have valuable strategies to offer, and learning the methodology of a few key practices can help us form our own unique approach to creating that perfect formula for ourselves, a specific client, or a more general product for the public. Tuning in to the magic that we have to offer allows these formulas to be even more effective.

This hands-on class will indulge your senses as we sample a few key flavors, adding ingredients based on constitution, action, and aesthetic. We will go over some popular combinations as well as some lesser-known pairings. Find what makes your perfect blend.

Rachel Rose Hessheimer

Solventless Cannabis Extractions:

The History and Methodologies of Processing This Healing Plant
(1.5 hrs)

Hashish is the oleoresin product of an extraction process commonly applied to Cannabis known as Hashing. Hashing is generally defined as a physical separation process where a larger structure is mechanically broken down into smaller, more concise, parts. Hashing is directly translated into the practice of processing Cannabis into solventless concentrated extracts, which can be enjoyed or administered in a variety of ways. The practice originally comes from the Himalayan Region of Kashmir, which also includes Eastern Pakistan, Northern India, and Western China, and later became prominent and quite famously produced in Northern Africa as well. Hashish has been made and used for thousands of years, and has an incredibly rich and fascinating history in many cultures across the globe.

Today, sparked by a collective crisis in human and environmental health, social ideologies and political systems are changing their perspectives regarding Cannabis on a mass scale. Cannabis is reemerging into various public spheres, due to its adaptogenic and homeostatic potentials, and therefore Hashish is experiencing a resurgence in popularity as well. The craft of extracting the aromatic oleoresins of Cannabis is an artform as ancient as the beginnings of human civilization itself. The practices of processing Hashish without solvents, which are just as applicable today, yield the most flavorful, highly prized, and superior

quality products on the market, which not only appease the most discriminating of connoisseurs, but hold even more potential in our ability to treat a multitude of medical and psychological health conditions. Solventless Cannabis extracts possess the ability to express natural, nuanced, and highly complex flavor and aroma combinations, which are uniquely available in as vast a variety of extracts as are present in the number of species cultivars.

In this class, we will specifically be exploring the history of Hashish, Cannabis Botany and Materia Medica, the different methods of solventless extraction, equipment and technique, sustainable processing practices, the art of curing, and clinical applications.

MycoMater: The Maternal Culture of Mycology
(1.5 hrs)

As a species, our first encounter with Fungi begins with our very entry into this physical world. From the moment we emerge through the birth canal, our mothers imprint upon us a unique community of fungal and bacterial organisms that influence our physical, psychological, and emotional development. As we emerge into the external world we are introduced to the spores in our environment's atmosphere, and within a few days from our birth our Mycobiomes begin to transform once again. It is through this very relationship to the biological microcosm that orchestrates the genesis and expansion of the macrocosm. We are merely continuously evolving expressions of the microscopic organisms that construct the basis of all living things, and it is through these cellular communities that much of our drive towards life evolves. In learning to embrace a thorough understanding of our relationship with fungus, as well as bacteria and the interaction between the two, we can truly understand that all life is connected as one, and that there is so much more to the drive of life's evolution than that which meets the eye.

Just as our mothers give us our primary introductions to fungi through birth, it is the matriarchs in traditional cultures across the globe that collect and disseminate fungal knowledge of the natural environment within various social spheres. From Central America to Europe, Asia, Oceania, the Near and Middle East, and Africa, it is predominantly females that act as the bridge between humankind and fungus through activities such as foraging, cultivating, selling, cooking, fermenting, brewing, medicine-making, dying, crafting, and other related activities. This is not to say that the participation of men in the relationship between fungi and humans is not substantial, influential, or imperative, especially currently, but rather that the traditional links between patriarchy and mycology are by far less recognizable in historical and comparative cultural contexts.

During this discussion, we will be exploring the relationship between Mycology and women from the internal to the external. We will begin with the Female Mycobiome and the importance of fungi in integrated human biology, fungal ecology of the female reproductive system, and the importance of fungal colonies in mother-infant relationship. We will then explore the fundamental role that women play in Ethnomycology in various cultures around the world, in both historical and current contexts.

Movement:
Morning Asanas – Hatha Yoga
(1 hr)

Gentle Morning Yoga Asanas to start your Confluence Friday! Mindful movements, breath, poetry, and sound healing to assist you in arriving into the present moment with grounded feet, a clear mind, and an open heart.

Amber Magnolia Hill

Story is Medicine: The Mythic Imagination & Meaning-Making on The Healing Path
(1.5 hrs)

Herbal healing is so much more than the sum of the plant constituents. How a person understands themselves, their place in their lineage, ecosystem, and culture, their body and their ailment, all play roles just as important as the plants they turn to for healing. Humans are meaning-makers, and the ability to follow the thread of our personal narrative and see how it is woven into the greater human/earth/universal story is paramount to our physical and emotional health. Finding our stories, and tapping into the mythic imagination and imaginal realms that give us deeper insight than rational thought, can be just the catalyst needed to facilitate radical healing.

Soul-Manifesting Journeys: How to Have Safe & Meaningful Psychedelic Experiences
(1.5 hrs)

The word psychedelic comes from the Greek root words “psyche” and “delos,” meaning soul or mind and to make clear or manifest. These soul-manifesting medicines are undergoing a resurgence in our culture right now, with vast potential to shift the individual and collective consciousness and to heal everything from addiction to PTSD. But for many, they are still used as party drugs. This class will delve into how these medicines work and why they’re so important, and discuss practical steps for preparing for, undergoing, and integrating psychedelic journeys meant to facilitate growth and healing.

Witches & Wise Ones:
Invoking Our Ancestors, The Cultural Heritage of European Folk Magic, & Herbs For Remembrance
(With Milla Prince)
(2 hrs)

You come from a long line of healers, song weavers, midwives, herbalists, dancers, artists, and wise folk. That your line survived long enough to produce you is proof of their plant genius and earth knowing. Accessing our ancestral right (and rites) to plant medicine and cultural magic practices begins with decolonizing our own heritage as witches, healers, hedge-dwellers, and wise folk. Uncovering these old, resilient ways that still exist within ourselves, and our cultures, is the most powerful magic and medicine we need in this time. In this class we will discuss ways to revitalize our indigenous cultural practices no matter where our people came from and start to reclaim our place as active participants in our own healing, tending the wild, and sacred reciprocity.

Stephany Hoffelt

Herbs & Healing Folkways From The Irish Folklore Collection
(1.5 hrs)

Did you know that in Ireland there were many healing rituals involving the use of three wheaten straws called “thraneens”? In the 1930’s the Irish Folklore Commission undertook a project known as the School’s Collection. Their archivist Seán Ó Súilleabháin compiled a handbook explaining to children how to collect ethnographic data and it was covered in classrooms all over Ireland. The teachers then sent children out to talk to folk in their community. This class will share some of the remedies and healing *pisreóga* these children collected from their grandparents and elders in their community.

Sunday Hands-On Intensive:
Designing & Starting Your Healing Garden
(2.5 hrs)

Ecological design, or permaculture, is becoming more and more popular as issues of sustainability become paramount and the local food movement intersects with the with the herbal medicine movement. The beauty of ecological design is that it accommodates the herbalist’s busy schedule. It is far less time consuming and expensive than conventional gardening. As part of my thesis project, I designed and implemented my own teaching garden on my .12-acre urban lot, which supports around 100 medicinal herbs. During this process, I learned that not only does ecological design have practical benefits, but gardens based on this type of design heal the planet. They create pockets of wellness in the ecosystem and promote mutually beneficial relationships with other creatures healing the rift between humans and nature. This class will focus on basics of design including plant guilds using common medicinal species and starting medicinal seeds.

Sheri Hupfer

Womb Shadow: Black Cohosh, Ocotillo, & Sacred Datura
(1.5 hrs)

While the expression of our inner beauty collects and stirs, blending the sultry & sweet ways in which we choose to share our vulnerability, in our receptivity we gather all memory of our “sex” just above the pelvic floor. As the heavy imprint of society stamps its impression into the most delicate of spaces within us. How might we safely sift through old & burdened stories? Or unpack the impacts of programmed roles, gender & inheritance and the ways in which they have contorted our perception of self? A current which once ran unobstructed, calls for the remembering of a fluid fecundity once again. In our productive organs we possess the power for both creation & destruction.

So let us draw down our awareness into the cavern of the womb in order to clear the crystallization of memory, pain & obstruction that may be perpetuating physical and emotional dissonance keeping us from our full creative potential. With the support of 3 very powerful plant allies we may begin to invite all that has gone dissonant to return to harmony within.

Medicine Adornment: Wearable Ritual
(1.5 hrs)

The art of adornment is a creative playground for expressing ourselves. With the debris of trees & industry, roots, bones & leaves we can gather the pieces of medicine small yet potent to dawn ourselves with, rather than sipping teas, tinctures & elixirs. Through intentionally draping our vessels with particular artifacts we

have the opportunity to express our inner emotional terrain as well as to sooth, calm, excite & address where we may need support & encouragement on any given day. In this class we will speak to stone, metal & plant spirits and their ruling stars and ways in which something as seemingly mundane as dressing oneself can become an alchemical experience.

Heather Irvine

Ardently Alkaloids: Structure, Effects, & The Thrill Appeal
(2 hrs)

“Alkaloids” is often the quick answer to how a particular mind-active herb works, but do you understand what they are and why human and other animals bodies respond so suddenly and dramatically to them? Alkaloids have a thrill appeal, drug plants, stimulants, sedatives, nervines, and also have some of the richest and wildest history associated with them. In this session, we will demonstrate clearly and simply what an alkaloids is, both structurally and from many definitions drawn from various angles, speculate on some of the evolutionary reasons for alkaloids and the certain effectiveness of members of this phytochemical class and define and relate various subgroups of alkaloids, optionally tasting some representative plants.

Starting Over: Launching a Successful Herbal Practice in a New & Unfamiliar Place
(1.5 hrs)

You moved to a new town or you decided you don't want to be an X,Y,Z, you want to be a W. Gaining traction again can be hard. In my past 365 I took a leap of faith and moved from a bucolic herb farm on a clay road and somewhat romanticized life, where I could grow and gather anything I wanted, made my own living comfortably and had many community members who had befriended me just on the basis of me being an herbalist, to a new city, in a medical mecca where just describing what I do felt demoralizing at times. I have been lucky in that in this year I was able to dedicate a lot of time to learning what works and what doesn't, trying many things, identifying people who could and wanted to help me and influence others, trying again. As any entrepreneur knows it can be hard to know if you're falling for flying sometimes, and how and whether to keep the faith when you feel like a wayward pioneer.

In the past year, I initiated all the practices that I said I would, though it was not always how or I thought I would. In this session I will share; resources I have learned about, for; tailoring one's herbalist offerings, approaches to reaching a new community, systems that build confidence in clients, adjusting one's own expectations and practices that helped a lone-wolf herbalist find her pack.

Powerful Powders
(1.5 hrs)

Don't want to or can't stock a full apothecary of dusty powdered herbs? In this session I will recommend and describe a multitude of uses for around ten herbal powders, which will get a lot of play whether you see a multitude of clients or supply people herbs just infrequently. I will be speaking not only about uses but when possible describing how the herbs work. Taste, touch, smell, feel. A few of you may get decked out in therapeutic compresses.

Julie James

Tissue Tonics: A Completely Made-Up, But Very Handy, Class of Herbs
(1.5 hrs)

In my practice, and in my teaching, the very best use of herbs is as nourishing, strengthening agents that build and balance systems and organs and tissues, resulting in an environment conducive to healing. No matter the condition, no matter the complexity of the problem at hand, this class of herbs, Tissue Tonics, can always, always provide considerable assistance and improve healing capacity.

The term Tissue Tonics, as previously noted, isn't an official action you'll see in book. In fact, I have never seen it (the closest I see is the homeopathic tissue salts, a completely different, but sort of similar, concept). And yet, I constantly refer to them, and I, my students, and my clients, find them to be easily understood, exceptionally practical, and very handy. Tissue Tonics are those herbs that improve the health of various tissues: cells, membranes, skin, hair, tendons, ligaments, muscles, bones – all of them have complex chemistry that is significantly supported by many different herbs: astringents, nutritives, anti-oxidants, anti-inflammatories, tonics – we have numerous names for them, but when we collect them all under this heading, we can change the way we approach healing: by setting a goal of nourishing both the specific tissues in questions, and all of the tissues in general, we change the measure of success, we change the meaning of how we heal. And it's a profound change.

In this class we will reframe how we approach certain well-known and well-loved plants, and how they provide healing to ourselves and our clients. We will taste them, explore how and when to use them, and how to expand this concept into our foods and our environment.

The Table Turns: Caring for Our Elders
(2 hrs.)

It is inevitable, in the best of circumstances, that each of us, as we age, becomes the caregivers to those revered elders who once cared for us. The wheel turns, and we move into this role often with considerable, and understandable, fear and uncertainty: What can I offer my parents to help them heal, when they are already taking handfuls of medications, when they have multiple health challenges, when their system, their metabolism, their inner fire is not what it once was. We are taught to avoid herbs, that they can be deadly when combined with the medications, that the only certainty comes from the medical protocol given by the doctor. This is patently untrue, in so many respects. The materia medica of healing plants at our disposal for elder care is considerable, safe, and can ease much of the discomfort of aging, and often, of the effects, side effects and interactions of those handfuls of medications. We can still nourish and strengthen them, we can learn to appreciate and work with the changes in their bodies and create herbal protocols that are easy for them to understand and use, and that their doctors may even support and learn from.

We will discuss:

- Common concerns in elder health, and protocols for dealing with those issues.
- The most common herb-drug-nutrient interactions, and how to safely navigate through them.
- Compliance and dosing strategies.
- Caregiver care and appropriate boundaries for our own safety and sanity.

In these times, with fractured families and broken health care systems and uncertain futures, This is an area we all need to be more mindful of. My hope is that you leave this class with more compassion and confidence in your own abilities and in the safety and efficacy of herbal medicines, and feeling empowered to work as an advocate and caregiver for your beloved elders.

Accepting Death: Stepping Over the Final Threshold
(1.5 hrs.)

“A culture that does not know how to die, will live in fear of the unknown.”

The dominant culture in America has become wholly and unhealthily removed from the process of death and dying. We tend to see any open discussion of death as ghoulish, we deny death and at the same time have a bizarre obsession with images of violent death, horror, and ideas of what comes afterward. We have come to this state in a relatively short period of time— as recently as our grandparents’ time, families still honored their beloved dead at home, tended lovingly and mindfully for their bodies, and during the process of dying, stayed with their loved ones, caring for them and surrounding them with community, family, and children. Now, too often the process of dying is relegated to sterile hospitals, with the dying isolated from their community, accompanied often by only their doctors and nurses. And when the body finally dies, it is whisked off to a mortuary, unseen and untouched and unloved until it is finally presented in a sterile, artificially preserved and painted manner. Families who seek to care for their dying at home are seen as oddities, and if they then choose to care for the body of their beloved dead themselves, atrocities. And yet the right to care for our dying and our dead is so very human, and is a deeply healing way to come to terms with death. We are able to more closely work through our grief and loss when we are not disenfranchised from it, when we can openly and publicly mourn, when we can properly honor the relationship that we had and the transition of that relationship. And with that more profound understanding of the process of death and dying, we receive the unmatched gift of emotional and psychological acceptance and closure that can support us in the process of grieving.

In this class, we will look at historical death traditions in American culture and how and why that changed so much, as well as the many cultures that still honor the process of death. We will discuss how herbal allies can help us to be present and supported in the process of dying, how we can ease the passing over that threshold by our beloved, and how we can work through the grief and loss after death. We will examine how to be with death in a more personal, direct manner, and examine how herbalists can work in and with hospice, death doula, and home funeral organizations, how we can offer pre-death care to the dying and to the community, and how we can help clients regain their incontrovertible right to home death, and become, if they choose, an active participant in the transition as well as the honoring of the body after death. We will look at the physical process following death, how to care for the body, and the legal issues surrounding this process. Regulations are already in place that protect our right to home funerals, and disposition of the body, including alternatives to embalming.

By speaking clearly and plainly about death, we hope to start a larger discussion that will continue in our communities and beyond. It is long past time that we take back this extraordinary final journey, making it our own and embracing a deeper understanding and acceptance of our own death in the process.

Warren Kistenbroker

The Alchemy of Cannabis:
Biochemical Pathways, Magical History, Alchemical Preparation, & Extraction Methods
(1.5 hrs)

This class will cover cannabis in terms of history, modern research and traditional uses along with understanding how various products are made today. We can compare the effects of known chemical interactions in the body to our own personal experiences. We will thoroughly cover the difference in products based on extraction techniques. This is important in regards to understanding what we are buying/creating and what we are therefore supporting. This class is meant to bring a more traditional, herbalistic approach to cannabis fused with modern day research supporting the use of more traditional methods versus newer, pharmaceutical methods of isolating compounds.

Hands-On Demonstration Lab:
Low Tech Extraction Methods - Cold Finger Extraction
(1.5 hrs)

This class will exhibit using low tech methods to extract herbs using a more advanced approach. This method is only to be used with non-heat sensitive plants. This will consist of demonstrating a Cold Finger Extraction using a pot, inverted lid, strainer and a bag of ice to make a high potency tincture. This can be done in any kitchen with an electric or gas burner.

Hands-On Demonstration Lab:
Soxhlet Extraction of Cannabis: A Demonstration Using Legal Turmeric
(2 hrs)

This Lab demonstration class will exhibit the setup and extraction of herbs using a Soxhlet Extractor. We will extract turmeric showing the differences between a common month long maceration vs a soxhlet extraction. We will go over the necessary chemical equations to properly understand boiling point, vacuum pressure, temperature, evaporation and condensation. This class is meant to arm the attendee with knowledge to fully encompass vacuum distillations and extractions. This is especially important when extracting herbs that are heat sensitive. This is also good for extraction and recrystallization of more insoluble chemicals that may not come out in a typical maceration.

Hands-On Lab Intensive:
Advanced Spagyric Preparation: Soxhlet & Refluxing Mineral Extraction
(2.5 hrs)

This advanced laboratory demonstration class will cover the complete spagyric process of extracting the different principles in alchemy along with their recombination. This class focuses on purity and potency. Both aspects drive reactions present in spagyrics. These aspects led to discovering modern day pharmaceutical type extracts in the 1500's by Paracelsus. This will be a lab based class meant to educate people on how to extract different chemicals and tailor the extraction to the needs of different plants. The oil and mineral extraction of turmeric will be shown and at the end of the class we will reintroduce the minerals to the alcohol extract. This will represent the union of soul, spirit and body. The tincture will turn color rapidly if done right. The reactions

present within this recombination represents an intelligence beyond what science can reach. These plant driven reactions are ancient in time, only to be destroyed with the extinction of a plant species.

Jasmine Kocie

La Gobernadora: Larrea Tridentata Materia Medica
(1.5 hrs)

A powerful teacher plant of the southwestern desert, La Gobernadora / Larrea tridentata / Chaparral / Shugi quietly dominates her territory in all senses of the word. The Governess is a revered medicine in many cultures of the southwest and beyond. We will delve into her multi-faceted power, from her physical presence and actions to her esoteric work with death and boundaries. While exploring the history and science of her medicine, we leave room for the mystery to unfold, allowing our limited understanding of her to evolve.

Erika Larsen

The Migration of Plants & People:
A personal Mythology of Movement, a Grappling With Life As a Naturalized Plant
in a World of Colonization & Conquest
(1.5 hrs)

My great great grandmother, Hannah Collins, left her home in County Cork, Ireland when she was 14. She got on a boat alone, that took her to the east coast of Canada. She made her way inland to Alberta and eventually south into the United States where she stayed, in a little town in the middle of Wisconsin. That's all of her story that's been passed down to me. Time has lost the rest to my imagination. As I write this, it is August 2017. I will travel to Ireland for the first time in September, with my mother. And we will walk. What will I find under these layers of years? What strands of migration can I follow? What plants will speak to me? How can I learn more about my place in this world from this journey? Similarly, we wonder, how do plants migrate? Why can some naturalize and others take over? What are the stories of plant migration with people, with animals, with wind, with water? How can I learn from these stories? How can I be a part of these stories?

This isn't so much a class, as it is an imagining, a mythology, a tale. Of my relationship with plants, with land, with culture, with migration. My search for how to make home. A new plant in a dynamic ecosystem. How to understand and carry the weight of history, of structures of oppression, of all the lies we've been told, and how this effects who I am and how I act now, today, tomorrow. How this effects my relationships with plants, people, herbalism. How to reach deep down and find all the words that have been erased. This will be the telling of my story and the story of the migration of plants within that story. I hope that sharing this with you will bring perspective to your own stories of migration.

Eat Your Herbs: Creative Cooking With Medicinal Plants
(with Penny Garrett – 1.5 hrs)

In this cooking class we will be sharing some building blocks and resources so that you can take your healthy kitchen magic to a whole new level. We'll go over some foundation techniques for cooking and preserving medicinal herbs such as salts and spice blends, sauerkrauts and pickles, mead, oxymel, vinegar and kombucha, soups and stocks, crackers and energy bars. We'll talk about formulating a meal like you do a tincture. And about ways that cooking can be an important medium for working with herbs in community: for yourself, your family, your friends, people that you're around and cooking for on a regular basis. Then we'll all do some cooking! And eating! We'll bring some samples of foods that take longer to make, and as a class make a meal to share. We'll also share some of our favorite resources: the books we double check for ratios, the web sites we check for inspiration. Please bring your questions, and come ready to play and eat.

For both of us the line between food and medicine is blurry. Many tonic herbs are foods. Many spices are medicine. And foods are medicines too: for protection, for improved immune function, for re-building broken down muscles, tendons. Food is medicine. Medicines can be food. Maybe we don't need to be so stringent in our categorization. The kitchen is a place to experiment, to use what you have on hand, to create, share, love and heal. Which is what we'd love to do with this class. Let's talk, cook, and eat together.

Leslie Lekos

The Art of Hydrosol Distillation: Demonstration Class

(with Dr. Orion Lekos – 1.5 hrs)

Plant distillation dates back to at least 5000 BC where archeological digs have found remains of stills in Iran. Over time there has been a wide array of variations and designs of stills for hydrosol production. It was quite common in European homes to have a still room in which the household did their own distillation of hydrosols for personal use. With the advent of new extraction techniques of plant medicines, hydrosols, along with many other aspects of our herbal heritages, have been cast to the wayside. In recent years, we are seeing this change with a strong interest in the uses and applications of hydrosol from natural product industries, the farm to table movement and from us herbal folk. The uses and applications are quite vast.

Hydrosols, also known as floral waters, hydrolats and distillates are aromatic plant waters that are produced through steam distillation. They are often thought of as a by-product of essential oil production; however, in earlier times distillation was done solely for the hydrosol and the essential oils were seen as toxic by-products. This all changed in the mid-1800's when isolated chemicals were being discovered and distillation transitioned into a commercial endeavor. Hydrosols, up until that time, were an important form of medicine and flavoring in food in many parts of Europe and the Middle East. The uses and applications were numerous. Culinary uses range from confections, stews and beverages. They can be sipped internally for their medicinal virtues. Externally, hydrosols have many uses for wound healing, poultices for skin and musculoskeletal afflictions and are excellent additions to cosmetics. Aromatically they can be of aid for a wide range of emotional support. In this class we will be discussing these uses, as well as demonstrating a single plant hydrosol distillation with a 30 liter copper still. We will discuss the parts of the still, the process of distillation, methods of distillation, ratios of plant material to hydrosol, shelf stability, storage considerations, safety and uses of some individual plant hydrosols.

The 4th Trimester: Herbs for Post-Partum Wellbeing

(1.5 hrs)

It goes without saying, that the time of post-partum, after the birth of a baby, is a time of great transition in a woman's life. It can be a time of great joy and also a time of high demands and stress. For many it can be a vulnerable time, without adequate care systems, leaving women underserved and feeling unsupported. Our conventional care systems do not provide adequate support for many families after the birth of their babies. The official post-partum time period in the United States medical model is 6 weeks. At this time, and prior to it, many women are going back to work. Most women are still physically healing from their deliveries and all families with newborns are not sleeping enough. It is not uncommon for mental health issues to arise from these unrealistic cultural expectations imposed upon us. It is estimated by the Centers for Disease Control that 1 in 9 American mothers experience post-partum depression. Symptoms can range considerably from what is termed as "baby blues" to feelings of suicide.

In helping post-partum women it can be vital to help women connect to resources in their areas. Herbs can also be of support to women during this time. We, as herbalists, can support women through education about nutrition, offer ideas about herbs to aid in the physical healing after birth and pain management the days and weeks after delivery. There are a wide array of galatagogue herbs that stimulate the production of milk with specific indicators differentiating their uses. Conversely, there are herbs that stop the flow of milk for women choosing not to breast-feed. In this class, we will also discuss a wide array of nervines, anxiolytics and herbs to aid in sleep that are deemed safe for women that are breast-feeding. We will also discuss categories of herbs to avoid while breast-feeding.

Phyllis Light

Southern Appalachian Folk Medicine: An Elemental Approach

(1.5 hrs)

Fire, Water, Air and Earth.....These elements come together in a magical dance of genetics and environment to help create each of our unique and individual traits. What are your elemental influences and what exactly does that mean anyway? Understanding your elemental makeup is useful for a variety of reasons. Knowing your elements can help guide your healthcare choices and be used to improve your health. Knowing your elements can bring awareness of potential relationship issues or which elements or combination of elements might be more compatible with you. Knowing your elements can help bring awareness of why you make the decisions that you make. The wonderful Phyllis Light will lead us on a journey to discover our elemental makeups and how we can use this in our lives. And who knows – we might just take a few minutes to dance the elements!

Herbs for Pain: Breaking Addiction

(1.5 hrs)

We've all had aches and pains at some time or the other such as those resulting from overwork or the flu. For most of us, these aches and pains tend to go away after a few days even without application of a remedy. However, for many folks, the pain is unrelenting or unmanageable leading to taking prescription drugs for relief. Home remedies, including herbs and natural care approaches, can speed the process of healing and provide pain relief and an end to discomfort within a very short time. Join Phyllis as she discusses natural approaches to breaking the pain cycle which include herbs that can help reduce pain and inflammation such as

cayenne, turmeric, ginger, devils, claw and many others. She'll also discuss a variety of natural health modalities and their role in helping manage pain, both acute and chronic.

Autoimmune Disorders: A Holistic Approach

(1.5 hrs)

Autoimmune diseases affect millions of Americans especially women. While the specific causes of autoimmune disease are not known, there are some commonalities to be found among many autoimmune diseases. Phyllis Light, renowned teacher, author, and herbalist, in an inspiring discussion of autoimmune disorders and natural approaches to their management. She will discuss theories of the cause of autoimmune disorders, common signs and symptoms or patterns of dysfunction, different types of autoimmune disorders, lifestyle approaches for management, nutritional support, and herbs that help reduce symptoms and improve quality of life.

Special Sunday Class:

Herbs For Women's Health

(2 hrs)

Puberty, Fertility, Pregnancy, Menopause....How can you best support your body through the stages of life? Phyllis D. Light will share her passion in empowering women to learn about their bodies and cycles, and in teaching about the powerful herbs that can help alleviate the most common women's health conditions. In this class, you will learn about the common health issues which affect women throughout their lifespan. What's the best approach for recurring urinary tract infections? Is there help for ovarian cysts or fibroids? Hot flashes? Endometriosis? Recurring yeast infections? Bacterial vaginosis? Vaginal dryness? Uterine or bladder prolapse? How can fertility be improved? How to have a healthy pregnancy?

Phyllis will discuss all these topics and more. We'll dance, we'll sing, and we'll learn how to help heal the body. Join us for a fun and informative workshop learning about women's health and herbal medicine from this renowned teacher, author, and herbalist. Hopefully, you will come away from the workshop feeling more self-empowered in supporting your own health needs.

Jade Alicandro Mace

Spreading the Medicine: Running Your Own Medicinal Plant Nursery

(1.5 hrs)

Growing your own medicine is a natural trajectory as an herbalist, and also as any individual with an interest in natural health and practices that are regenerative to the Earth rather than depleting. However many folks don't grow as many medicinals as they'd like to for various reasons- lack of access to land being a big reason of course. But many folks who do have land don't always have access to medicinal plants to grow, or are not confident in seed-starting or have the time/space/expertise to do so. Enter the medicinal plant nursery. If you live in an area with lots of herbalists/permaculturists/homesteaders/health conscious folks, then there is a market for a medicinal plant nursery. In this class Jade will detail her experience running and developing a successful, home-based, medicinal plant nursery- the trials, tribulations and successes. This is not a class on growing medicinals, but rather a primer on how to start and operate your own business selling live medicinal

plants. Some topics we'll discuss include- taking orders, creating systems, deciding what to grow, employees vs interns, pricing, shipping plants, business planning, business models, infrastructure and amount of land needed (it's less than you think!), and much more. If you love to farm and want to diversify, then this class is for you! If you are an herbalist who loves to garden and are looking to expand your business, then this class is for you! If you're an herbalist with a flair for growing and wants to fill a unique niche, then this class is for you! Come with your questions and leave inspired!

Local Medicine & Community Resilience: Developing a Bioregional Materia Medica
(1.5 hrs)

Many of us are familiar with the local food movement, but what about the local medicine movement? Bioregional Herbalism provides us with the framework to develop a system of healthcare that is place-placed, ecologically sound, and can operate independently from the profit-driven system of allopathic medicine in this country. For any individual who understands the importance of living with a light ecological footprint on the earth at this time, bioregional herbalism offers an opportunity to align one's values with their healthcare choices- and it doesn't have to be complicated! This class will guide participants through the process of choosing bioregional plant allies to incorporate into their herbal practice to create a versatile and flexible home apothecary. We'll consider herbal actions, over-lapping uses, sustainability/availability of the plant, and the needs of participants' particular practices and/or communities. This class will bust the myth of "more is better" when it comes to the number of plants in your apothecary, and instead focus on honing-in on a few dozen herbal allies one can work with and understand clinically on an intimate level. We'll take the time to cover the medicinal use and sustainable harvest methods for plants that tend to be abundant throughout most bioregions in the U.S., and examples and stories from Jade's clinical practice and experiences with her close herbal allies will be shared. We will also explore the intersection of practical uses and the deeper spiritual-emotional benefits of connecting deeply and directly with the medicinal landscape of our homes as well!

Hands-On Demonstration Lab:
Localvore Medicine-Making – Vinegars, Oxymels & Honeys
(1.5 hrs)

Vinegar and honey are unique menstruums- they have the ability to make effective medicinal preparations with long shelf-lives, like alcohol, yet they can often be procured (and even made) locally, affording the possibility of creating truly 100% local medicine, especially when you're infusing them with plants you've gathered or grown yourself! This class will cover easy and accessible folk methods for making your own herbal vinegars, oxymels (a vinegar-honey mix) and infused honeys, de-mystifying medicine-making and giving participants the tools they need to confidently go home and make these preparations themselves. We will challenge the idea that only medicines prepared in the scientific method are effective and deconstruct the concept of what medicine is and isn't. Paying homage to kitchen medicine, we'll give special care to think about vinegars, honeys, and oxymels as the kitchen medicines they are, and think about ways we can incorporate them into our daily diets and routines. One wonderful example of this is Fire Cider, our most beloved traditional oxymel in American herbalism, which exemplifies this "food as medicine" crossover so beautifully. In addition to kitchen medicine use, these can also be used as carefully dosed preparations in a clinical practice, like a tincture, making them quite versatile in the apothecary, and we'll explore these uses and dosages as well. Time will be taken to explore the myriad of herbs that infuse beautifully into vinegar and honey, and some specific recipes will be covered as well. Preparations will be demoed in class!

Katherine MacKinnon

Botany-Beyond The Books: Cultivating Curiosity & Perception in a World of Plants

Part I: *Looking Close: Tools of Perception*

(1.5 hrs)

Botany begins, not with dense terminology and intimidating technical manuals, but with a curious mind and a heart capable of softness and perception. It begins with delicately touching petals, with drinking rainwater from the cup of a flower. With experiencing a leaf, a bud, or the scent of a bloom and feeling chills of beauty and curiosity roll down your spine. That's where this class begins. With cultivating innate curiosity and observational skills, and applying them to a deeper understanding of our plant people and the stories they have to tell. This 2 part class will also get into the more technical side of plant identification, but not at the expense of our individual, and often more accurate, sensual experiences.

In Part I, we will explore exact sense perception, reading the landscape, and investigating plants as entire organisms. We'll learn to use botanical tools for looking more closely at the complex and constantly changing structures of trees, shrubs, and herbs.

Botany Beyond The Books: Cultivating Curiosity & Perception in a World of Plants

Part II: *Classification, Terms, & Keys*

(1.5 hrs)

Botany begins, not with dense terminology and intimidating technical manuals, but with a curious mind and a heart capable of softness and perception. It begins with delicately touching petals, with drinking rainwater from the cup of a flower. With experiencing a leaf, a bud, or the scent of a bloom and feeling chills of beauty and curiosity roll down your spine. That's where this class begins. With cultivating innate curiosity and observational skills, and applying them to a deeper understanding of our plant people and the stories they have to tell.

In the second of this 2-part class, we will be focusing on how to use plant families, botanical terminology, and technical dichotomous botanical keys (really not as scary or dull as it sounds!) to better understand the dynamism of living plants.

The Herbarium: Art, History, & How-To

(1.5 hrs)

In the past century, industrialized schooling has effectively smothered many of our basic creative and innovative tendencies. Many folks no longer rely on their own explorations, but on those of others to satisfy their questions about the world. Information is cheap and passive, and you get what you pay for. This can still hold true even in more alternative parts of society, including herbalism.

Well, screw that! Amongst the many ways to buck this system, is cultivating autodidacticism, or 'self-teaching'. As botanists and herbalists, we can begin to do this by creating our own expressions and impressions of our local herbal landscapes.

Put simply, an herbarium is a collection of preserved plants. Creating one is a useful craft not only for furthering your own knowledge about plants, but for sharing it with others in a way that empowers individual understanding. In this workshop, we'll be going into the history, artistry, and botany of plant collections, with half the class devoted to the collecting, pressing, and preservation techniques necessary to create your own herbarium. Part of this class will be held outside, so please come prepared!

Special Sunday Plant Identification Walk
(2.5 hrs)

Join with Kat for this intimate two and a half hour walk, a wonderful way to end your five day long Confluence time, and to carry the experience of these plant-laden mountains with you on your return journeys back home.

Jenny Solidago Mansell

**Wild Apothecary: An In-Depth Look at Working
With a Basic, Sustainable Materia Medica**
(1.5 hrs)

Are you relatively new to herbalism? Perhaps you buy most of your herbs and would like to learn more about harvesting fresh herbs and making your own preparations. Have you ever wanted to take a peek inside someone else's herbal pantry? What preparations have they chosen? Which plants do they use and why? How do they store and prepare them? Sometimes herbalism can seem mystifying but with a few simple tools and guidelines, you can learn to stock your own herb cabinet with confidence. This class gives you a look into my apothecary which is stocked using herbs which can be sustainably wildcrafted in most parts of the United States. Learn how to best preserve the antioxidant properties of elderberries and when to use a yarrow compress. The class will cover 5 wild herbs in-depth as well as briefly touch on several other herbs. We will go over these plants' actions in the body and which preparations to choose for each plant. This class will also cover safety basics to help those new to herbalism feel secure in their ability to support their family's health with herbs and will cover wildcrafting ethics to ensure you know how to respectfully harvest the plants. There will be a variety of tinctures, elixirs, salves, and dried herbs for you to smell and taste. Each participant will receive a handout with herbal terminology, instructions for basic herbal preparations, and general guidelines for dosage. This class is designed to empower you to be your family's herbalist and medicine maker.

Goldenrod & Gloom: A Personal Journey With Depression
(1.5 hrs)

The inspiration for this class began with a dream, a dream of glowing plant material in a jar with golden light radiating from it which would ultimately pierce the gloom of my depression in everyday life. I have walked with depression and anxiety since I was 11 years old. Over the years I've tried many herbs and practices to help me find peace, joy, and functionality. Some experiments have failed dismally and others have filled me with awe and gratitude for their healing. At this point in my life I manage depression and anxiety with herbs, diet, and practices such as meditation and nature connection. I have come to appreciate the teaching which depression has brought to my life, harsh instructor though it is at times. In this class I strip down to the raw essence of my deepest struggles and share both my vulnerability and triumph. I offer to you what has worked

for me and what hasn't, in the hope you will take something away which may help you in your own struggles or to assist your loved ones or clients. After I share my story, I will offer tips on preparation and dosage for specific herbs. We will try several preparations from flower essences to elixirs. The class will close with a group meditation. To quote my mentor, Jackie Dill, "A gift isn't a gift unless it's shared." The plants and the good earth have given me so much and I offer it to you from an open heart.

We 3 Greens: Lamb's Quarters, Chickweed & Dock
(1.5 hrs)

Explore three special plants in-depth: Lambsquarters, Yellow Dock, and Chickweed. These three dance the border where edible and medicinal meet. Learn how to prepare them for your herbal apothecary and as a nourishing addition to your diet. Lambsquarters have a history which spans centuries and there is record of its use among cultures as far apart as the Vikings and the Cahokia settlements. Chickweed is not only a delicious salad green which grows when many other plants are dormant, it also has a well-deserved reputation as a gentle but powerful healer. Yellow Dock is a versatile plant with uses from root to seed and a rich history of use. As a heritage wildcrafter, I will share family recipes and personal stories as well as traditional uses of these plants.

Dave Meesters

Towards an Autonomous, Insurgent, Unsupervised Grassroots Herbalism
(2 hrs)

In the United States, western herbal medicine is not included among the officially recognized modes of health care. Herbalists are black sheep, excluded from the system. In addition, the federal GMPs impose an onerous burden on herbalists seeking to support themselves by selling herbal products. But maybe, to quote a permaculture proverb, "the problem is the solution." The lack of official licensure and recognition for herbalists also means that no one is telling us how we must practice. Also, herbal training can usually be acquired without entering the debt traps that force other health care providers to take jobs that don't align with their values. Our outsider status might make us poor, but it also makes us free, and creates the conditions for the overwhelming flowering of creativity and innovation that characterizes the current herbal resurgence, a phenomenon that you don't see in licensed holistic modalities like TCM.

I propose that, instead of clamoring for the approval of a medical system that is based on flawed principles, fueled by capitalist greed, and enabled by destructive technologies, herbalists should go with the flow, embrace being on the wrong side of capitalism and the law, and put our energies towards establishing decentralized, autonomous, grassroots health networks that empower community self-reliance, provide care to those most in need, and reduce the need for people to access conventional medicine. In fact I would argue that this is what western herbalism *already* does best, and it is in this context that we are truly in our power. This class will clarify the position of the herbalist in our society, and explore all the ways that herbalists work to make the above possibility a reality, and the ways that we can do it better, without illusions and with full intention.

Special Sunday Class:
Radical Herbal Health Collectives: You Don't Need to Work Alone

(2 hrs)

The solitary eccentric inhabiting the fringes of society is a popular romantic image of the herbalist, but we also find power when we work together. One such empowering and collaborative way for herbalists of any skill level to practice their art, and serve their community at the same time, is within a radical health collective. A health collective is simply a group of peers who work together to further their craft with the needs of the community in mind. Projects for a health collective can include: building a collective apothecary to distribute to those in need, to share with local community groups, to supply medics, or to send to clinics in disaster areas or protest sites; offering classes or workshops in herbalism, holistic health, home medicine making, etc.; directly providing care through a clinic or on the street; providing trainings to practitioners of different modalities; writing and distributing informational zines & pamphlets; educating each other within the collective to build skills and capacity; and more! A health collective is an especially good place for the beginning herbalist who is looking for more experience, wants to learn and practice alongside others, and wants to do some good at the same time.

Drawing from my personal experience in three different health collectives, we'll talk about how to form a health collective in your area, as well as organizational structures for inclusion, efficiency, and harmony. I'll present in detail various ideas for projects a collective could undertake, and pass along many valuable lessons learned.

Healthy Sleep: Herbal & Holistic Approaches

(1.5 hrs)

Getting plenty of restful sleep is one of the pillars of health & vitality. Yet it's easy to overlook the importance of sleep, and to allow the concerns of waking life to erode our daily dreamtime and bodily restoration. Furthermore, many of us have trouble sleeping well, and don't achieve the quantity and quality of sleep that we desire and so badly need. Sleep troubles come in many forms, they can arise from different causes, and are often symptoms of deeper conditions and energetic imbalances, which lack of sleep can easily exacerbate. For these reasons, herbal treatment of insomnia can be tricky, and the herbalist typically needs an array of remedies and approaches, as well as skills for discerning between them. Passionflower alone doesn't always cut it!

This class distills my experience and research into establishing and supporting lasting healthy sleep. We'll talk a little about the physiology of sleep, about what keeps us from sleeping well, and about general practices to support good sleep. Then, we'll spend most of the class differentiating between different kinds of insomnia, and presenting a wide variety of remedies for sleep troubles, including when and how to use them.

Juanita Nelson

Beyond Red Raspberry: Herbs in Pregnancy & Birth

(1.5 hrs)

Pregnancy and birth represent a unique time in a woman's life. We've all heard that statement and yet using herbs during this time for many is terrifying and taboo. Many simply exclude her from accessing the allies of the plant kingdom for fear of damaging the unborn baby or stimulating miscarriage. The minute someone sees

“contra-indicated in pregnancy” they assume that an herb is never used or dangerous. Just like the modern birth culture is fear-based and medicalized, using herbs in pregnancy and birth is feared and restricted. This class is designed to take the practitioner from fear to empowerment. My goal is to help folks support women in treating common and not-so-common ailments, imbalances, or complaints. The unique physiology of pregnancy and birth is a perfect time to embrace our herbal allies-that physiology can enhance the action of herbs potentially making the woman much more responsive to the results. We used to think that the placenta acted as a barrier to most substances but we have learned that the symbiotic relationship between mom and baby via the placenta is much more complicated-and interesting!

We will discuss the physiological changes that happen in pregnancy and how they affect dosage and delivery. What I hope people will take away from this class is the ability to understand the potential impact of herbs and how you can adjust accordingly.

Women & The Affinity For Plants During Pregnancy & Birth (2 hrs)

Women have been using plants to heal and support during pregnancy and birth forever. There is a unique and specific affinity for plants that happens for women during this time that is directly connected to the co-evolution of plants, mammals, and humans.

Geographically, women used the plants that were local to her specific location. She relied on the traditional women of her culture to educate her or relied on her innate genetic memory to guide her to the specific plants she needed. Re-establishing this direct connection to the plant world during this time is both natural and essential.

When we disconnect women from the innate strength and knowledge of their bodies to grow, nurture, and give birth to our babies we teach them to fear. We teach them fear of their abilities, fear of the possible outcome, fear of themselves. We teach them dependency on a culture that is rooted in disease and imbalance and that seeks to control the process of birth. When we empower women to have faith in the process of growing a baby and birthing that baby naturally and easily we teach them to trust. They learn to trust themselves and their ability to connect with the natural world.

The world we live in today is focused on the microcosm of scientific understanding. This has opened up new knowledge and insights into how things work and we are learning so much. However, what we're forgetting is the empirical knowledge of the natural world that was learned and passed on through millennia of observation and experimentation.

The simple ceremony of making a cup of tea during pregnancy can connect women to their deep connection to the rhythm of the natural world. Wise women traditions have been present in every culture in the world and are the direct link to using plants during pregnancy, birth, and beyond. We can empower women by sharing our knowledge with them and encouraging them to listen to their own deep plant intuition.

Breastfeeding, Herbs, & Cannabis Use in Pregnancy (1.5 hrs)

There are specific considerations that can affect plant use in breastfeed moms and their babies. Because of the unique ability of the breasts to transfer any substance through the milk it is a great opportunity to treat both mom and baby. In many ways it is opposite from what happens in pregnancy and what works in one does not necessarily work in the breastfeeding period.

We are learning amazing facts everyday about breast milk and it's unique ability to adapt to the needs of each individual baby. It can change immediately from one chemical composition to another in direct response to babies' needs. Herbs can enhance or interfere with that process and create a direct tool for facility or disruption. As a delivery system is it unique. We will explore the unique circumstances of treatment during breastfeeding. Breast infections and the treatment of them will also be discussed.

Women have used cannabis during pregnancy and breastfeeding for a variety of reasons ranging from easing the nausea of early pregnancy to encouraging milk letdown. How and why this can affect both Mom and baby will be discussed.

Colorado deems it legal to use cannabis for recreational use but it's use during pregnancy and breastfeeding is controversial and can lead to the involvement of social services and legal action again.

Milla Prince

Finnish Ancestral Food Medicine

(2 hrs)

The intersection of food, medicine, and the Holy, is at the heart of the resilient, versatile, and ancient food medicine of all Finnish plant healing. Uniquely positioned between Scandinavia, and Slavic lands, Finland's medicine and magic practices have been well-known for a thousand years (medieval Swedes proclaimed all Finns "witches"). In modern days, much of those ancient practices remain the kitchens of ordinary Finns.

Tree Medicine of The Subarctic Taiga

(1.5 hrs)

From the sap of Birches, to the bitter berries of Holy Rowan, and the nutrient dense to the cambium layer of *Pinus sylvestris*, trees are an integral part of life, medicine, and magic in the taiga. This class delves into the constant sustenance, immune support, physical and energetic healing that trees have provided for countless millennia for the people of the North. Beyond edible and medicinal uses, they also offer traditional healing in many modalities, from bathing with birches in the Sauna, smoke and steam medicine, and ancient "moxibustion" techniques.

The mythology and lore carries their import as the literal centers of the Universe, and those stories are intertwined with the continued folk medicine and scientific uses of Tree constituents.

Once considered the living gods, goddesses, and gateways, and at the same time, beings gifting the people homes, tools, and precious heat, Trees have always been a vital part of Subarctic life. Their medicine, in fact, makes it possible.

Witches & Wise Ones:

Invoking Our Ancestors, The Cultural Heritage of European Folk Magic, & Herbs For Remembrance
(with Amber Hill)
(2 hrs)

You come from a long line of healers, song weavers, midwives, herbalists, dancers, artists, and wise folk. That your line survived long enough to produce you is proof of their plant genius and earth knowing. Accessing our ancestral right (and rites) to plant medicine and cultural magic practices begins with decolonizing our own heritage as witches, healers, hedge-dwellers, and wise folk. Uncovering these old, resilient ways that still exist within ourselves, and our cultures, is the most powerful magic and medicine we need in this time. In this class we will discuss ways to revitalize our indigenous cultural practices no matter where our people came from and start to reclaim our place as active participants in our own healing, tending the wild, and sacred reciprocity.

Kenneth Proefrock

Fascia & Physical Reality: Sensory Integration, Pleasure, Pain & Psychology
(1.5 hrs)

Here we take our lead from Ida Rolf and discuss the far reaching ways that fascial tension and rupture can impact the architecture of the rest of the body. We discuss the ways in which botanical medicine, nutrition, and specific movement can impact the fascial system in pain syndromes like fibromyalgia, CRPS and arthritis. Specifically, we talk about the botanicals Polygonatum (Solomon's seal), Urtica (Nettles), Asparagus (Satavari), Cissus quadrangularis, Piscidia, Albizia, Equisetum, Hemidesmus, Zanthoxylum, Phytolacca and Ashwagandha as well as oleoresinous plants like Curcuma, Zingiber, Alpinia, Larrea, and Boswellia. We will also address Nutritional and Physical exercise options for patients with chronic pain syndromes within a backdrop of the myriad ways that our everyday experience of life leads to our everyday sense of purpose, meaning and contextualization of life's events.

Magical Cacti & The Doors of Perception
(1.5 hrs)

The consumption of mescaline containing cacti can be traced back several thousands of years. Indigenous people of central and South America consider it the key to the kingdom of nature spirits and gods. Like psilocybin from mushrooms, mescaline from cacti is one of the oldest known substances to serve humans as a deeply acting plant medicine. Besides the psychoactive effects of plants like Peyote or San Pedro cactus there are other clinically important aspects that are intriguing, for example, it was recently discovered that such cacti exert an antibacterial effect on Staphylococcus species. This discussion springs from the premise that empathogenic and entheogenic substances induce an experiential dissolution of the defensive intra-psychic separation between spirit, mind and body that encourages physical healing, psychological problem solving and an increase in spiritual awareness. The temporary state changes that occur in an individual's consciousness after ingestion of a psychedelic substance like mescaline, in a ritualized setting, is conducive to a change in attitude towards one's 'self', physical and etheric, which facilitates the body's own healing and regenerative processes. The psychological problem solving that results from a radical shift in perspective can help reframe beliefs with deep spiritual implications that are often profoundly healing.

Simply the realization of that spiritual core of being can be inherently healing and often affirming and empowering of the individual's sense of agency and integrity. Here we discuss the sacred acts of growing, collecting, preparing and administering specific cacti for therapeutic effect. We discuss the safety of these compounds, with considerations towards pre-existing medical conditions in participants and dosing strategies. We cover specific ways to ensure that a positive outcome is generated through a sacramental consumption in a controlled, safe space and setting. We also discuss some of the sticky ethical considerations inherent in such practices. Case studies and first hand personal experiences will be shared as examples of potential best and worse case scenarios, as well as suggestions for first aid measures, and directives for altering the course of an experience when it is not going as planned.

Hands-On Demonstration Lab:

**Topical Applications of Botanical Medicines for Pain:
Revisiting The Use of Liniments, Lotions, Salves, Creams & Gels
(2 hrs)**

Revisiting the historical origins of topical pain relief while reconciling those original understandings with modern clinical practice. We will discuss strategies for making topical agents for botanical interventions, what seems to work for certain clinical presentations, as well as methods that allow for the best extraction and utilization of particular plant constituents. Ideally, we will demonstrate how to make particular topical preparations, including Aloe based lotions, salves into creams and several gel forming bases, what to consider in your interventional strategy and how to apply it. We will spend some time discussing the topical use of Tropane alkaloid containing plants like Atropa, Datura, Hyoscyamine, Lobelia as well as neurologically active agents like Veratrum, Aconite and Sassafras as well as relatively rarely spoken about agents like Amanita, Celastrus, Zanthoxylum and Rhus spp. We will address the treatment of painful conditions that are neurological, fascial, muscular and articular in origin.

**Botanical Considerations For Children
With Asthma, Eczema & Other Allergically Mediated Conditions
(1.5 hrs)**

Here we focus primarily on those conditions associated with a derangement of immune function that allows the allergic response to dominate over other, potentially less inflammatory, immune mechanisms. We discuss ways to reduce reactivity to environmental stimuli, retrain fundamental barrier-type defense mechanisms, and work toward long-term resolution of the hyper-reactive state. I will include numerous case studies from over 20 years of clinical practice of pediatric cases that have now entered adulthood that have either resolved or controlled their hyperactive immune responses. We will cover, in detail, mast cell and histamine biology, IgE/IgA activity, Th-1/Th-2 rationales, mucus membrane health and mood disorders that are consequential and causative to allergic immune responses.

Laurie Quesinberry

**From Poacher to Steward: A Digger's Journey With The Plants
(1.5 hrs)**

For as long as anyone can remember, the plants in the Appalachian Mountains have been a key part of Laurie Quesinberry's family income. Laurie saw the plants as a way to put food on the table and heat in the house, never knowing why people wanted them or the medicinal attributes. Once a tribe of poachers, she and her family would sneak around digging the forest's provisions. A chance encounter with an herbal student changed her perspective.

Living in a place where the plants grow abundantly, Laurie was shocked to find out her way of making a living involved taking the life of plants that were almost extinct in many other parts of the world. She was faced with a moral choice and decided to take a leap onto an unknown, difficult road. Laurie transitioned to mountain steward and forest farmer with her new friends in the plant world. Offering value-added products and collaborating hand-in-hand with the herbal community has opened doors to a more sustainable path for both the plants and her family.

Laurie opens her life and heart for the first time to share her story of what happens when the world of herbalism collides with commercial wild harvesting.

A New Look at American Ginseng: *Panax quinquefolius*

(1.5 hrs)

Revered in our region primarily for its monetary reward, Ginseng is an integral part of the Appalachia culture. Typically harvested solely for its export to the Orient, the use of American Ginseng has all but been lost to the Western World. Called a "National Treasure" by Kathleen Maier and the "King of Herbs" by Phyllis Light, American Ginseng mostly remains a true mystery waiting to be discovered. As one of the top at-risk plants, it's time for our perspective about usage, harvest and habitat to change. By reviving techniques of old such as partial root harvest, leaf medicine and zero waste combined with forest farming, we can create a thriving environment to sustain Ginseng into the future.

Join Laurie as she explores the history of Ginseng in the Appalachia and its impact on those who harvest it, its use among the First Peoples and why it's so desired in China, current trends in the industry and the innovative ways Ginseng is being marketed. Coupled with Laurie's ideas for responsible usage and sustainable ways that entrepreneurs can help herbalists access this plant, make her cutting edge ideas eye opening and inspiring.

At Risk Plant Circle - An Unveiled Story of Commercially Wild Harvested Plants of The Appalachia

(2 hrs)

Join Laurie Quesinberry for an intimate peek into the world of commercial wild harvesting, and connect with the plants through the heart of a digger. Diving deep into 6 highly sought "At Risk" plants from SW Virginia: Ginseng, Goldenseal, Black Cohosh, Solomon's Seal, False Unicorn Root, and Trillium.

Through in depth discussions and hands on experiences, this class will be an unfolding journey into the life of these Appalachian plants. Laurie will share about the history of wildcrafting in her part of the Appalachia and the loss of Granny Witches to male commercial diggers, native plant habitats and communities, the digging industry, implications of commercial harvesting, the push for forest farming and much more. Seasoned with Laurie's mountain tales and family history, this is a unique opportunity to learn the rest of the plant's story.

Creating a space for ideas to blossom, participants are encouraged to take part in a round table type discussion about the challenges of the industry and sustainability for generations to come. In addition, as part of this class you'll also have the unique opportunity to create their own at-risk plant prayer and spiritually connect with these plants through the various live plant samples that'll be on hand.

Anja Robinson

**Sacred Tree Medicine:
Exploring The Healing Conifers of the Pacific Northwest & Beyond
(1.5 hrs)**

In this class we will explore medicinal conifers, drawing on my experiences with the forests of the Pacific Northwest. This will be a hands-on class, in which we will learn various methods of preparation for making medicines from our sacred forests. From oxymels, infused vinegars, infused body oils to hydrosols and incense; we will learn the ways in which we can bring the magic of the forest into our daily lives and connect with our ancient tree allies. This class will include a historical look at tree medicine in this region and beyond, as well as a Materia Medica of different species and their medicinal uses.

**What The Hell is The HPA Axis?: Holistically Managing Stress in These Crazy Times
(1.5 hrs)**

In this class we will take a deep dive into the mechanisms of the stress response system and the mismatch occurring in our modern environment. We will break down the components of the nervous system that make up our stress response such as the adrenals, neurotransmitters, hormones as well as something known as the HPA Axis. We will explore healthy cortisol rhythms and how our modern world is playing a role in disrupting our bodies natural flow. We will discuss signs and symptoms of adrenal dysregulation as well as many common health concerns we are seeing in our current culture as a result. As a class we will explore creative solutions for dietary, herbal, lifestyle shifts as well as body/mind techniques to help us come back into balance, support our nervous systems and holistically manage our stress in our modern world.

**Rivers of Life: A Deep Dive Into Ayurvedic Breast Health
(1.5 hrs)**

In this class, we will explore Lymphatic Breast Health through the lens of Ayurvedic self-care & massage. We will dive into our inner landscape and begin to understand the importance the lymphatic system plays in self-care and immunity as well as learn some tools to help support lymph flow & blood circulation. We will discuss anatomy and physiology, common health concerns for women as well as life style factors that contribute to our breast health. We will discover how to map the terrain of our breast tissue and the lymphatic system so we can decipher what is "normal" and walk away with the knowledge of how to massage, check and care for our own breasts for health and vitality. We will explore the interconnectedness of mind & body to deeply understand how we hold our emotions in our tissues and how to support ourselves in releasing grief, trauma and processing our emotions through this work. Together we will come up with creative solutions to our blockages around self-care as well as mind-body medicine techniques to infuse into our daily practice so that we may receive deep nourishment and support our healthy flow. This will be an exciting and inspiring journey into Ayurvedic self-care and Women's Health!

Missy Rohs

First Aid For The Herbal Healer: Handling Emergencies Well
(2 hrs)

Perhaps you know which herbs to use for wounds and broken bones, but do you know how to handle an emergent situation? Keeping a level head and being thorough when crisis strikes can make an enormous difference in outcome. As community health resources, herbalists often find themselves in a special position to utilize these skills.

In this class, Missy will draw on her personal experiences, her wilderness first aid training, and her years of teaching street medic skills with the Black Cross Health Collective. Together, we'll cover the most important parts of being the first responder to an emergency, from scene assessment to patient evaluation. We'll talk about identifying your resources, working together with bystanders, and overcoming common hurdles to competent treatment. Most importantly, we'll practice the skills in realistic scenarios, learning by doing. Please come dressed to spend time outside, and bring along whatever accoutrements you typically carry in your bag when you plan to spend the day outdoors.

Herbal Games as Teaching Tools
(1.5 hrs)

Herb school doesn't have to replicate conventional school. In fact, it can be a place where we embrace divergence and the unique learning styles of individuals. One of the most fun and engaging ways to do this is by incorporating games into the classroom setting. In this class, Missy will share a variety of different games that she uses at the Arctos School and when guest teaching elsewhere. We'll talk about what function these games serve in different settings and different stages in the learning process, how to set them up, and what they can tell you about your students. We'll also put these templates into practice and try out a few games ourselves! Herb school instructors, people who work with kids, folks who teach *anything*, and anyone who likes to have fun are welcome.

Let's Get It On: Herbs to Enhance Sexual & Sensual Experience
(2 hrs)

How can we use herbs and ritual to support sexuality and sensuality in our lives? Missy will discuss the fundamentals of herbal support for a pleasant engagement with ourselves and others as sexual beings, incorporating simple ritual into setting intentions for this work. After covering the basics of bolstering sexual health with herbs, we'll dip our toes into the delightful pool of aphrodisiac herbs, plants to spice up and enhance our sensual experiences. You'll leave with plenty of ideas to create a juicy, indulgent date with desire.

Adrie Rose

**Resurgence of the Sacred Household:
The Magick & Ritual in Home Tasks & "Women's Work"**

(1.5 hrs)

What if we are remembering, instead of learning? What if our rituals and birthright knowledge has been hidden in plain sight, instead of exterminated? As healers and witches, there is no denying the deep scar of the Inquisition and the disruption of knowledge transfer in western medicine and magic. This class is a time to hold collective remembering and reclaiming of magick and ritual, to acknowledge what was intentionally hidden to preserve it, and can now be brought back into the light.

Many everyday tasks, objects, and symbols are the ones associated with witches - think of the classic witch with her broom, cauldron, and wart (wort=herb). Some teachers refer to all magic as simply housecleaning on an energetic level. Let us explore together the magic and ritual that was handed down and is available to us in the forms of cleaning, songs, cooking, and folk remedies like ginger ale for upset tummies. Let us explore how our intention can transform the everyday into ritual, and what lessons and power may have been hidden long enough that it was nearly forgotten, but is here, simply waiting for us to reclaim it. Bring a song from your childhood, ancestry, or heart.

PMS as Gift: Listening, Supporting, & Herbal Allies

(1.5 hrs)

Pre-menstrual sensitivity, vulnerability, and openness can manifest as a wide variety of symptoms that can be painful, confusing, frustrating, and frightening. We will discuss the different ways PMS can manifest in the three constitutions (Vata/Pitta/Kapha), and the importance of understanding these energetics before diving in to treating symptoms. We will discuss herbal, lifestyle, and yoga supports for common PMS imbalances. Above all, we will explore the ways that PMS is not a curse or aberration to banish as fast as possible, but a gift that offers us rich, meaningful information. PMS shows us what we are not dealing with in our lives, where our boundaries are broken, what callings we are ignoring, and more - it is like a mini monthly visit from the Crone, a preview of the wisdom of menopause. We will share ways to honor this time, and listen to what our bodies are telling us. We will include working with flower essences as part of our toolkit, and discuss herbal allies including rose, skullcap, licorice, St Joan's wort, blue vervain, violet, burdock, dandelion, yellow dock, cinnamon, ginger, lavender, nettles, and milky oats/oatstraw.

Vicky Salcido-Cobbe

Bioregional Herbalism as Radical Resistance: Creating Solutions Inspired by Our Local Biospheres

(1.5 hrs)

The unique diversity inherent within each Ecosystem is a grand teacher, a gift, and a key to the door of perspective-shifting breakthroughs. Localizing the mind can bring a renewed sense of belonging and hope. Through this lens, Plant Folx are able to create solutions for needs within their own bio-region: Unique, Informed, and Empowered.

We will begin by discussing how localized, community-based herbalism can act as a vehicle for social, economic, environmental, and personal shift and revolution. This localized approach can empower Herbalists

to help limit or greatly reduce their community's participation in fossil fuel destruction, slave labor, and dependency on big pharma, while providing opportunities for often marginalized communities and relieving local dis-ease. We will then break into groups by our personal home ecosystem (cities included!), imbibe essences created with plants of these ecosystems, and embody the brilliance of our local Flora and Fauna while workshopping creative solutions for our community's needs. There will be a set of questions/inquires to ponder within the group, and opportunities to unpack a specific question you are holding in your heart.

The overall intention of this class is to provide skills to create a biome-framed connection, which allows folx to think like the Flora and Fauna in their bio-region. The invitations is to connect deeply with your home biosphere, embodying the non-human community to inspire creative solutions to personal, social, and environmental challenges. Folklore and examples of resilient Bioregional Herbalism provided. You are encouraged to bring your stories of this theme to share.

Medicine Carriers: The Basics of a Thriving Herb Garden (2 hrs)

The Garden is calling you! Join us as we cover the very basics of maintaining a Herb Garden that thrives. We'll cover a basic understanding of compost and soil, seed-saving tips and techniques, a (hopefully) succinct discussion on the miracle of Mycelium, working with insects and other critters, tips for propagation and harvesting for regenerative growth, and whatever else time allows for. Learn how maintaining a closed-loop garden with as little external inputs as possible can bring about great wellness for yourself, the land, and your community. Learn how growing your basic wellness/medicine needs has great, GREAT potential in relieving financial strain and emotional stress. We will discuss potency based on soil-health and harvesting as well as that subtle, oh-so-important, Medicine of Place.

We will also cover a Garden Materia Medica for the care and keeping of the garden itself. Learn which plants can help stimulate root growth, break apart clay soil, accelerate compost, provide necessary minerals and nutrients for the soil and plants, and more. Included are some stories about the magical properties of some specific plants, and some things to consider when choosing where to plant them. Experience the wonder of learning the great metaphorical and practical lessons from our gardens: one of our greatest teachers! Time permitting we will have a seed exchange/seed cleaning demonstration. No previous garden knowledge is necessary, all are welcome to learn how to create thriving gardens in our communities!

Abuelita Herbalism: The Sacred in the Simple (1.5 hrs)

The foot soaks, the onion poultice, the oregano-heavy soup. In these complex times, simple and powerful traditional remedies like these have their place in our Herbal Practices now more than ever. As access to basic healthcare becomes endangered in many communities, the ease-full, approachable, and low-cost remedies of old have the potential to enliven folx of all walks of life. Join in a celebration of the Abeulos and Abuelas (Grandfathers and Grandmothers) who walked before us. We will embody the Grandmother Oaks of old: full of wisdom, strong, loving, and a bit stern when needed.

In celebration of sacred simplicity, we will create and/or experience easy, accessible, and affordable remedies for general well-being. Learn ways to incorporate herbs into your meals and other everyday rituals such as bathing, moisturizing, and sleeping. We will discuss the value in embracing "Multi-Tasking Herbs," herbs that

play many roles and are easy to grow in most climates. We will challenge ourselves to ask the question, “what would I do if this were 300 years ago?”

This class is intended to be an encouraging, practical look at bringing herbalism into the lives of many. You'll find no exact ratios here, but a rekindling of the wisdom held within the many Medicine Carriers of your bloodline. You are encouraged to bring stories of the teachings of your elders. Join us as we demystify herbalism as the people's medicine, a lovely medicine indeed.

Dara Saville

Signature Species of the Southwest
(2 hrs)

Join me for an exploration of healing plants of the Southwest and the medicinal plant landscapes that they help to create. Herbal medicine comes from the collective interactions of plants, the land, and ourselves and by connecting with this system of living vitality we can facilitate the deepest restoration, growth, and happiness within others and ourselves. Through this class we will discover the medicine of humility and empowerment of the desert mesa by way of Sand Sage, Snakeweed, Juniper, and Datura. Pinon and Ponderosa pines will illuminate the cooperative healing power of the coniferous mountain plant communities. Riparian plants including the matriarchal Cottonwoods and legendary Yerba Mansa show us the way of the river and the importance of free-flowing revitalizing energy. Chaparral and Globemallow of the desert grassland demonstrate their respective powers to remake the terrain within ourselves and how to nourish vital life processes. Through this class we will delve into the medicine of these plants and places for a better understanding of how to facilitate health and wellbeing within ourselves and in the world around us.

Invasive Plants Medicine & Ecology
(1.5 hrs)

Invasive plants are both mysterious and controversial. As such, they elicit intrigue and conflict wherever they come up from modern herbal literature to land management in a changing world. These plants represent paradox as both passengers and drivers of change. They also invite us to explore our own feelings about a range of issues coming to the forefront in these times including climate change, immigration/migration, restoration of relict habitats, and how we can adapt to the changes unfolding around us while still advocating for what matters. Many of us may struggle with our feelings about these plants and we may harbor widely differing views about them. Some have portrayed invasive plants as the destroyer of ecosystems while others see them as saviors of the land in an increasingly disturbed world. Regardless of how we feel about them, they are here to stay and we can begin to create relationships with these plants and explore medicinal applications for these abundant beings. In order to do this, we must work through any emotional barriers we might have with these plants and begin to understand their ecological roles in new environments. In this class we will discuss the ecological functions and medicinal possibilities of invasive species including Salt Cedar, Russian Olive, Siberian Elm, Tree of Heaven, and others.

Sense of Place For Plant Healers
(with Jesse Wolf Hardin – 1.5 hrs)

How can one develop or deepen their sense of place and why does it matter? As herbalists we can do this in a variety of ways. Some of us might start by engaging our minds as we learn as much as possible about the land and its relationship to the people through plants. By reading books, taking classes, and making our own observations, we can get to know the many layers of place. Others will naturally be drawn into intimate connection with place by way of the emotional heart. Becoming awestruck by the beauty it offers, we can transcend ourselves, reconnect with the network of life, and realize our interbeing with all aspects of the living world around us. Both avenues are equally as important to explore and when united, they form the foundation for developing an unbreakable bond with the land while serving as a powerful catalyst for action on behalf of place. When we understand a place with our minds and our hearts have fallen in love with its vital beauty, we will be moved to make ourselves part of that place by playing an actively beneficial role in its biological ecosystem and cultural community. This is how we become the place we most love.

Special Sunday Class:

Inciting Change: Conservation Projects on Public Lands
(2 hrs)

Get ready to be inspired and empowered. This is a class for anyone feeling discouraged by the present state of the environment and ongoing threats to our public lands. We do not have to accept things as they are; we can advocate for change and make it happen by mobilizing our communities. As individuals connected to the spirit of the land we can take our cues from the trees, rivers, canyons, mountains, and meadows and bring others into meaningful action for the benefit of the places we love. This class will discuss ways to design and implement community-driven native plant restoration and other environmental projects on public lands. Discussions will include evaluating locations, identifying workable problems, engaging with land management agencies, collecting data, forming a plan, organizing volunteers, forming fruitful partnerships, enacting plans, and evaluating your work. Organizing and coordinating community-driven projects on public lands is one of the best ways we can give back to the plants and places we love. This work not only brings the community together for a common cause, but it nurtures the land and we restore ourselves in the process.

Plant Walk: Beyond Acquaintances
(2.5 hrs)

Let's take a walk and discover what plants near the conference site have to tell us about themselves and their lives. We will not only become acquainted with numerous plants but also see what relationships they have with their environment. Understanding these reciprocal connections allows us to know these plants more intimately and to see more clearly how they work as medicines. This walk will go beyond plant identification and include medicinal uses, plant ecology, conservation issues, and what plants have to tell us about changing landscapes of the local area.

CoreyPine Shane

Pattern Identification as Diagnosis in Western Herbalism
(1.5 hrs)

How do we go beyond just treating symptoms and find the root cause of disease? One approach can be seen in Chinese Medicine. It bases diagnosis on underlying patterns that links diverse symptoms of imbalance

throughout the body instead of seeking to find isolated micro-organisms or physiological pathways. This class will explore a way of “pattern identification” using western physiology.

Trauma Awareness For The Herbal Clinician

(1.5 hrs)

As a culture, we are only just realizing the extent of unresolved trauma. These experiences are far more common than is usually acknowledged, and are minimized by society and often even by the one who has experienced it. It is vital to our clients' health and well-being for us to be able to recognize, understand, and respond to the effects of trauma. This understanding can also help us see how emotional, mental, and physical trauma can get stored in our body and cause physical problems.

Neurotrophorestoratives: Support For Nervous Exhaustion

(1.5 hrs)

It's a mouthful, but this word was coined by 19th century American herbalists to describe herbs that were nourishing instead of sedating to the nervous system. We'll talk about how to recognize excess functioning of the nervous system and deficient functioning of exhaustion and depletion, and which herbs to use when. This important diagnostic difference can help us treat diverse conditions like anxiety, depression, and insomnia.

Herbal Choices For The Three Stages of Respiratory Illness

(1.5 hrs)

There is a large materia medica of herbs that work on upper respiratory infections, probably because they are so common. But different herbs work better for different stages of infection, and this understanding is very helpful in choosing the right herb. We will talk about the 3 stages of 1) Initial infection; 2) Deepening infection; and 3) Resolution and Recovery – a time when remedies are often tossed aside but actually need to be continued.

Lauren Stauber

Bonus Sunday Class:

Leaning on Pine: Ally For Aches of Body & Mind

(1 hr)

In this special class, we'll visit Pine as a source of support and healing in relation to physical and emotional pain, and in realms where the two meet as one. We'll look at specific ways pine interacts with the tissues of the body, and how the properties of pine can be applied to different kinds of physical pain and the underlying states beneath those pains. We'll also touch on the interface between physical and emotional experiences, and how pine speaks to that junction. Understanding that emotional connections between humans and the plant world are profoundly personal and individual, we'll explore common grounds that have been observed in how Pine affects the emotional body through its aromatic language and its great majestic tree-ness. I will offer my perspective on how Pine can be an ally in times of grief, fear, emotional stagnation, and emotional exhaustion. We'll consider some of the special ways Pine encourages movement and gentle shifts in perspective, allowing energy to flow more freely in the emotional body, while also invoking a more grounded,

rooted sense of self through that movement. I will also share some of the teachings I've received from conifers in general, as allies through dark, stark, cold nights of the soul. In all of this, we'll come to appreciate ways that pine offers us a place to lean for both acute needs and longer term deep healing. Different forms of Pine-based plant medicine will be passed around to try during the presentation, and you will leave smelling of the forest.

Emily Stock

Heaven & Earth: Astrological Influences in Medicine Making
(1.5 hrs)

Astrology is an ancient study found throughout most of what we know of human history, and has only recently been suppressed. This is not unlike many of our collective passions as herbalists. In the early days of astronomy, the energetics of planetary influences were perceived at the same time the physical masses in the sky were identified. The practices of astrology and medicine have often gone hand in hand as useful tools that can be used together to make sense of our world and also to find balance within it.

Aside from modern horoscopic divinations, astrology has historically been used as a system of energetics, making it accessible and translatable to the herbalist. In this class we will begin with an overview of Western Astrology as an energetic framework and place the zodiac within their planetary rulers and get a sense of how they might impact our lives and medicines. We will spend time discussing the lunar, solar, planetary, and zodiacal energetics and explore ways to incorporate them into medicine making, including theories of specific plants and their astrological affiliation. We will also explore times and ways of incorporating the desired energetic into your preparations.

Mothering The Mother – Labor & Birth Support
(1.5 hrs)

This is a crash-course for herbalists on being a doula. As herbalists, we are often poised to provide a safe place for our community members to inquire about natural and supportive ways of caring for ourselves. Having a doula, even in a typical medical setting, can provide the physical and emotional support needed when a family is growing. As a transitional point in life, positive birthing experiences have the radical possibility to change the foundations of our culture for every mother and child entering the world.

We will address the history of birth and how the patriarchy has taken hold of it, the scope of the doula, and the necessity of caring labor support and advocacy. We will discuss simple and safe herbal support throughout pregnancy and post-partum, and postural yoga to support pregnancy. We will learn the practicalities of how to guide a family through the trials of labor, including comfort measures, techniques and positions for various stages in labor, along with ways to get the labor process going naturally. Often the efficacy of the doula can depend on their relationship with the primary care providers and their assistants. We will address ways to work with other birthing professionals while maintaining advocacy for the client.

The process of birth is a winding road. Even for a person desiring an intervention-free process, there are many decisions about prenatal care, tests, and interventions during labor that are unique to each individual. We will address some of these interventions and provide information and resources that can help to guide your clients,

friends and family through these decisions. You will leave this class prepared to begin your journey into providing labor and birth support.

Star-Gazing Herbalists: The Marvelous May Sky

(1 hr)

Join Emily once again, for our annual night of inspiring stargazing! We will be learning to orient ourselves to the landmarks in the night sky of the northern hemisphere, and you'll be able to identify constellations, planets, major stars, and other astronomical phenomena. We will be sharing myths and stories of visible constellations in the vibrant Summer Solstice sky. The physics of planetary and zodiac energetics will be explored through the lens of our work as herbalists, exploring ways to incorporate these universal forces into our craft, enhancing and harmonizing our practices. As we learn to find patterns and connect our experiences to the night sky, it can deepen our understanding of and connection to the healing earth at our feet.

Emily Swanson

Nature as Guide: The Plant Healer's Role in Personal & Cultural Transformation

(1.5 hrs)

We must transform or die. It is evident everywhere you look. We face an unprecedented need for a radically new approach to being human on this earth. This is true on the personal as well as the collective levels. What do you do when the old ways are crumbling (violently) around you and there is no clear path forward? You get quiet and you listen. We are woven into a vast web of life that has been evolving itself over eons. Nature holds a map for transformation that is repeated in infinite variety across this vast universe. We can tap that wisdom as it exists in our cells and use it to help guide us as we seek to transform from one level of our human existence to the next.

In this exciting and experiential talk, psychotherapist and ecotherapist Emily Swanson will explore the patterns of transformation consistent throughout Nature. and show how they can support our transformation - on personal, cultural and global levels.

Nature as Therapist: Theory & Practice of Ecopsychology For Herbalists

(1.5 hrs)

Ecopsychology views the human psyche, spirit, and body as inseparable from and interconnected with the vast web of life. It offers a philosophical ground for deeper understanding of human problems, and practical approaches for healing and transformation. In nature, we find metaphors and direct experiences that can restore well being. Reconnecting with outer nature connects us to inner wholeness. It weaves us back into an ancient and powerful relationship: supporting and being supported by the intelligence of life. This relationship has the potential to heal and transform, bringing us into balance inside ourselves and with the world in which we live.

This engaging and experiential talk will explore ecopsychology in depth, and offer specific, practical and easy-to-implement tools that herbalists and healers of all kinds can use to facilitate deeper healing for themselves, others, and the world.

Shiann Swapp

A Kickboxing Workout For Plant Healers
(1 hr - Fri. & Sat. Mornings)

Martial Arts are traditional training programs that can contribute to spiritual well being, while empowering the individual, teaching respect, and contributing to situational awareness, aerobic fitness, and overall health. Enthused kickboxing coach Shiann Swapp will be leading a high energy kickboxing warmup featuring lots of movement, bringing her natural gifts of enthusiasm and positive energy, encouraging and supporting our self confidence and life balance.

Note that there will be no actual sparring or striking of bags. Be sure wear loose fitting clothes, and plant to go barefoot or wear comfortable shoes. All ages and levels of fitness are welcomed to join in the fun!

Rae Swersey

Surviving A World That Doesn't Want You:
A Radical Community Herbalist's Approach to Suicide & Suicidal Ideation
(1.5 hrs)

If we are to be community healers, we will see life and death in our practices. We will also see people with suicidal ideation and those effected by losing someone to suicide. There is a deep silence around working with this struggle. It is crucial that we do, and as herbalists we have the tools. Plant medicine has so much to offer mental health relief. In this class, we are going to begin to dismantle shame, silence, systemic oppression, and grief. We will talk about using herbal medicine in our path of resilience and the fight for our lives. This workshop will contain useful skills and tools, with the goal to empower participants to use this knowledge in a practical way. There will be a focus on respect and cultural competency when approaching friends, loved ones, communities and clients. We will touch what is underneath trauma and oppression to the core of who we are and what our mind/body/soul is fighting for. We will talk about how I approach my formulas in my personal practice and take an in depth at social justice herbalism frameworks. You can expect case studies, clinical skills including intakes and safe suicide assessment tools, a handful of herbs-mainly going into their mental health uses and differentiation, and how to address accessibility and practicality. There will be a strong clinical practice focus. It is imperative, during this time, we build up our resources and armory against hopelessness and tyranny. Through exploring resilience and where it lives in the body we can address mental health and it's stigmas from a deep perspective. In deep gratitude for the plants and humble respect for those who survive daily. Let's talk about plant medicine and what it means to be alive.

Hungry With Leaf Scars:
A Radical Community Herbalist's Approach to Chronic Pain
(1.5 hrs)

People who live with pain are *hungry*. We are searching. We are invisible survivors. We are starkly seen. We are resilient. We are ghosts of our former selves. Our hearts ache to know relief. We are owl screeches at midnight.

The plants in your garden know. They bend towards our bedroom windows. It is our job as herbalists to direct the call.

In this class we will use a disability justice framework when working with chronic pain. We will address this from a radical clinical community herbalist perspective. As a facilitator, I am both a practitioner and a person living with chronic pain. I come to you from a merged perspective. We will cover a radical clinical community herbalist perspective on chronic pain. We will go over a multi-faceted approach and disability justice framework including topical, internal, nutritional, and supplemental changes. We will go over how using plant medicine is essential in the dismantling of larger systems of oppression and their hold on our mind/body/souls. By looking at how the herbal medicine community has internalized ideas of what “healthy bodies” are from mainstream culture, we can begin to unravel the threads that keep ourselves and our clients from sustaining pain relief.

There will be a strong focus on what I have learned in my personal practice and from getting to know the plants. I am not including the multitude of fabulous information already out there, but rather tips that have informed my practice that are less talked about in books and schooling. Included in this thorough talk, will be herb differentiation, flower essence formulation, anecdotal experience from clinical practice, common obstacles, and specific plants as allies in the fight for our lives.

Working With Our Privilege: Addressing Access in Herbalism

(with Alanna Whitney – 1.5 hrs)

Herbalism’s resurgence in North America has brought the people’s medicine to so many people whose birthright connection to medicine & healing had been lost. The work of herbalism is radical and revolutionary, and in keeping with that tradition, we want to offer folks (clinical practitioners & folk herbalists alike) an opportunity to delve a little deeper into why and how we can work to make herbalism more accessible to people from different backgrounds and lived experience. In this workshop, we will facilitate a conversation about the insidious ways in which systems of oppression and the work of the oppressor can creep into our psyches & hearts. We will talk about ableism, racism, settler colonialism, white supremacy, patriarchy, sizism, heterosexism, classism, and cissexism in herbalism and what we can do to shift our own internalized bias.

We will touch on the history of the disability rights movement, using that as a guide for how we can transform the way we relate to clinical and community offerings. Issues of access and oppression, ability and disability, size, whiteness, and patriarchy have historically been poorly addressed (or fully ignored) in many herbal communities and schools. This workshop offers an introductory framework for making our work safer & more welcoming to people who have been historically marginalized. We will be talking about practical and clinical concerns, from issues like how to compose intake forms, how to think about access considerations for our physical clinical spaces, and customizing inclusive protocols and also some of the more nuanced ways that we can begin to unravel and address our own internalized bias.

Jonathan Treasure

Evidence Based Herbal Medicine: New Block on The Kids

(1.5 hrs)

When so-called Evidence Based Medicine (EBM) is applied to herbal medicine (EBHM) the predictable conclusion is that “Herbs Don’t Work”. Herbalists’ responses range from denial (“we don’t need no stinking studies”) through nit-picking, (study used wrong dose, wrong species, wrong plant part, yadayadayada) to the Stockholm Syndrome (conversion to mainstream acceptability by citing innumerable references).

All this begs a bunch of questions: how *do* herbs work? How do herbs cause effects? What is a cause and what is an effect anyway? Can they be measured? Does it matter? Answering these questions requires a herb walk in the philosophical garden and digging down into the metaphysical dirt, admittedly unfamiliar turf for many herbalists. But as with all secret gardens, enlightenment and even enchantment await. Health Warning: this talk may affect parts of the brain that normal classes do not reach.

Weed Whacking: Common Cannabis Myths & Misinformation (1.5 hrs)

Perennially, traditional herbalism in North America has been something of a cinderella activity. Herbalists of all stripes have become accustomed to their minority and almost invisible status in a modern marketplace dominated by dietary supplements and the hype of internet commerce claiming herbal cures for all that ails you just a click away...from weight loss to breast enlargement.

Yet all of a sudden hundreds of thousands of people all over the country today are talking about their “herbal medicine”. But what they actually mean is cannabis. The chasm of disconnect between herbalists and cannaculture is a void that is being rapidly filled with misinformation, fuelled by the feeding frenzy of cannabusiness - a green Klondike attracting the get rich quick from all over - from small time illegal growers thru to big Pharma and venture capital.

For the countless individuals who could benefit from medicinal cannabis, the situation is chaotic and confusing. Patients are confronted by huge and real difficulties in determining what kind of cannabis they need, how it can be accessed, how to take it and more. Yet there remains almost a conspiracy of silence from all but a very few herbalists about this herb, which serves only to compound these challenges for patients

This session will cover and counter the common myths and misconceptions that confront herbally naive patients as they try and navigate the rapids of current cannaculture. In particular I shall argue that although herbalists have a lot to offer patients in their approach to cannabis, it is also the case that cannabis and cannaculture have some important and intriguing lessons for many herbalists.

Cannabis FUQ. (Frequently Unasked Questions) (1.5 hrs)

This talk will cover a variety of aspects of cannabis, cannabinoid pharmacology, and the physiology of the human endocannabinoid system that are typically little discussed. Some examples include:

- Why do we have an endocannabinoid system (ECS)?
- What is the real difference between indica and sativa?
- Can we use anything besides cannabis (including other herbs) to look after our endocannabinoid system?
- Which cancers can benefit most from cannabis treatment?
- what is the best way to take cannabis for treating cancer?
- does cannabis cause drug-herb interactions?

Registered Participants in the Plant Healer 2018 Good Medicine Confluence will be able to access a link before the Event to add their own unanswered questions on cannabis, and as many of these as possible will answered during our session together.

Angie True

Alternatives to ADHD Drugs: Just Say No!
(1.5 hrs)

Pretty much everybody knows how ADHD diagnoses have skyrocketed in the past decades. What's not so well known is how about 2 million of the more than 6 million children with ADHD were diagnosed at ages 2 to 5.

So how are these children being treated? They're given drugs that are literally forms of methamphetamine. Side effects can be numerous, including poor appetite, sleeplessness, mania, irritability and slowed growth. Long term studies have shown those given stimulant medications in childhood go on to have much higher rates of early death, atrophy of the brain, suicide, psychiatric hospitalization, incarceration and drug addiction. Some of these negative impact studies have begun to trickle out into the mainstream and more parents have expressed their concerns. As a result, now *other* drugs are being prescribed for children diagnosed with ADHD, including nearly 20,000 prescriptions for antipsychotics for children ages two and younger written in 2014 alone, a fifty percent increase from the previous year.

Could there, perchance, be other ways to nurture our children with attention-related issues?

Yes! In this class we will:

- Examine common mistakes made in diagnosing ADHD
- Discuss food, nutrient and herbal medicines for ADHD symptoms
- Remove common toxins from home or school that may exacerbate or cause ADHD symptoms
- Teach children how to manage stress and increase focus
- Understand and meet children's unmet emotional needs that may be leading to misbehavior
- Understand and work with children's values to ensure optimal concentration

Botanicals & Other Strategies For Stability During Radioactive Times
(1.5 hrs)

Feeling traumatized and/or numb by trying to normalize this age of constant threat and stress?

We have always lived on top of a literal nuclear reactor. A core of elemental instability powers both planet and – metaphorically – the inner core of the self. Chaos, disruption and decay drive every facet of our lives, yet we experience our time on the earth's surface as somewhat stable. Is there anything in this contradiction that holds medicine for times of increased intensity? Might there also be ways to subtly shape the enormous energy being released during this radioactive epoch? Join us for an ecopsychological depth tour to sharpen and expand upon soul-level stability-creation skills, including meaningful self-care techniques, suggestions for perspective-shifting, emergency psychic strategies, using specific, lesser-known plants and direct action that

can increase a sense of empowerment and even joy. We will engage in a warrior divination ritual and leave with samples of powerful wildcrafted elixirs formulated especially for overwhelming cultural fluctuations.

After all, these are the moments we have been training for all our lives.

Lisa Valentine

Hands-On Demonstration Lab:

Feed Your Face: Making DIY Serums & Sheet Masks

(1.5 hrs)

For many years the recommended skincare routine was a gentle cleanser, alcohol-free toner, and moisturizer. For those who wanted to boost results, an exfoliating facial scrub and/or mask could be added to their weekly regime. Nowadays, the world of skin care has seen some amazing advances, and there are more and more product categories that target specific skin-care concerns such as clearing and preventing blemishes, hydrating, calming redness, exfoliating, firming, fading brown spots, repairing sun damage or smoothing wrinkles. Having been what I would call skin-care resistant - and especially resistant to trying out new products with lots of unpronounceable ingredients - imagine my surprise when my daughter, who has gorgeous skin btw, told me that she uses sheet masks daily in order to combat the effects of the dry climate she lives in, and puts serums and essences to good use too. I obviously had a lot to learn - and you are not alone if you have no earthly idea what a serum or sheet mask is! I decided to give a few organic sheet masks a try and to invest in a few natural serums. I was shocked about how quickly sheet masks and serums changed the appearance of my skin. I even began getting compliments on my new glow.

In this fun and informative class, we will not only delve into the significant connection between nutrition, the microbiome, and glowing skin - but you will learn to make facial serums, created with your individual skin care needs in mind, and you will learn to make sheet masks that deliver potent nutrients to the skin. The trendy serums and sheet masks that are commercially available are often laden with chemicals, but in this class, you will learn how to feed your face and nix the chemicals.

Hands-On Demonstration Lab:

Making Healing Herbal Sodas – Water Kefirs Using Seasonal Botanicals

(1.5 hrs)

Learn how enjoyable it can be to create your own water kefir soda using simple organic ingredients and healing herbs and botanicals - roots, leaves, and berries.

Water kefir grains, also known as tibicos, tibi, Japanese water crystals and California bees or in older literature beebes, African bees, ginger bees, beer bees, Jack's Magic Beans and balm of Gilead, are a symbiotic culture of beneficial bacteria and yeast that are used to brew delicious soda.

Water kefir soda, brewed throughout the world, is believed to have originated in Mexico. This delicious healthful beverage which is naturally effervescent is a great gateway to the gut-healing world of fermented food - and especially beneficial for people who do not wish to consume dairy products or tea cultured

products such as kombucha. When we create these sodas with healing intentions we begin to expand and deepen our experience and knowledge of the healing world of plants.

I have been teaching others how to create these amazing botanical beverages and sodas for years. They are amazingly popular during the holidays and for special occasions and celebrations. I particularly enjoy working with seasonal botanicals - so that the flavors change and reflect the season of the year. Elderberry Sage in the autumn, Spicy Plum in the winter, Dandelion Burdock in the spring, and Watermelon in the summer are just a few of my favorites. In this class, I will demonstrate each step and stage of the fermentation process and then will be sample seasonal sodas. Depending on what is locally and seasonally available I anticipate having at least three or four sodas available and ready to sample.

Kate Viers

La Nez Knows – The Medicinal Power in Botanical Perfumes

(1.5 hrs)

The ancient knowledge of creating botanical perfumes is reawakening! Many of us are being called to the joys of blending exquisite aromatic scents. Not only is this a way we can anoint ourselves in the fragrances of our favorite aromatic plant allies, but it can also be a valuable tool for wellness. Let us delve into perfumery's practical application in aromatherapy for the mind, body and spirit! We will take some time to review the safety of using these concentrated compounds and discuss the ethics of aromatic production. We will then talk about (and experience) a few of my favorite aromatics and how we can use them to create blends that not only tantalize our senses, but also bring us closer to our desired state of health. This class will have a lot of olfactory participation, discussion and blending!

The Art of Beautiful Skin

(1.5 hrs)

Let us dive into the luxurious world of botanical skincare! There is nothing more fantastic than our natural beauty and it is highlighted and supported most effectively through natural, personalized ways. We will explore herbs, carrier oils and nutrients for healthy and beautiful skin, as well as discuss diet and lifestyle choices that help support our dermis and treat common skin issues. Learn how to create your own personalized skin profile, based on Ayurvedic and western herbal constitutions, then come up with a custom-made skin care regimen using that profile. We will take what we have learned during the lecture and discussion, and create a rich, skin care work of art to take home! This class is great for herbalists who wish to pursue making herbal skin care products and cosmetics, or for anyone seeking to bring out their most vital complexion!

Meghan Walla-Murphy

**Biota Tracking & Pattern Literacy:
Helping Us Make Resilient Choices For Our Communities**

(1.5 hrs)

As a wildlife tracker, ecologist, and educator of both young and adult people, I am often asked what is the most important way to “show up” during this interesting and inspiring politically wrought time? I too ask myself this question. And the action I keep returning too is this: We must learn to know one bit of land deeply and intimately over a long period of time. We must establish a sense of place where we call home. Imagine what it would be like if our Congress and our politicians, no matter what their beliefs, knew a tree well, or had compassion for a lizard? For when we create empathy and love for something Other- such as a Lizard, a Muslim, or a Politician- Other becomes far less scary and much more approachable. And with that empathy, xenophobia fades away. Our work right now is to create relationships, to embrace the Other, and bridge the differences.

When we slow down and learn to track the stories written on the land, by plants, water, animals, and humans, we are able to make better choices that are timely, effective and pertinent to what is happening right now. In this class, we will walk around the Ft Lewis campus and discover the basics of tracking and pattern literacy, exploring both macroscopic and microscopic relationships that appear both environmentally and socially. These skills of reading the landscape, which informs our lives every moment, will help us to make the best choices for ourselves, families, and communities.

**Aspen Groves Of Colorado:
An Example of Advancing Diversity Through Disturbance
(2 hrs)**

When we look across the breadth of our lives, we see that often the most fertile and rich times occur when our daily routine is disrupted. Perhaps something like a birth, death, new job, or relocation disturbed our norm and caused us to stretch in ways we never thought possible. Often, these uncomfortable experiences add an unexpected richness and build new skill sets that may not have happened otherwise. Perhaps not so surprisingly, this kind of disturbance is equally important to the plants, animals, and habitats we share this earth with.

In this class, we will explore indigenous practices from around the world and how people “Tended the Wild.” We will see how these practices are not only important, but necessary for creating and maintaining biodiversity and cultural diversity by key processes such as grazing, fire, forest thinning, seed dispersal, and harvesting. To celebrate Colorado, we will take an in depth look how a lack of disturbance is endangering aspen groves. Class will end with a focused look at our individual disturbances and how we can make our actions as regenerative and fertile as possible for all our relations.

Ginger Webb

**Hands-On Demonstration Lab:
Supermarket Botany Bingo
(1.5 hrs)**

Botanical plant families can be incredibly useful to herbalists and herbal students as a starting point to learning about plants. I love using the plants available in the produce aisle, bulk department, and spice aisle of the grocery store or supermarket to begin this conversation about plant families with my students.

In this fun class, you will get a chance to play (and perhaps win!) *Supermarket Botany Bingo*. Come learn or get a refresher course in the plant families found in our daily lives. As we play, I will share with you how I use the framework of the plant families, whether I am in the apothecary or in the field, to think about and deepen my understanding of plant medicines.

Hands-On Demonstration Lab:
Formulating Cordials & Elixirs
(2 hrs)

There's no getting around it: most tinctures taste terrible!

After harvesting an adorable plant and cooing over her as I make medicine, it breaks my heart to see a client cringe at tasting it in a tincture. So I started making cordials and elixirs for selfish reasons – I wanted to see delight on the faces of my friends, family, and clients.

In this hands-on demonstration, I will explain my thinking behind how I formulate what I have come to call “pleasure medicine.” Although they are fancy and fun, cordials and elixirs are actually more complicated than tincture formulas because we have to take into account medicinal effects and the important therapeutic element of taste. I will give tips for using combinations of fresh and dried ingredients as well as choosing the right alcohol and sweetener for the formula. Participants will see how it's done and get a taste many “pleasure medicines” from my apothecary. Yum!

Alanna Whitney

**On Survival & Showing Up:
Vulnerability, Empathy, & Trauma in Clinical Work**
(1.5 hrs)

The world we occupy as herbalists – whether clinicians or folk herbalists – is an in-between space. As clinicians, we are confidantes, investigators, guides, cheerleaders, and teachers. While we undergo training in pathophysiology, anatomy, herbal actions, extraction methods, medicine making and plant constituents, not many of us have training in how to show up and be present with those among us who have survived trauma. As herbalists, we practice as ungoverned *ministers naturae* (that is, ministers to the vital force), occupying a liminal space somewhere between the licensed and regulated fields of medicine and psychotherapy.

As more and more research shows the interconnectedness of our heart wounds, our spiritual wellness, and the relative resilience and strength of our bodies (facts long obvious to we herbalists), we have an unprecedented opportunity to support the wellness journeys of survivors. Some of the most powerful healing for survivors comes simply from being able to attune to other people in a safe, contained, and connected way, so even just the process of intake & bearing witness to someone's story can be a powerful step in their healing journey. We can support our clients and communities not only through herbal medicine, which is of course a powerful tool in working with many aspects of trauma. We also have this incredible opportunity to practice connection – to show up with empathy and authenticity by cultivating our own vulnerability. How we sit with clients, what language we use, and how we attune to them can either encourage safety or perpetuate feelings of disempowerment. But how do we show up for survivors? How do we be vulnerable and professional? What if

big feelings come up in a session? How do we manage our own feelings and trauma histories while holding space for others? How do we prioritize our treatment and protocols? What can herbs really do? How do we define our role as guides through the in-between places?

We will talk about the neurology of trauma, which is crucial for understanding and unpacking the lived experience of trauma, as well as working with any of our own judgment that may arise. This class will delve into some herbal & nutritional therapeutics for survivors and acute traumatic recall, with a special eye to accessibility and resources for those folks without many financial resources. We will also talk about the special magic of herbal medicine that makes it so well suited to supporting the hearts and bodies of survivors – the way that simple aromatics can support nervous system function and increase HRV, the way that herbs can be used to support vagal tone, and the role of relaxants and adaptogens.

**QueerHeart: Queer 101 and The Myriad Ways in Which
Queerness Can Inform & Better Herbalism**
(1.5 hrs)

This class will be equal parts competence and 101 (how to do intake forms, pronouns, how to talk about sex & babies & anatomy and all the rest) and a discussion of the ways in which queerness can provide a valuable framework through which to examine the way we relate to herbalism, healing, and community. Examining herbalism and our relationship to plant medicine through a queer lens means unraveling the ways in which binary gender is bound up our understanding of plants (and how they work on human creatures), the ways that gender roles influence our clinical work, the knee jerk assumptions we make about sex and intimacy and relationship, and more. Examining queerness within herbalism gives us an ever greater opportunity to push back against so many false binaries, and empowers us to appreciate the spaces in between – the liminality – of plant life, human life, and healing, in new and powerful ways.

Working With Our Privilege: Addressing Access in Herbalism
(with Rae Swersey – 1.5 hrs)

Herbalism's resurgence in North America has brought the people's medicine to so many people whose birthright connection to medicine & healing had been lost. The work of herbalism is radical and revolutionary, and in keeping with that tradition, we want to offer folks (clinical practitioners & folk herbalists alike) an opportunity to delve a little deeper into why and how we can work to make herbalism more accessible to people from different backgrounds and lived experience. In this workshop, we will facilitate a conversation about the insidious ways in which systems of oppression and the work of the oppressor can creep into our psyches & hearts. We will talk about ableism, racism, settler colonialism, white supremacy, patriarchy, sizism, heterosexism, classism, and cissexism in herbalism and what we can do to shift our own internalized bias.

We will touch on the history of the disability rights movement, using that as a guide for how we can transform the way we relate to clinical and community offerings. Issues of access and oppression, ability and disability, size, whiteness, and patriarchy have historically been poorly addressed (or fully ignored) in many herbal communities and schools. This workshop offers an introductory framework for making our work safer & more welcoming to people who have been historically marginalized. We will be talking about practical and clinical concerns, from issues like how to compose intake forms, how to think about access considerations for our physical clinical spaces, and customizing inclusive protocols and also some of the more nuanced ways that we can begin to unravel and address our own internalized bias.

Briana Wiles

Assessing & Treating The Young: Using Herbs & Other Natural Healing Modalities
(1.5 hrs)

In this class we will explore the issues kids have most common from infant hood to early teen years. When is it appropriate to avoid going to the doctors office, and what conductive reasoning we can bring to the table to help our kiddos out from the comfort of their home. A lot of times a visit to the doctor can be the best thing for your child, however, there are many minor illnesses where a trip is never needed. We will talk about administering doses to children, and ways of encouraging compliancy. There are many topical uses of herbs that can make children feel much more comfortable while recovering or in the thralls of sickness. In this class we will explore the use of many applications and ways of making herbal medicine, including: oils, tinctures, honeys, glycerin's, essential oils, soaks, poultices. We will talk about other ways of alternative health that can bring vitality to your child's wellbeing with assistance from practitioners of bodywork, chiropractics, osteopathy, energetics and freedom of play in nature.

Hands-On Demonstration Lab:
Wild Foods & Medicine of The Mountains – Culinary & Healing Delights
(1.5 hrs)

In this hands on lab we will take the aromatics from nature and turn them into delicious concoctions for medicine making or cooking. Learn ways to prepare alcohols, honeys, vinegars, oils, and more with wild plants from the Rocky Mountains. You may think its always medicine making we herbalists are after when going out for plants, but a large majority of us have started to incorporate wild foods and herbs into our diets. Not only do we have cupboard--or room-- apothecaries anymore, now we've moved onto chest freezers and pantries. This exploratory class will have fresh plants to chop up, tasty samples, and maybe a jar of something you made in class. Learn to blend the flavors of the wild into an array of things from cocktails, salad dressings, spice blends, tea blends, rubs, marinades, tinctures, oxymels and so much more, the mind could be as creative as ever. We will talk about fresh plants, dried plants, seeds, roots, flowers, and fruits to infuse, garnish and create a vibrantly wild culinary or medicinal delight.

Angela Willard

Integrating Seaweeds Into Your Clinical (& Personal!) Practice:
Recalling This Remarkable Food & Medicine Back From The Depths
(1.5 hrs)

Seaweeds have been an integral and key component in coastal peoples diets since at least 12,000 BCE. Bringing seaweed back into one's regular regime is advantageous to a person's well being for many reasons, all of which we will be exploring in this class. We will look at the unique therapeutic properties of the 3 categories of macroalgae; reds, browns, and greens, as well as the nutritional advantages to including them daily in meals. Our main focus will be on North American seaweed repertoire, and how to incorporate them into your practice, and will give you enough of an understanding so that whichever coast you may find yourself on

around this planet, you will know how to work with the seaweeds you find. We will be sure to cover sustainable harvesting practices for when you wish to stock up your apothecary, and how to ensure you are selecting the cleanest sources possible.

I will be sharing with you ways to extract and administer the medicinal components of seaweeds with your clients, embracing the focus of letting food be one's medicine, as well as going over case study examples of successfully working with clients through a variety of disorders using seaweeds. Establishing an understanding of the therapeutic, nutritional, and energetic properties of seaweeds will give you the tools to know when and how to use them with each unique beings personal health situation. Come and learn about some of the phenomenal nutritive and medicinal benefits of these water-world wonders!

**Hands-On Demonstration Lab: Thalassotherapy: Therapeutic Topical Application of Seaweed –
Bringing Bliss & Ritual Into Medicine**
(1.5 hrs)

Thalassotherapy is an old world practice of using components from the sea in a spa ritual setting to calm the mind, soothe the soul, and nourish the body~ literally from the outside-in. Hot seaweed baths, out in the wild elements of nature, were a major component of this practice. In this class we will focus our time on learning about the history and traditional use of topical seaweed bath and body care potions for use during cleansing routines, and create some simple and effective recipes. In addition, we'll explore some more innovative ways in which seaweeds can be added to other herbal topical care products, to enhance their beneficial properties, add texture, and even help in their preservation. There will be some fun hands on work we will get to do in this class, which will give you a "feel" for the ways in which seaweeds resonate in harmony with other ingredients- a distinctive quality that has seaweed showing up in all kinds of products, far beyond bodycare. You may be surprised to discover just how many times seaweed has already accessed your world! Enter this realm of ocean wise gentle practice, weaving in another layer in the basket of self care to be used on self, and shared with your community.

Yarrow Willard

Mushroom Intelligence: Exploring The Wood-Wide Web
(2 hrs)

Join me in a journey deep in the wood wide web, and the world of mushroom intelligence. This class will take you beyond the spores and through the eyes of the earths myco-warriors. We will Explore a deeper understanding of how mushrooms show up and what their main functions for health and environmental knowledge networks are. In the class I hope to unravel the science and folklore around these potent fungal allies so we may gain some insight into their inherent intelligence and learn how the tree mushrooms can be used to impart a deeper level of this knowledge into our body way of showing up. We will also look at the negative aspects of the candida zombie phenomenon affecting the modern world and how that fury thing growing in the back of the fridge came to be alive. By the end of the class you will have a better understand of the modes of action mushrooms have in our environment as well as our bodies, and how to best unlock their chemistry so they may be used as health modulating medicine-foods. This class also has a sensory perception aspect to it, as we connect with mushrooms on as many levels as we can; tea, tincture, extracted powders and whole fruiting bodies, touching and tasting and exploring as many examples of the mushrooms as we can.

This class will look at many of the most famous mushrooms found around the world, as well as North American analogs and some lesser known ones that have much healing power, but have not been studied sufficiently due to their lack of commercial viability. With years of experience harvesting, processing, studying and working commercially and clinically with these fungal allies, I hope to shed some light into the dark and mysterious world of Mushrooms.

Crafting New Herbal Beverages: From Hot Tonics to Smoothies
(1.5 hrs)

There is nothing more nourishing than a well balanced, fortified herbal beverage that tastes great! Join me in learning to craft powerful tonic drinks, layering in herbal teas and powders, superfoods, mushrooms, tinctures, fats, sweeteners and more. We all know that herbs have healing powers and when added in the right places can greatly enhance our lives and restore harmony when our health is out of balance. Though what makes herbs work is a combination of two things: Effectiveness and Compliance. Effectiveness is measured by the way herbal attributes match the situations requirements, but compliance is a much more complicated creature all together. In order for people to be compliant they often require a mental, physical and emotional value or reason for working with the plant medicine. If it is not easy or doesn't taste good, most people will quit before the herbs have a chance to really do their thing. Even though there are many ways to achieve good compliance, this class will focus on how to create great tasting drinks that leave people wanting more. This is an effective delivery system for easily adding many herbal allies into our lives.

In an interactive demonstration with examples and samples, we will make the most nutrient dense, health enhancing, delicious beverages possible. This class is like a road map to best practices for using a multi layered approach for effective herbal compliance. We will look at crafting herbal drink formulas, that contain nice top, middle and based notes as we explore a delivery system that drives medicine deeper into the body as well as activate the pleasure centers of the brain.

Ericka Zamora-Wiggin

Children & Trauma: Building Resilience Through Prevention & Natural Medicines
(hrs)

Our babies and children are one of the most precious resources on this planet and must be protected and nurtured for the strength of future generations. We live in increasingly challenging times for all of planetary life and children are among the most vulnerable. Research tells us that nearly half of all children in the United States are exposed to at least one family/social experience that can lead to traumatic stress, impacting healthy development.

To be celebrated is the fact that children are amazingly resilient little beings! How can we as Protectors of Life help build resiliency and better support the little people in our lives? In our sharing together, Ericka will draw from her many years of professional experience as a child whisperer (counselor) and family healing traditions to explore concepts of trauma, including inter-generational trauma. We will talk about ways to support the mental and spiritual health of children by looking to Indigenous traditions for prevention, plant medicine, and flower essences to protect and strengthen our precious ones. *Important advisory:*

Be aware that there may be some discussion of sensitive and possibly upsetting topics. Please ensure the safety of children by not having them present, this also applies to pregnant persons and those trying to conceive.

Honoring the Spirit of Cannabis & All Plant Nations Through Right Relationship (hrs)

A Medicine of the People, Cannabis is making a resurgence as a helper and healer for humanity and the planet. We are learning more everyday about the many uses and benefits of this important medicine as it seeks to help humanity heal the body, mind, heart and spirit in these important times on Earth. We are witnessing a renaissance as many flock to the medicine for personal healing resulting in a “green rush” in the industry.

In the recent past, we have seen how the medicine was criminalized and used against the people, resulting in the incarceration of millions of people of color. We continue to see the effects of the demonization of Cannabis, impacting how people, including healers relate to the medicine. We are currently witness to the effects greed and ignorance and the resulting careless and often violent handling of our precious plant relative.

We will look to our Indigenous relatives to understand how traditional beliefs about health and healing revolve around the understanding of living in harmony with all of Nature. We will talk about how to relate to Cannabis and all plant relatives when utilizing them to support life and heal ourselves. Our Indigenous elders teach us that natural law calls for balance and harmony to be achieved in some form, especially as we relate to the plants that heal us. Natural law is the keeper of all healing traditions, and striving for right relationship with our medicine is critical in honoring ourselves and the precepts of respect, relationship, and reciprocity. We will experience developing our own relationship through practice. We will take time to connect through a special plant meditation enhanced and supported by Cannabis flower essences.

Jereme Zimmerman

Brewing Beyond The Dominant Paradigm (1.5 hrs)

Are you tired of the limitations the modern homebrewing paradigm has placed on creativity? Do you feel intimidated by the extremes placed on following exacting recipes, brewing “to style,” obsessive chemical sanitation, and loading your brews with laboratory-produced ingredients? Do you yearn for the days when brewing was approached with reverence, ritual, and respect for the earth that provided the ingredients for soul-altering brews? In this class, be prepared to drop all notions of what modern brewing is supposed to be and learn to approach it from a broader historical, holistic and earth-healing perspective.

Learn to work with nature rather than try to dominate and control it in creating your own natural brews. Join the modern-primitive brewing movement comprised of folks who respect what the “old guard” of the modern homebrewing movement has done but are ready to move on by resurrecting older brewing practices (and aren’t afraid to make mistakes along the way). We will start with a discussion of what homebrewing means in modern times and what brewing was to historical peoples. All experience levels are welcome and all

perspectives will be respected. Whether you're just beginning to pursue brewing and fermentation or are a veteran looking for different approaches, there will be something for you.

Zimmerman will then discuss and demo various techniques, ingredient combinations, and perspectives in brewing wild beers, meads, wines, sodas, and everything in between. In historical times there was less an emphasis on what exactly to call a brewed beverage as there was on brewing something tasty, nutritious and healing. For modern people researching these ancient beverages, it quickly becomes apparent that the words we now use to distinguish between different beverages had many meanings as languages and cultures changed over time. We will be brewing the way older cultures brewed: taking a sugar source, or combining sugars, adding water, flavoring it with various ingredients, and turning it into a delicious, healing fermented beverage. Beverages will have varying degrees of alcohol and some can be enjoyed by the entire family, as was often the case historically. Let loose! Brew with wild abandon!

Brewing Wild Meads and Sodas

(2 hrs)

Fermented honey, water and flavoring ingredients: call it what you want. By modern brewing culture's regimented definitions, alcoholic beverages made with honey as the only or primary sugar source is *mead*. However, the lines were blurred in ancient times. Ancestral cultures fermented whatever they could get their hands on. They knew that any sugar source could be fermented into a mind- and spirit-altering beverage. Honey was very likely the first, as it is fermentable in its natural state by simply adding some water. However, the magical effects of fermented honey-water were likely discovered along with realizing that fruits and other items that were foraged and grown would quicken fermentation and enhance the effect of the final product. Malting of grains to draw out sugars and enzymes for fermentation into beer-like beverages was very likely discovered much earlier than archeologists initially thought. Hence, many early fermented beverages (as we know from biomolecular analysis that has been performed on ancient pottery shards) were grog-like mixtures containing elements of mead, beer, wine, and even cider.

In this class, we will blur the lines a bit, but will focus primarily on honey as the sugar source. Zimmerman will present his method for initiating a wild ferment and creating a yeast starter from honey, water, and other ingredients that can be used to initiate fermentation for a wide range of fermented beverages. He will discuss how to make everything from wine-like meads (8-12% alcohol by volume and higher), to "small" meads (4-7% alcohol by volume), to low-to-no alcohol meads (which can more properly be considered probiotic honey sodas), and everything in between. Topics of discussion will range from the simplest and quickest of meads, sodas and grogs, to well-aged meads that will transport you for a time to the realm of the gods. We will also discuss mythological and folkloric traditions regarding mead, in particular those of the Norse early Germanic, and Celtic peoples, but will also reference how many other cultures around the world have fermented honey-water traditions. You're a Viking; you can do this!

Food Fermentation: It's Not What *Can* I Ferment, It's What *Can't* I Ferment!

(1.5 hrs)

Fermenting vegetables through lacto-fermentation (the use of wild yeast and lactic-acid bacteria for preservation and nutritional enhancement) is a healthy, enlivening practice that will help restore the balance of beneficial microbes in your gut and introduce you to a world of new flavors. Fermentation has been *the* way to preserve food since the Stone Age and has experienced a comeback in the twenty-first century as more and

more people become sick (literally and figuratively) of the mass-produced, nutrient-devoid non-foods that pass for sustenance in much of the modern world. Every culture from every corner of the world has its share of fermented-food traditions, as mankind discovered early on that the foods available to them could be both preserved and enhanced with just a little harnessing of nature and its gifts.

In this class you will learn how to ferment myriad garden-grown and wild-foraged vegetables, herbs and other botanicals as a method for preserving the harvest without the use of any modern conveniences. If you've got jars, crocks, salt, water and a knife you're ready to ferment! Zimmerman will initiate the class with his method for making basic sauerkraut, kimchi and pickles, and will then use this blueprint to delve into the vast opportunities in experimentation available to the modern fermenter. If it's edible, you can likely ferment it. We will discuss the various (non-meat) ingredients possible to ferment in a brine, including peppers, onions and garlic (for fermented hot sauce), mushrooms, corn, and various herbs and wild-foraged plants for enhancing your ferments. Be prepared for a Q&A on what you'd like to ferment, and feel free to bring along something of your own to throw in some brine for a group ferment!

For more information, or to register to attend this coming May, click on:

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