Southeast Wise Women
Herbal Conference

Celebrating Women and Plants
October 13-15, 2017

Proudly sponsored by
Welcome, sisters ~

We are honored to have you among us. We are here to learn, teach, and grow together. We come together each October for the shared sense of reality, to remember our own strength, beauty, and power, and to lift one another up.

As our beloved elder Sobonfu Somé said, “It is crucial to have . . . that sense of belonging and of community. . . When we are ‘separate’ we are are vulnerable and are more likely to underestimate the self.”

In these times when the problems of patriarchy fill the newscasts, we remember that we belong to this community, this Wise Woman web. Many of us return year after year because we believe in something both past and future.

We are building on the wisdom of our foremothers and the women who have come before us, on whose shoulders we are standing. We hold strong in our faith in women and girls and in the bedrock of our connection to the plants, the earth, one another, and our inner knowing.

At home and this weekend, we all are experiencing, practicing, and carrying on the Wise Woman Tradition. This work is not always easy. We must begin by getting un-confused, seeing and naming clearly what we know, who we are, what we see, and how we heal. And we continue the work of untangling ourselves from the web of messaging that is internalized day after day — messages of sexism, racism, heterosexism, classism, all the -isms.

Each one of us is taking the radical step of taking back her health, both emotionally and physically. We are sharing tools with one another on how to regain our birthright and full potential as women. Powerful women. Healthy, strong women. Women full of life, energy, and vitality. To renew our passion and co-create the worlds we want to live in.

Green blessings,
Corinna Wood, Director
Ema Carmona, Event Coordinator
Renee Conover, Programming Coordinator
Carmen Lescher, Operations and Outreach Coordinator

Thank you Carmen • Ema • Corinna • Renee
**Food & Drink**

If you brought your own food or plan on purchasing meals from the food vendors, be sure to check out the Food Pavilion. Food vendors will be offering meals for purchase including vegetarian, vegan and omnivorous options. Enjoy your purchased or packed meal at the picnic tables in the Food Pavilion. See page 17 for a list of the food vendors.

If you purchased a Nourishing Traditions Meal Ticket, your meal service will begin with Friday lunch at Eden Hall. Be sure to bring your nametag with the meal ticket in the back pocket to every meal. Meal times listed in daily program schedule.

Cooks Val Lowe and Katie Tillman present a menu inspired by Sally Fallon Morell’s *Nourishing Traditions*, with a focus on organic and local food.

Please carry a mug or other drinking vessel with you to keep yourself hydrated and to reduce waste. Forgot your mug? Visit the Info Hub to purchase one.

Tea bags and hot water available for everyone at the Boathouse. Water filling and hand-washing sinks located outside the Kitchen.

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**SHUTTLE SCHEDULE**

Shuttles will be running during the following hours between the camp and the Lake Lot. The shuttle stops are the Gatehouse and the entrance to the Lake Lot. You are welcome to walk between the two locations along Lake Eden Road, or wait for the next shuttle at one of the stops. If you need to get back to your car after dark, please note the shuttles stop running at 12:00am, so be sure to plan accordingly.

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<th>Day</th>
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<tr>
<td>Saturday</td>
<td>7:00am - 12:00am</td>
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<tr>
<td>Sunday</td>
<td>7:00am - 2:30pm</td>
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**FIRST AID CENTER**

The First aid Center is located in Birch lodge, and will be open:

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<th>Day</th>
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<tr>
<td>Thursday</td>
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<td>8:00am - 9:30pm</td>
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If you need assistance after these hours, First Aid Center staff will be sleeping in the center, just knock on the door.

Women from the Appalachia School of Holistic Herbalism and Herb Bus founder, Lorna Mauney-Brodek, hostess the center.

We are so grateful for their service.

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**Lost & Found**

Lost and Found is located at the Info Hub. Check that you have all your belongings before you leave the camp. Unclaimed “found” items will be brought back to our office and held there for a few weeks. You can call or email to ask if we have your “lost” item.
Get Acquainted

About the Schedule
For each class time, you will see all the classes available, organized by classroom space. Look at the time, select which one you would like to attend, and go to that class.

All classes fill on a first come first served basis, so if there is a class you are really excited about, try to get there as early as possible.

There is a 30 minute break between class sessions. This is time for you to take care of your needs (water, snack, bathroom) and get to your next class.

If you see an intensive or workshop you would like to attend but have not yet signed up and paid for, come to the Info Hub to sign up if there is still space available.

Newcomers
Is this your first year attending the Herbal Conference? Welcome! To help you learn the ropes and meet other newcomers, as well as seasoned attendees, we have put together some resources just for you!

Newcomers Orientation Friday 11:00 - 12:30 at Archery
Newcomers are encouraged to come to this orientation for pointers about this unique gathering, to support your flow throughout the weekend. The second half is a walking tour of the campus.

Newcomers Tables
In each dining area (Eden Hall and Food Pavilion), look for the Newcomers Table, a place for first-timers to connect. We invite any women to visit the newcomers table to meet new sisters.

Island Photo Shoots
All are invited to bring your sweet smiles to the Southeast Wise Women photo shoots, with conference photographers on the Island near the Lake Lawn at 5:00 - 6:30 pm on Friday, Saturday, and Sunday.

Bring home the Wise Woman Ways
Too many classes to choose from?
We are recording the classes for you!

Order your full set of audio classes on a flash drive
This weekend only
$125 pre-sale price
$60 off regular price of $185

Order forms available in all classrooms and the Info Hub
**THURSDAY EVENING**

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<th>Eden Hall</th>
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<tr>
<td><strong>Eden Social</strong>&lt;br&gt;with the music of Heather Mae&lt;br&gt;Welcome each other to the conference and enjoy the powerful, inspiring music of Heather Mae!</td>
<td><strong>Workshop with Mother Turtle</strong>&lt;br&gt;<strong>Healing the Stories We Tell Ourselves</strong>&lt;br&gt;$20</td>
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</tbody>
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**Workshop with Mother Turtle**<br>**Healing the Stories We Tell Ourselves**

Begin your conference weekend with a unique opportunity to uncover and clear away your limiting beliefs, “stories” that stop you in your tracks and stand in the way of your happiness. What we believe about ourselves, others and the world, is not always based in truth. We form beliefs around the events and circumstances that take place in our lives. Some of these experiences have left us with negative feelings. These heavy and toxic tales are stored in our bodies and can cause imbalance, opening the door to dis-ease. Free yourself from what is keeping you from fulfilling your dreams and deepest desires. Join us as we use song, meditation, game, and symbols to enter deep into our hearts and embark upon a journey of discovery, liberation, and new intentions.

**FRIDAY MORNING**

**Intensives 9:30 - 12:30**

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<td><strong>Intensive with Sarah Thomas</strong>&lt;br&gt;<strong>Earth, Star, and Stone</strong>&lt;br&gt;As women who love this beautiful planet, let us merge with her creative force to manifest heaven on earth. The secret is to claim our relationship with Gaia Sophia as our direct teacher. In this class, we will explore how our ancestors discovered our planet’s natural energy systems and how vital secrets are embedded in the stones of ancient sites and temples. How do these ancient technologies work in today’s higher-frequency environment? What kind of power can we generate when we really understand our connection to our awakening planet? How can you use these energy techniques to enhance your own land, gardens, ceremony space, and more? Do not miss this chance to explore stone medicine and Earth technology for a new age of women.</td>
<td><strong>Instensive with Phyllis Light</strong>&lt;br&gt;<strong>Epigenetics &amp; Methylation</strong>&lt;br&gt;<strong>The Influence of our Ancestors</strong>&lt;br&gt;Let’s wrap our brains around this concept for a moment: Epigenetic tags on our DNA do not change our underlying genes, but can be inherited. Wow! That means the traumas experienced by our parents and grandparents, their nutritional level, any environmental toxic exposures, and any lifestyle issues that created tags on their DNA were potentially inherited by us and our offspring. Methylation and the release of neurotransmitters affects which tags we lay down and pass on. Research has found that methylation and its effect on epigenetics plays a role in autoimmune diseases, cancer, and mental health issues. Join Phyllis to learn about epigenetics and ways that herbs, foods, and lifestyle choices can affect methylation, release tags, and change, not only our lives, but those of our children and grandchildren.</td>
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$40

$40

**Welcome Activities 11:00-12:30**

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<thead>
<tr>
<th>Archery</th>
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<tr>
<td><strong>Newcomers Orientation</strong></td>
<td><strong>Fire Lighting and Song Circle</strong>&lt;br&gt;Join us to connect, sing and initiate the weekend!</td>
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**Lunch Break ~ 12:30 - 2:00**
**Friday Afternoon**

<table>
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<td><strong>2:30 - 4:00</strong></td>
<td>Intensive with Aviva Romm</td>
<td>Emily Ruff</td>
<td>Rebecca Word</td>
<td>Kathleen Wildwood</td>
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<td><strong>Overcoming Overwhelm</strong></td>
<td><strong>Plant Allies for Trauma &amp; Grief</strong></td>
<td><strong>To D or Not to D</strong> (Advanced)</td>
<td><strong>Beginning Herbalism</strong></td>
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<td><strong>Lake Tent</strong></td>
<td><strong>Tennis Courts</strong></td>
<td><strong>Archery</strong></td>
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<tr>
<td>Gina Spriggs</td>
<td>Ira Wallace</td>
<td>Amy Walker</td>
<td>Abby Artemisia</td>
<td>Byron Ballard</td>
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<td></td>
<td><strong>Activating Your Psychic Center</strong></td>
<td><strong>Cherokee Life Ways</strong></td>
<td><strong>Wildcrafters Walk</strong></td>
<td><strong>Croning Ceremony</strong></td>
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<td>Intensive with Aviva Romm</td>
<td>Robin Rose Bennett</td>
<td>Workshop with Ceara Foley</td>
<td>Whapio</td>
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<td><strong>Overcoming Overwhelm</strong></td>
<td><strong>Wise Woman Healing</strong></td>
<td><strong>Making Plant Medicines 101</strong></td>
<td><strong>Infinite Orgasm</strong></td>
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<tr>
<td>Sobande Moss-Greer</td>
<td>Daisy Marquis</td>
<td>Holli Richey</td>
<td>Suki Roth</td>
<td>Cindi Quay</td>
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<td><strong>Herbs, Slavery, and the South</strong></td>
<td><strong>Energy Anatomy</strong> (Advanced)</td>
<td><strong>Herbs for Stress and Mental Health</strong></td>
<td><strong>Weaving the Web</strong></td>
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**Intensive with Aviva Romm**  
**Overcoming Overwhelm**  
**The Adrenal Thyroid Revolution (2:30-6:00)**

Assess for the root causes of common symptoms and disease, from sleep and mood to hormonal problems to metabolic conditions. Let's investigate why it's important to reset the adrenals, circadian rhythm, and cortisol cycles, and what role the thyroid plays in women's health - both as a larger symptom of imbalance and the problems thyroid challenges can lead to. In this revolutionary intensive, we will look at what foods, supplements, and herbs can help women take back their health in the 24/7 world we live in.

**Workshop with Ceara Foley**  
**Making Plant Medicines 101**

Making one's own medicines from the healing gifts of nature is our birthright! Learn this inexpensive, empowering art and ensure the quality of your herbal remedies. In this medicine making workshop, you will experience processes that are vital to the home apothecary. We build self-sufficiency by learning to brew extracts using a variety of menstruums such as alcohol, vinegar, glycerin, and oil. We will also cover syrups, salves, and poultices. Each student will bring home an herbal creation and a new passion!

**Dinner Break ~ 6:00 - 7:30**

**7:30**  
**Opening Ceremony**  
~ enjoy song, story, and connection, honoring the plants and our diversity as wise women

<table>
<thead>
<tr>
<th>Evening Events</th>
<th>Wise Woman Hall</th>
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<tr>
<td><strong>8:30</strong></td>
<td><strong>Stone Meditation</strong> with Sarah Thomas</td>
<td><strong>Embrace Movie</strong> hosted by Renee Conover</td>
<td><strong>Starlight Song Circle</strong> with Kaitlin Ilya</td>
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2:30 - 4:00

Plant Allies for Trauma & Grief – Emily Ruff
Explore how plant medicine offers us tools to tend to spiritual health and emotional wellness during these turbulent times in the world. We will discuss a variety of botanical modalities and complementary strategies to address this oft overlooked area of healthcare. Our discussion will include self-care strategies for caregivers, first responders, and health professionals.

To D or not to D? (Advanced) – Rebecca Word
What’s the deal with this almost ubiquitous modern deficiency? Research continues to reveal its role in immune function, cancer, hormone signaling and of course skeletal health. And is there a deeper truth to be told about our estrangement from nature?

Beginning Herbalism: Learning the Language of Plants – Kathleen Wildwood
Herbal medicine is different than conventional medicine, with its own wisdom, language and power. This workshop will give you an understanding of herbal medicine from the roots up, including discussion of herbal preparations (teas, tinctures and more), how herbal remedies are different than drugs, and how to use herbs safely.

Activating Your Psychic Center – Gina Spriggs
During this session, we will walk through the intuitive gifts associated with each chakra, identify your intuitive type and create a “psychic center” for more accurate readings.

Herb Gardening – Ira Wallace
An introduction to growing your own herbs indoors or out. Whether you are working with pots in a window or a large outdoor space growing your own herbs can be fun and rewarding. The class will cover the basics of determining sun, preparing soil and providing for water needs for your plants as well as the easiest way to get started with propagating most commonly grown annual, and perennial herbs for the home gardener.

Cherokee Life Ways – Amy Walker
Join a Cherokee elder, as she shares her passion for Cherokee culture and spirit. The Cherokee live with an understanding of who they are within their environment, and their spiritual connection to the Earth shows up in ceremony and informs every aspect of their way of life. See what Amy means when she says, “my garden is my church.”

Wildcrafters Walk – Abby Artemisia
Walk in the woods and open spaces with us! We’ll talk about how to identify wild plants, which ones can be worked with therapeutically, how to prepare them, and how to wildcraft safely and ethically. We’ll focus on the plants that grow in your backyard and the woods close to you. We’ll talk about which plants grow when and what their favorite habitats are. Resources will be provided for more information. Bring your questions and field guides that you’d like to learn how to use.

Croning Ceremony – Byron Ballard
When we step out of our active mothering and queening years, we wrap ourselves in the deep cloak of cronehood. Sisters of appropriate age may participate in this ceremony, which honors them as they step forward into this powerful time and all ages welcome to witness.

4:30 - 6:00

Wise Woman Healing – Robin Rose Bennett
The Wise Woman Tradition offers an ancient, relevant framework for healing. It is centered in respect for women’s bodies, compassionate self-care, and healing through nourishment rather than constant cleansing and detoxification. Listening to the body’s wisdom and using common plants, we heal ourselves with profound love and kindness.

Infinite Orgasm – Whapio
Discover the power of multiple and infinite orgasms—viscerally, not metaphorically—and how this promotes healing, wisdom, abundant joy, and satisfaction. Understand the gender roles in Infinite Orgasm and the potential of creating a Soul Orgasm with our partners. Learn about hormones and brain waves states that enhance the sexual state and bring our sexual responses through the physical into the Divine.

Herbs, Slavery, and the South – Sobande Moss-Greer
Although they were stripped of everything, including their names, Africans newly pressed into slavery carried fragmented memories of their culture, music, folklore, social structure, religious and spiritual beliefs to the mines and plantations of America. On the plantations of the American South slaves multiplied and passed their African roots to their descendants in a rich and lasting oral tradition that survives to this day. Experience an unbridled opportunity to journey back to the ancient art of healing through the eyes of Sobande’s foremothers.

Energy Anatomy (Advanced) – Daisy Marquis
The lesser known aspects of human energy anatomy hold the key to fulfillment and the realization of our path of service. In this class we will access and activate them to strengthen the connection with the soul and our ancestral support system, and to invite resolution of self limiting patterns.

Herbs for Stress and Mental Health – Holli Richey
Nature has provided hundreds of plants for humans to use to increase our resiliency to stress and improve mental health. Learn the nuances of matching plants to people for mental-emotional wellness and stress reduction from a practicing psychotherapist and herbalist.

Herbs for the Maiden, Mother, and Crone Plant Walk – Suki Roth
North Carolina offers us a large bouquet of green allies supporting a vital and balanced journey through the passages we encounter as women. Come walk with me and meet the many medicinal herbs that offer themselves so abundantly supporting and nourishing a smooth and graceful life experience.

Weaving the Web – Cindi Quay
This ceremony, based on the teachings of the 13th Clan Mothers, and held near a Full or New Moon, is about creativity, wellness, and manifestation. Access your spiritual potential, nurture your inner path of truth, honor your body, and attend to your emotional needs to make space for your dreams to materialize.
### SATURDAY MORNING

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<td></td>
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<td>Workshop with Asia Suler</td>
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<td>with Patty Grant-Edgemon</td>
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<td><strong>Sunrise Yoga</strong></td>
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<td>with Shannon Lockhart</td>
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<td>All levels welcome. Bring mat and blanket if available.</td>
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### Breakfast ~ 7:30 - 9:00

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*Due to our sensitivity to cultural appropriation and our respect for the ancestry from which this information has traveled, we are offering a fee waiver for women of African descent. If you qualify for the fee waiver and would like to attend this intensive, sign up at the Info Hub.*

### Lunch Break ~ 12:30 - 2:00

**Intensive with Sobande Moss-Greer**

**African Mystical Magical Herbs**

**Ozain Herbalism System (9:00 - 12:30)**

The word Ozain means Divine Orisha of Plants. Students will get a small glimpse into the beautiful world of African Plant Herbology and how it connects to our physical and spiritual world... (continued on page 9).

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**Workshop with Asia Suler**

**Alchemy with Plants & Stones**

Co-creators of landscape, ecology, and the very evolution of our planet itself— herbs and minerals have been allies since the beginning. When used together in making medicine, plants and stones can go deeper, higher, and wider than when used alone. In this class we'll look at the deeply synergistic relationship between plant and stone medicine. As a group, we'll explore the philosophy behind formulation and investigate different methods of combining these allies to make potent medicinal elixirs. Taste, mix, stir, concoct— this hands on class will give you a practical foundation in creating a truly alchemical medicine-making practice.
Saturday Morning Class Descriptions

9:00 - 10:30

Root Medicine of the World – Mimi Hernandez
Using the lenses of intuition, science and tradition we delve into the realms of culturally exalted root medicine from around the world. Examine the medicinal and ethnobotanical uses of roots like shatavari, eleuthero, maca, ashwaganda, solomon’s seal and many more.

Moon Magic and Women’s Wisdom – Robin Rose Bennett
The moon is our grandmother, our guiding light and magic mirror. She teaches us to wax and wane, step forward and back, spiral outward and inward. She reveals the fertile nature of darkness. Our grandmother guides us to honor our bodies, hone our visions, sing and howl our songs, and to practice our wild, wise woman magic for the benefit of all beings.

Healing Historical Trauma – Patty Grant -Edgemon
Learn how how historical events continue to impact the lives of the Eastern Band of Cherokee Nation generational. Experience how acknowledging these traumas affects each person individually and the courage it will take to move beyond the trauma into forgiveness.

Heal the Inner Maiden – Kim Duckett
Come learn the seven things we should have been told by the Elders of our female lineage at our entrance into Maidenhood. As adult women, we will be invited to go back in time to make right our experiences in/ under patriarchy about these important rites of passage so that we can heal our inner Maidens.

Protocols for Hormonal Balance (Advanced) – Brittany Nickerson
Drawing on experience from clinical practice, we will outline a basic protocol to support hormonal balance that includes herbal, lifestyle and dietary support. This class will offer guidance for those seeking personal support as well as those looking to support others privately and professionally.

Traditional Southern Plant Walk – Phyllis Light
Join Phyllis for a walk around the camp as she discusses traditional uses for Appalachian herbs. She’ll also discuss case studies from her practice pertaining to the plants. Story-telling galore!

West African Dance – Christian Carter
This dance class is an active, dance experience that incorporates rhythmic energetic dance, and traditions of the people of West Africa. It is designed for anyone who wishes to dance. All levels welcomed.

11:00 - 12:30

Peak Experiences – Whapio
We cherish Peak Experiences...a fabulous sexual encounter, a blissful birth, a spontaneous healing...and we want more of them. What is wired into our neuronal gateways and endocrine pathways that allows us to connect at the highest level of consciousness? Let’s explore practices, in the realms of body and soul, that refurbish our connection to the Divine.

Herbal Allies for Kids – Amanda David
Caring for children is one of the most sacred responsibilities we hold. Plant medicine helps us to raise the next generation in a way that promotes personal and planetary health. This class will explore herbal allies to safely and effectively nourish health and ease the discomforts of childhood. Appropriate kid-centric preparations, dosages, contraindications and recipes will be shared!

Weeds Not to Weed: Mugwort, Violet, and Yarrow – Ceara Foley
Discover the multitude of uses for the plants popping up between your veggies. Find out how these three common weeds can benefit your mind, body, spirit, home, family, pets, and garden. Be amazed by how much you can heal with just 3 potent plants.

The Art of Herbal Formulation (Advanced) – Maia Toll
Having a repertoire of herbs is a great beginning but if you want to take your healing work to the next level you’ll need to master formulating. In this class you’ll learn how to blend for symptoms as well as how to create personalized blends and protocols. We’ll dive into traditional philosophies on formulating and learn how to blend with a variety of herbal preparations. Take your blends from blah to brilliant.

Loving Ourselves the Wise Woman Way – Corinna Wood
Learn to embody self-love the Wise Woman Way, strengthening your connection with earth and your own body wisdom. Based in our bodies’ energy centers and the cycles of earth and moon, this system reveals how our strong female feelings guide us toward our underlying needs. And as we embrace our needs, we support our thriving.

7 Herbs for Soul Purpose – Daisy Marquis
Join us for an exploration of seven very special herbs, each of which activate awareness in their own specific way and support our alignment with our Soul Purpose. This class will include an overview of the concept of purpose, obstacles to clarity, and how herbal medicine supports us in living according to our design.

Native American Plant Walk – Cindi Quay
Join us as we connect to the plant kingdom hands-on. Learn to identify native plants and and honor the spirit plant that is calling to you for your personal use.

Roots of Belly Dance – Michelle Dionne
In this ancient tradition, women belly dance together in sisterhood to promote deep healing and transformation, cultivate self-love and body-love, and connect to their intuition and divine guidance. This class will cover fundamental movements as well as basic information on how belly dance holistically heals.

Intensive description continued (from page 8)
Ozain herbalism is a spiritual and philosophical science born from the idea that oneness with the Creative Essence brings about a wholeness in the human spirit. Seekers or aspirants of the system of Ozain seek to bring themselves into alignment with their relationship to the divine cause of life. As with all ancient systems of medicine, this system of herbology teaches students to condition the body in it’s entirety so that disease will not attack it.
Saturday Afternoon

**Sisterhood Playtime 1:30 - 2:30**

- **Wise Woman Hall**
  - Teacher Market
  - Meet your favorite teachers and see their offerings!

- **Unity Village**
  - Barter Only Circle
  - sign up at 1:00

- **Lake**
  - Connect! at Unity Village
  - (see description on page 16)

- **Swimming and Canoes**
  - 12:00 - 3:00
  - (canoes @ boathouse)

**Classes 3:00 - 4:30**

- **Violet Tent**
  - Mimi Hernandez
  - Herbs for Vascular Health (Advanced)

- **Nettles Tent**
  - Gina Contla
  - Health Benefits of Medicinal Mushrooms

- **Eden Porch**
  - Workshop with Lucretia VanDyke
  - Women’s Wholeness Medicine

- **Wise Woman Hall**
  - No Class

**Theater**

- **Hearth Tent**
  - Ombassa Sophera
  - Ancestral Alchemy

- **Lake Tent**
  - Kathleen Wildwood
  - Three Herb Medicine Kit

- **Tennis Courts**
  - Suki Roth
  - Plant Spirit Medicine

- **Archery**
  - Shea-Ra Nichi
  - Afro-Brazilian/Cuban Dance

**Sunset Session 5:00 - 6:30**

- **Wise Woman Hall**
  - Aviva Romm
  - Enough is Enough: Survival Overdrive Syndrome

- **Nettles Tent**
  - Sarah Thomas
  - Energy Secrets of Southern Appalachia

- **Unity Village**
  - Jessie Lehmann
  - & Tatiana Rolles
  - West African Drumming

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**Workshop with Lucretia VanDyke ~ Women’s Wholeness Medicine**

$20

Since ancient times, medicine women, herbalists, and shamans have added other elements to help invoke the energy of the sacred plants. We will journey together to understand how to use some of these sacred tools to lift the vibrations of the power of the plants for medicinal and food preparations. Join us as we explore women’s wholistic health and the mind-body-spirit connection. And as we learn how to to enhance our herbal medicine making and self healing, we will use indigenous recipes to craft an herbal skin or body product to take home.

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**Dinner Break ~ 6:30 - 8:00**

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**8:00 (7:30 doors)**

- **Wise Woman Hall**
  - Sisters of Soul Concert
  - with gina Breedlove, Heather Mae, Lyric, and Ash Devine

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**Late Night Events 9:30**

- **Wise Woman Hall**
  - West African Dance
  - with Christian Carter
  - all levels welcome

- **Hearth Tent**
  - Freedom from Oppression Ceremony
  - with Ombassa Sophera and Cheri Maree
  - (description below)

- **Hearth Fire**
  - Drum Circle
  - with Jessie Lehmann and Tatiana Rolles
  - no experience required, extra drums available

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**Freedom from Oppression Ceremony**

Are you ready to allow yourself to re-connect to your fun, lovable, inner child again? This powerful ceremony will provide the platform to release trauma, abuse, grief, and toxic relationships. Turn fear, paranoia and anguish into self-awareness; Anger, rage and depression into openness, compassion and balance; Grief, sadness and shame into courage, positivity, and love.
Herbs for Vascular Health (Advanced) – Mimi Hernandez
Weakened blood vessels and increased capillary permeability contribute to swollen limbs, varicosities, hemorrhoids, and other venous insufficiencies. Congestion through the heart and the liver can manifest issues of hepatic portal stagnation, which may also affect the efficiency of blood movement from the veins. Explore ways to enhance healthy blood flow throughout the body using herbs, nutrition, and lifestyle.

Health Benefits of Medicinal Mushrooms – Gina Contla
This course is designed to introduce fundamental concepts to the fungal uninitiated or novice practitioner. This broad spectrum course explores the lifecycle of mushrooms, how mushrooms impact aspects of immune function, dispels common mycophobias, reviews the basics of mushroom cultivation and medicine making, and illuminates several key species and their affinities for specific body systems.

Health Impacts of Racism – Lucia Daugherty
Examine how racism and other forms of discrimination block patients from equitable access to information and services- the gateway to prevention or treatment of disease and illness. We will look at the impact of racism on health and wellness, and learn ways that healers and medical providers can create more equitable care for their patients.

Ancestral Alchemy – Ombassa Sophera
Join us as we seek to bridge ancient herbal medicine with trends in mindfulness to invoke self-healing through cellular memory. This class will present the steps necessary to reawaken deep within us what the human body innately knows: how to be a catalyst for its own healing.

The Three Herb Medicine Kit – Kathleen Wildwood
Kathleen will explore the medicinal and energetic uses of three herbal remedies she always packs when traveling and demonstrate their use. These simple preparations can treat a surprisingly large number of health conditions, eliminating the need for more exotic, endangered and expensive remedies.

Plant Spirit Meditation – Suki Roth
Join me for an experiential journey using our six senses, going into a deep meditative state. In this quiet meditative state we are more receptive to the plant’s subtle energies. This can open a line of communication that allows us to understand their many medicinal, emotional and spiritual gifts.

Afro-Brazilian/Cuban Dance – Shea-Ra Nichi
This class is built around Afro-Brazilian and Afro-Cuban dance which is based on the earth connection to who we are, such as the River Osun, the wind Oya, and the thunder Shango. We learn how to bring these elements into our lives so they can serve us on a daily basis.

Enough is Enough: Survival Overdrive Syndrome – Aviva Romm
Are You In S.O.S.? We are facing new epidemics in women’s health, from diabetes to fertility challenges to autoimmune disease. How does being stuck in survival mode contribute to these? And how can we say enough is enough and take back our health so we can live our one precious life to the fullest? Let’s look at why being a health rebel is more important now than ever.

Energy Secrets of Southern Appalachia – Sarah Thomas
Known for unity consciousness and healing, Asheville and the surrounding mountains remain one of the strongest energy fields in the United States. However, the secret technologies of this unique part of our planet have remained barely revealed. Join us for a cutting-edge exploration of the ley lines, power places, sacred geographies, energetic portals, and crystal and mineral fields that make this place pure magic. You will leave this class in awe of the true hidden power of this land.

West African Drumming – Jessie Lehmann & Tatiana Rolles
Inspire joy, ignite hope, and create community as we focus on traditional drumming from Guinea and Ivory Coast, West Africa. Whether you are a first time drummer, a drum circle guru, or a serious percussion student, there is something for everyone. Some drums will be available for use.

Stone Meditation with Sarah Thomas
Join us for a stone meditation and experience the massive power a large group of women can command, as well as create a miracle in your own life. If you would like, bring any crystal that has rainbows within it. If you do not have one, we will provide one. Also bring whatever you will need to feel warm and comfortable lying down. Go home with a newly charged powerful stone!

Embrace Movie hosted by Renee Conover
Embrace follows body image activist Taryn Brumfitt’s crusade as she explores the global issue of body loathing, inspiring us to change the way we feel about ourselves and think about our bodies.

Herbal Conference Merchandise ~ celebrating women and plants
Shirts, Bags, Travel Mugs and Water Bottles
Buy yours this weekend only at the Info Hub!
# Sunday Morning

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<tr>
<th>Sunrise Activities</th>
<th>Violet Tent</th>
<th>Nettles Tent</th>
<th>Eden Porch</th>
<th>Wise Woman Hall</th>
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<tr>
<td>7:00 - 8:00</td>
<td>12-Step Recovery with Gina Breedlove</td>
<td>Phyllis Light</td>
<td>Brittany Wood Nickerson</td>
<td>Robin Rose Bennett Herbal Aphrodisiacs</td>
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<td>Sound Medicine</td>
<td>The Addiction Cycle: Herbs for Pain (Advanced)</td>
<td>Approaches to Healthy Gut Flora</td>
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## Classes

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<th>Wise Woman Hall</th>
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<tbody>
<tr>
<td>9:00 - 10:30</td>
<td>Intensive with Gina Breedlove Sound Medicine</td>
<td>Phyllis Light</td>
<td>Brittany Wood Nickerson</td>
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## Theater

- Michelle Neubel: The Power of Bathing
- Asia Suler: Multidimensional Vaginal Healing
- Amanda David: Poor People's Pharmacy
- Abby Artemisia: Forage Your First Aid Kit
- Shea-Ra Nichi: Sacred Womb Dancing

## Hearth Tent

- Sarah Thomas: Energy Secrets of Southern Appalachia
- Workshop with Kathleen Fleming Badass Broths
- Emily Ruff: Lyme's Disease & Co-Infections (Advanced)

## Lake Tent

- Rebecca Word: Blood Sugar Roller Coaster
- Holli Richey: Forest Bathing
- Lucretia VanDyke: I Am My Sister

## Tennis Courts

- Ira Wallace: Heirloom Seeds: Sow, Savor, Save
- Lucia Daugherty: Unpacking Our Bias Together
- Rebecca Word: Blood Sugar Roller Coaster
- Holli Richey: Forest Bathing
- Lucretia VanDyke: I Am My Sister

## Archery

- Ira Wallace: Heirloom Seeds: Sow, Savor, Save
- Lucia Daugherty: Unpacking Our Bias Together
- Rebecca Word: Blood Sugar Roller Coaster
- Holli Richey: Forest Bathing
- Lucretia VanDyke: I Am My Sister

## Sunset Activities

- 7:00 - 8:00
  - 12-Step Recovery with Patty Grant-Edgemon
  - Sunrise Yoga with Shannon Lockhart
  - All levels welcome. Bring mat and blanket if available.

## Breakfast

- 7:30 - 9:00

## Lunch Break

- 12:30 - 2:00

## Hearth Fire

- Farewell Jam
  - Join together to say our farewells and recognize this incredible web of women.

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### Intensive with Gina Breedlove Sound Medicine

**How Your Voice Can Heal You (9:00 - 12:30)**

The ancient practice of sound healing is potent, powerful medicine. Using Gina’s Vibration of Grace™, learn how to use the sound of your voice to move stuck energies like fear, anger, grief, etc. through your body, creating opportunity for ease, wellness, embodiment. With intentional sound, we have the capacity to harmonize our cells, focus our thoughts, and root in the present moment. We will work with Bija (seed) Sounds for the chakras, and learn tones, chants, songs to lift your mind, body, and spirit. Deepen your knowing of the extraordinary power of your voice.

$40

### Workshop with Kathleen Fleming Badass Broths

For the curious novice, or well-seasoned kitchen witch who desires bone broth wisdom, this workshop is an opportunity to taste, smell, listen, ask questions and gather techniques associated with Kathleen’s style of rustic bone broth preparation. During this workshop, you’ll learn why bone broths are badass: a dash of history, a sprinkle of theory, a heaping spoonful of instruction, and all the tasting your little heart can handle. Channel your inner badass, you’ll be glad you did. Please bring a mug.

$20
**SUNDAY MORNING CLASS DESCRIPTIONS**

**9:00 - 10:30**

**The Addiction Cycle: Herbs for Pain (Advanced)** – Phyllis Light
It’s estimated that 8 million Americans are addicted to prescription opiates for the relief of pain. Natural approaches to pain management can offer alternatives to conventional medications. Learn about opiate addiction, addressing the underlying cause of the pain, herbs and natural approaches for pain and inflammation reduction, and the use of herbs in the recovery process.

**Approaches to Healthy Gut Flora** – Brittany Nickerson
The health of our gut flora may be the single most important aspect of our holistic wellness, affecting immunity, inflammation, emotions and hormonal health. Learn how herbs, foods and lifestyle approaches can help support a healthy gut and a balanced life.

**Herbal Aphrodisiacs for our Pleasure** – Robin Rose Bennett
Herbal aphrodisiacs such as roses, jasmine, vanilla beans, hawthorn blossoms and chocolate can stimulate our erotic, sensual and sexual natures. Robin Rose will share recipes for sexy teas, passion honeys, sensual baths, infused oils, and her famous honeymoon wine! The Goddess says, “All acts of love and pleasure are my rituals.”

**The Power of Bathing** – Michelle Neubel
Learn how excessive showering can alter your body’s pH, and daily exposure to heavily chlorinated waters can increase your body’s susceptibility to illness. Discover how the submersion of the body in water is therapeutic for our muscles, stimulates the immune system, and revitalizes our body and skin.

**Multidimensional Vaginal Healing** – Asia Suler
Yeast infections, UTIs, and vulvodynia are conditions that affect millions of women. They are frustrating, painful, debilitating, and they are all also portals into profound healing. Learn how to engage with these conditions as sacred sources of empowerment and explore the herbs, stones and practices that can help us heal on a multidimensional level.

**Poor People’s Pharmacy** – Amanda David
Herbal medicine is the people’s medicine. However it remains cost prohibitive for many. One way to bring herbal medicine back to the people is to find creative ways to make it affordable. In this class we will explore how folks who receive SNAP/Food Stamps can utilize these benefits along with some simple foraging to create an abundance of free herbal medicines for common home use.

**Forage Your First Aid Kit** – Abby Artemisia
Our best medicine surrounds us. We’ll learn how to recognize 10 common wild herbs, and talk about how to make them into herbal formulas for ailments you might encounter at home or on adventures in the woods and beyond. We’ll take a walk to see some of these herbs in their natural habitat.

**Sacred Womb Dancing** – Shea-Ra Nichi
This class is built around the womb, it doesn’t matter if you can still bear children or not. The focus of this class is to revitalize and recharge your natural energy source as a woman. The use sound, music, and movement to create a circle of complete power. Please bring a yoga mat or blanket.

**11:00 - 12:30**

**Energy Secrets of Southern Appalachia** – Sarah Thomas
Known for unity consciousness and healing, Asheville and the surrounding mountains remain one of the strongest energy fields in the United States. However, the secret technologies of this unique part of our planet have remained barely revealed. Join us for a cutting-edge exploration of the ley lines, power places, sacred geographies, energetic portals, and crystal and mineral fields that make this place pure magic. You will leave this class in awe of the true hidden power of this land.

**Lyme’s Disease & Co-infections (Advanced)** – Emily Ruff
Explore the latest understanding of Lyme’s Disease and its coinfections, and how we use herbs in different stages of the infection to bring the body and mind back to peace and wellness.

**Heirloom Seeds: Sow, Savor, Save** – Ira Wallace
The popularity of heirlooms has increased enormously over the last decade. Learn the basics of how to save seed from common vegetables, flowers, and native plants. Discuss why seed saving matters. Leave ready to join the increasing number of farmers and gardeners saving and selecting their own seeds every year.

**Unpacking Our Bias Together** – Lucia Daugherty
We will create a safe space to examine together the brain science behind implicit bias, and the ways that bias shows up in our daily interactions. We will then discuss effective approaches to recognizing our own bias in our daily lives, advocating for ourselves and each other, and helping to ensure equity and inclusion within our communities.

**Blood Sugar Roller Coaster** – Rebecca Word
Too high, too low...both? Our culture is in a state of metabolic rebellion dictated by hormonal flip flops affecting every body system. Diabetes, insulin resistance, hypoglycemia and cortisol dysregulation are all rising at an alarming rate; time to stabilize women!

**Forest Bathing: A Mindful Experience with Nature** – Holli Richey
Forest Bathing, also called Shinrin-yoku, is a Japanese concept of immersing oneself in the rich sensory experience of the forest with open awareness and no expectations. Studies show that intentional forest walking elevates the mood, reduces stress hormones such as cortisol, boosts the immune system, and reduces the heart rate.

**I Am My Sister** – Lucretia VanDyke
Let us come together in sisterhood to address the need for weaving small “villages” and tools to support each other. Join us as we learn to craft sacred space, listen to our bodies, look at indigenous grief rituals and techniques to heal from trauma, and understand the importance of ancestral healing.
**Abby Artemisia**, founder of the WANDER School, botanist, herbalist, & professional forager, lives near Pisgah National Forest in rural NC. She teaches plant identification, native plants, and working with plants for food and medicine in her Wild Apprenticeship Program and throughout the country.

**Amanda David** is a plant loving, medicine making, wildcrafting, gardening, community herbalist who sees clients and teaches in Ithaca, NY. As a lover of plants and people, Amanda is passionate about bringing them together in a down to earth and accessible way to promote personal & planetary health.

**Amy Walker**, an elder of the Eastern Band of Cherokee, is a passionate gardener and a feisty activist, known for her initiation of a recent legal battle protecting the rights of bears—kept in concrete pits at the Cherokee Zoo—under the Endangered Species Act. Amy also joined the movement at Standing Rock.

**Asia Suler** is a writer, teacher, and healer who lives in the Blue Ridge. As the concubine behind One Willow Apothecaries, Asia’s work is unique combination of western and energetic herbalism, stone medicine, earth-centered shamanism and intuitive healing. She facilitates classes and consultations.

**Ash Devine** is an award winning songwriter, folk rock musician, caring clown. Ash’s folk fusion style gleams sounds of Appalachian traditional folk, americana-pop and classic rock. Ash is an accomplished instrumentalist on finger-style and Flat Pick style Guitar and innovative original Ukulele picking style.

**Aviva Romm, MD** has bridged the best of traditional medicine with good science for over three decades. A midwife, herbalist, and Yale-trained MD, Board Certified in Family Medicine with Obstetrics, Dr. Romm’s focus is on the impact of stress, diet, and environmental toxins in health in women.

**Brittany Wood Nickerson** is the owner of Thyme Herbal in Western Mass., where she maintains an herbal practice and teaches a three-year herbal apprenticeship program. Brittany is the author of the Everyday Living Series, The Herbal Homestead Journal and Recipes from the Herbalist’s Kitchen.

**Byron Ballard** is a writer, ritualist and urban homesteader in Asheville, NC. She offers workshops and lectures on traditional mountain culture and Goddess spirituality, and is one of the founders of Mother Grove Temple.

**Ceara Foley** is the director and instructor at the Southeast’s oldest herbal studies school, Appalachia School of Holistic Herbalism. A certified herbalist and beekeeper, Ceara is also steward of Soulflower Botanical Sanctuary in Leicester, NC.

**Cheri Maree**, affectionately known as “The Love Goddess”, is transforming hearts with music. Her powerful style and musical passion have taken her to audiences worldwide. “Music is Love’s pathway,” says Cheri Maree. “It generates an energy that transforms the heart, helping us to conquer challenges”.

**Christian Carter** works with students throughout the Southeast. To know and work with Christian is to know love for the African Dance and Drum Cultures, communities, people, music, energies, and characters it brings together.

**Cindi Quay**, Traditional Herbalist & Menominee Native American, has been working with our plant kingdom most of her life. Turning this into a deeper passion, she opened Cindi’s Sacred Garden in 1997. Cindi grows her own herbs in a traditional manner and also gathers herbs, giving respect to the Earth.

**Corinna Wood** is a wise woman, herbalist, visionary, and mother, who founded and directed Southeast Wise Women and Red Moon Herbs, focusing on earth-based healing, local plants, and deep nourishment. Corinna lives at Earthaven Ecovillage in Black Mtn, NC.

**Daisy Marquis** teaches subtle herbalism, flower essence therapy, energy healing certification, yoga and meditation at the Appalachia School of Holistic Herbalism, the Wild Temple in Nevada City California, and in Black Mountain, where she lives with her two kids, aspiring to practice contentment each day.

**Emily Ruff** is a community herbalist, author, health educator, urban homesteader, and the director of the Florida School of Holistic Living. She focuses much of her current research and publication efforts on biodynamics, bioregionalism, and biorhythmic-influenced cultivation and healing.

**gina Breedlove** is a singer, songwriter and sound healer from Brooklyn, NY. She travels the world holding sound healing circles wherever she tours with her music. She is a grief doula, a way-shower, and a sharer of Grace.

**Gina Contla** is a community herbalist and an educator. Through her work with the notorious mushroom enthusiast, Paul Stamets, Gina has traveled the country teaching practitioners and the public on the health benefits of medicinal mushrooms.

**Gina Spriggs** is an author, holistic intuitive, and Intuitive Development Mentor. She supports thousands of people with her readings and programs, teaching students how to create successful businesses based in their unique skills, while creating a life of purpose.

**Heather Mae**, noted as an “empowering artist” by FLURT Magazine and “charming” by The Washington Post, uses her music to shed light on issues close to her heart; body positivity, mental health, LGBTQ rights, and redefining “good enough”.

**Holli Richey** RH (AHG), LCSW is a registered herbalist and mindfulness-oriented psychotherapist practicing mind-body-spirit care in Chattanooga. For over 20 years, Holli has facilitated nature-based therapy, herb walks and Forest Bathing (shinrin-yoku) experiences in the mountains of TN and beyond.

**Ira Wallace** is a worker/owner of the cooperatively managed Southern Exposure Seed Exchange in Mineral, VA. Ira serves on the board of Organic Seed Alliance and the Virginia Association for Biological Farming. She is also an organizer of the Heritage Harvest Festival at Monticello.

**Jessie Lehmman** has a passion that she brings to her performances and teaching of traditional West African djembe music. She strives to share the culture, music, drumming and dance of West Africa with communities.
Kathleen Fleming is a learner, a mother, a hard worker, a gardener, an advocate, a writer, a dog-lover, a foodie, a craftswoman, a photographer, a creative force, an entrepreneur, loves and smiles, is fearless, has heart, has skills.

Kathleen Wildwood is the founder and director of Wildwood Institute in Middleton, WI, providing consultations and education in herbalism and holistic healing. She has studied in scientific, shamanic and Western herbal traditions for over 20 years.

Kim Duckett, Ph.D. has been teaching women's studies in university settings for nearly 30 years. She is the founder and spiritual director of WHISPER in Asheville, NC, where she offers classes, circles, rituals, and a sacred mystery school for women.

Lisa Levart is a visual artist/photographer, creates multi-media installations and intimate portraits of women embodying Goddess archetypes. Her project, Goddess on Earth, has exhibited in venues across America.

Lucia Daugherty became a community organizer by co-founding an urban agriculture program in public housing, and a women’s well-being circle in public housing. For the past five years Lucia has worked as a Civil Rights Specialist. She is a local farmer, and the mother of three wonderful daughters.

Lucretia VanDyke is an educator, erosologist, light coach, and traveler. Her journey began as a little girl mixing herbs, clays, and muds on her grandparents’ farm. She’s a holistic esthetician, integrating indigenous healing rituals into modern day treatments.

Leeda “Lyric” Jones is a singer-songwriter, musician, and music teacher, born and raised in Asheville, NC. Music is in her blood: her grandfather played harmonica and guitar with the late blues legend B.B. King, and father, who plays bass in her band. Lyric intertwines Soul, R&B, Funk, and Hip-Hop.

Maia Toll, RH (AHG), spent a life-changing year in Ireland apprenticed to a traditional medicine woman. Twenty years later, she is curating gorgeously crafted botanicals at her retail shops, the Herbiary, or teaching and blogging to an international following.

Michelle Dionne helps women cultivate greater self-awareness and self-love through traditional world dances and spontaneous movement. She focuses on Birth Dancing, Belly Dance, and circles for adolescent girls through her school, The Mandorla.

Michelle Neubel was born and raised in Chicago, Illinois, always having an affinity for plant life. Her parents instilled a healthy lifestyle; teaching how to use food as medicine. Residing in TN, Michelle creates botanical products for sensitivities.

Mimi Hernandez, RH (AHG) comes from a background as an herbalist and an ethno-botanist. She is the Executive Director of the AHG. Her teachings weave together science, tradition, and intuition in ways that speak to diverse learning communities.

Mère Turtle, resides in the hills of Western Massachusetts where she is a facilitator, photographer, and musician. Using her voice as a tool, she can lift you to great heights, as well as take you to those deep places within that are seeking illumination.

Ombassa Sophera combines herbal study and home remedies passed down through her family to provide wellness solutions that help others lead holistic lives. Ombassa provides custom herbal consultations and conducts workshops on herbal medicine across the USA and abroad.

Patty Grant-Edgemon is a member of the Eastern Band of Cherokee Indians. Patty has a masters in social work and is certified in substance abuse treatment. She has been in recovery since 1987 and promotes sobriety and recovery on all levels.

Phyllis D. Light, MA, RH, is a fourth generation herbalist and healer. Her studies began with lessons from her Creek/Cherokee grandmother and continued at the University of Alabama. Phyllis has seen clients for over 25 years and is the director of the Appalachian Center for Natural Health.

Rebecca Word, BA, ND is a licensed naturopathic doctor right here in Black Mtn. She utilizes nutrition, botanicals, homeopathy, hydrotherapy, person-centered lifestyle counseling, principles of Chinese Medicine and in depth consultation in practice.

Robin Rose Bennett founder of Wisewoman Healing Ways and author of many books, is a compassionate herbalist, gifted writer, and empowering teacher. The focus of her healing work is to share the generosity of the earth and the magic, mystery, and beauty of the web of life.

Sarah Thomas, Lac. owns Clarity Acupuncture in Asheville, NC. She started the first stone and mineral studies program in NC at ASHH. She merges ancient Taoist teachings with contemporary science to inspire stone wielding wise women.

Shannon Lockhart is a mother, folk herbalist and yogini. Her passion is empowering others by helping them be responsible for their personal health and wellbeing.

Shea-Ra Nichi, an accomplished dancer, director and choreographer, studied professional theatre in NYC and has traveled the world researching and learning all forms of African cultural dance. She teaches dance classes in Wilmington and Fayetteville, NC.

Sobande Moss-Greer is a certified holistic nutritionist, generational herbalist, consultant, educator, and owner of Natural Choices Botanica, the only African American hand-blended gourmet tea company in the South.

Suki Roth is a community herbalist and educator in the Piedmont of NC. She co-founded the Piedmont School of Herbal Studies which has transformed into a Wise Woman Apprenticeship Program. Growing, exploring, and communicating her love for plants is her life’s passion.

Tatiana Rolles is currently the Lead Therapeutic West African Drumming Instructor at Youth Villages, a residential treatment facility in Douglasville, GA. She is dedicated to using art-integrated therapy to help youth find their voices through therapeutic drumming and dance.

Whapio, elder midwife and teacher, founded The Matrona, a midwifery and conscious birthing program that is designed to bring birth wisdom to the masses. Whapio teaches homeopathy, peacekeeping skills and altered states consciousness.
Unity Village is the heart of the conference, which we collectively create as a community of women. Unity Village extends from the central hearth hosting Welcome and Farewell Jams, and evening fires with song and drumming; to lakefront tents and decks offering daytime classes and facilitated discussions. Unity Village is a place to connect and integrate by honoring our diversity, creating safe and intimate spaces, and inspiring creativity, playfulness, movement, and relaxation.

The Hearth
The Hearth Fire is a central gathering area. A fire is tended throughout the weekend, symbolic of our unity and warmth. Connect with sisters around the fire, from the Welcome Song Circle & Firelighting, drumming and song circles, to the Farewell Jam.

Red Tent ~ for Women of All Ages and Stages
We look forward to seeing any and all of you in the Red Tent as we gather to honor our journey as women. The Red Tent Movement is a revival of the ancient custom of taking time away from our busy lives to rest and renew.

Not only for menstruating women, this space welcomes all women of all ages and stages, of any spiritual path or background—a place for elder women to connect with one another, a place for breastfeeding women to connect, a place for all women to celebrate commonalities as well as our differences. Come to rest, draw, journal, share stories, move, dance, rub shoulders, meditate, sing, giggle, or just relax and enjoy this nurturing environment. Open all day, until midnight.

Community Altar
Next to the Red Tent beside the lake in Unity Village, let’s co-create this community altar. All are invited to this sacred outdoor space to pray, think, grieve, remember our ancestors... In keeping with this year’s conference theme, the intention of the altar is “Healing ourselves, inside and out.”

To make this outdoor space sacred and alive with purpose, feel free to place items from home or that you gather respectfully nearby (which you don’t mind getting wet) that help you to connect to yourself, the natural world, and others. If you wish to retrieve your item, please do so by lunch on Sunday.

This altar is a place for personal reflection within a supportive communal setting; please make it our own while respecting the beliefs and cultures of others. You are welcome to visit the altar as often as you want, anytime you want. May it be a place to ground, center, and connect!

Unity Fire
All women are welcome to congregate at the firebowl at the base of steps to Sister Love Deck. Come to learn more about understanding racism and white privilege and connect with one another. Gather with us in unity as we share our commonalities and our differences, engage in open dialogue as sisters, and consider steps that we can take to support racial equity in our lives.

Sister Love Deck
Sister Love Deck is a sacred space founded in 2010 by Olatakumbo Obasi, in which we honor the healing legacy of our black and brown grandmothers and ancestors. For many centuries the suppressed earth-based practices of People of Color went underground in order to protect and preserve knowledge for future generations. In honor of our grandmothers, we join to reclaim our ancient wisdom. The Sister Love Deck serves as a gathering place for celebration, congregation, and communication as a movement towards big healing and big unity among us.

Facilitated discussions and class offerings run throughout the day, until midnight. Please note that this is sacred space for women of color ONLY (racially/culturally diverse heritage non-European in origin, such as Native American, African American, Middle Eastern, Asian, Indian, and Latina) ages 18+. Women of color are welcome to drop in at any time.

Connect! at Unity Village ~ Saturday 1:30 - 2:30
Come connect with your sisters, the beauty of the land, yourself, and your ancestors.
- Relax and rejuvenate at the Red Tent
- Let loose and play with paints and lawn games
- Reflect and honor at the Community Altar
- Come with your brave and open heart to Unity Fire, reframing “I don’t see color” to recognizing white privilege and racism, to heal and transform together for racial justice.
Appalachia School of Holistic Herbalism - Select herbal goods lovingly made by ASHH faculty and staff
Bone Flower Botanikals - Spiritually charged botanikas and upcycled leather and feather jewelry
Cache Bags - Handcrafted shoulder bags and caps made with care in Asheville
Ceramic Song - Sculptural Gaia-centric pottery and ceramic singing bowls
FEEL handbags - Leather handbags mindfully crafted in harmony with Earth, embellished with bronze animals/symbols.
Femme Botanica - Ritual tools and herbs for yoni health & womb wellness
Goddess Ghee & Elixirs - Appalachian made ghee from grass-fed butter + herbal ELIXIRS
GoddessWare - A very unique collection of many original design clothing, jewelry and accessories
Insight Massage - Chair massage by Daniele
Kudzu Collective - Wooden Spoon Herbs and Mother Mountain Herbals join together to bring you magical apothecary products
MoonMaid Botanicals - Maker’s of handcrafted herbals for the good health of people and planet
Moontree Apothecaries - Connecting women to the seasons through stone medicine jewelry
Mushpa + Mensa - Magical organic cotton Art Tees, plus other eco-creations of conscious functional art
Red Moon Herbs - Potent fresh plant products from Appalachian grown-wildcrafted sources
RockBelly Minerals - Crystal & Mineral specimens from around the world, jewelry, and gemstone healing products
Sacred Ways Apothecary - Purifoy Spirit Essences, earth medicine and organic body care to honor body + spirit
Shakti Goddess Arts - Ceremonial herbals, women’s medicinals and allies, crystals, sacred jewelry, ritual art
Sow True Seed - Open-pollinated, heirloom, and organic seeds
Synchronia - Gaia Spirit tools connect you to nature, enhance spirit healing and symbolize life’s transitions
Wild Appalachia Brooms & Covington Pottery - Handcrafted brooms for function, beauty, and ritual. Handmade functional pottery
ARteries by Stina - Unique handmade upcycled clothing and accessories for creative women who support sustainable living practices.
Asheville Soap and Sundry with Kathy’s Garden - Bath and body care along with herbal products.
Behold Bungee Hammocks - Unique hammocks made of ripstop nylon - a flexible haven
Caravanserai Bodycare - Traveling natural apothecary and perfumery
Earthen Moon - Sacred medicine tools: drums, rattles, medicine bags, jewelry, smudge supplies and more!
Florida School of Holistic Living - Herbalism school providing herbal goods from our Orlando based apothecary.
Fun Frolic Farm ~ Women’s Wilderness Workshops - Permaculture farm offering goat milk bath ‘n body and women’s workshops.
Glorious Forest Apothecary - Wild crafted and garden fresh herbal medicine and acorn cookies.
Heavenly Body Wear - Organically made bras, yoga clothes and upcycled cashmere & wool sweaters.
Herbiary - Herbs, teas, essential oils, natural health and body care products.
Mamma Bizz and Crystal Sun Healing - Womb massage, chair massage, herbal reproductive health products, crystal sound therapy, yoni eggs, and mooncups
Seed and Sky - Illustrated flora & fauna prints and jewelry
Sheri Howe Art and Jem Klein.com - Nature inspired sacred feminine art/craft and botanical jewelry from sustainably harvested wood.
Soleil Dia - Featuring handmade gemstone jewelry and in-depth Vedic Astrological sessions.
Susan Wells Art & Intuitive Readings - Intuitive readings and ceramic objects that are alive with the essence of Mother Goddess.
Taproot Threads - Original designs, ethical apparel.
At WNC Woman, our mission is to celebrate the inherent strength, wisdom, and grace of women creating community in their own and others’ lives. Our print publication and the resources available on our website provide a hub through which women can be interconnected, interdependent, and interactive.
Sponsors
Thank you to our sponsors for their support of this event!

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Motherwort Sponsors

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Southeast Wise Women introduces

Saturday Studies
Knowing Ourselves & the Earth

One Saturday a month, March through August 2018
Black Mountain NC

Embodying the Wise Woman Tradition
through cultivating self love and your relationships with wild plants

Learn to embody self-love the Wise Woman Way! In this healing, intimate circle of sisters honoring women and the Earth, we embrace the culture of the Wise Woman Tradition.

We begin with connecting to our strong female feelings which guide us toward our underlying needs. And as we embrace our needs, we support our thriving.

We will also spend time outdoors hands-on with wild plants and herbs. As we get to know wild plants, we recognize the cycles of the Earth, which are reflected in our own psyches, especially as women. Together, we reclaim sacred relationships with ourselves, the plants, and our sisters.

with Corinna Wood
Southeast Wise Women Director

Apply on the Southeast Wise Women website
www.sewisewomen.com
Please don’t forget to:

• Drop off your nametag holder at the Info Hub or in receptacles provided around camp.

• Visit the Info Hub to see if you won any scholarship raffle items. We cannot mail your items to you.

• If you lost anything over the weekend, check the Info Hub lost and found.

• If you would like to order class recordings, fill out the order form and pay at the Info Hub.

• Make sure the collect all of your belongings as we will not be able to retrieve them for you.

• Leave campgrounds and lodging as you found them. Dispose of all your trash and recyclables.

• Check your inbox for the link to our survey and let us know your favorite classes, teachers, and more.

• Tag your favorite conference photos online with #sewisewomen or #herbalconference.

14th Annual Southeast Wise Women Herbal Conference

Save the Date: October 12-14, 2018 in Black Mountain, NC

Integrity from Root to Bloom

Fresh and abundant plants
Consciously wildcrafted and locally cultivated
Handcrafted in small batches
100% organic and gluten-free
Wise woman owned and operated

Come by our booth for a free gift with any purchase!
Settle In

If you are camping, select your campground before leaving the Lake Lot, and follow the unloading and parking instructions using the Camping chart below. Camping is only allowed in designated camping areas.

If you are staying in Indoor Lodging, find your assigned lodging in the chart below, and follow the unloading and parking instructions. We are unable to accommodate room changes once rooms are assigned.

Ask a parking attendant if you have any questions.

### Camping

<table>
<thead>
<tr>
<th>AREAS</th>
<th>First UNLOAD</th>
<th>Then PARK</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>GRASSY CAMP</strong></td>
<td>In MAIN GATE to GRASSY luggage drop. 5-minute unloading.</td>
<td>Park in MAIN LOT Return to GRASSY to set-up</td>
</tr>
<tr>
<td>Quiet</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>LAKESIDE CAMP</strong></td>
<td>Lake Eden Rd to LAKESIDE CAMP luggage drop. 5-minute unloading.</td>
<td>Park in MAIN LOT Return to LAKESIDE CAMP to set-up</td>
</tr>
<tr>
<td>Further from facilities Not safe for children</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>MOUNTAIN CAMP</strong></td>
<td>Lake Eden Rd, left on Lake Eden Way, Follow directions to MOUNTAIN LOT.</td>
<td>Park in MOUNTAIN LOT.</td>
</tr>
<tr>
<td>Remote, private Steep access</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>VEHICLE CAMPING</strong></td>
<td></td>
<td>Park in MOUNTAIN LOT, sleep in your vehicle</td>
</tr>
<tr>
<td>Sleep in vehicle</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Indoor Lodging

<table>
<thead>
<tr>
<th>LODGING</th>
<th>First UNLOAD</th>
<th>Then PARK</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>LODGES: BIRCH AND BUCKEYE</strong></td>
<td>In MAIN GATE to LODGES luggage drop on porches. 5-minute unloading.</td>
<td>Park in MAIN LOT Return to LODGES to settle in.</td>
</tr>
<tr>
<td>Lodge Rooms 1 - 4 and 7 - 9 Bunkhouses 5 - 6 and 11 - 12</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>HEMLOCK - HICKORY HILL</strong></td>
<td>In MAIN GATE to HEMLOCK-HICKORY luggage drop. 5-minute unloading.</td>
<td>Park in MAIN LOT Return to HEMLOCK-HICKORY to settle in.</td>
</tr>
<tr>
<td>Cabins 13 - 26</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>SYCAMORE HILL AND STAFF HOUSE</strong></td>
<td>Follow directions to MOUNTAIN LOT. Continue to SYCAMORE HILL luggage drop. 5-minute unloading.</td>
<td>Park in MAIN LOT Return to SYCAMORE HILL to settle in.</td>
</tr>
<tr>
<td>Cabins 36 - 44 Private Rooms</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>POPLAR HILL</strong></td>
<td>Follow directions to MOUNTAIN LOT, stop at POPLAR HILL luggage drop. 5-minute unloading.</td>
<td>Park in MAIN LOT Return to POPLAR HILL to settle in.</td>
</tr>
<tr>
<td>Cabins 31 - 34</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cabins 27 - 30 and 35</td>
<td>Follow directions to MOUNTAIN LOT, at the “T” continue right on Lake Eden Way. Stop at POPLAR HILL 2 luggage drop. 5-minute unloading.</td>
<td>Park in MOUNTAIN LOT Return to POPLAR HILL to settle in.</td>
</tr>
</tbody>
</table>

### Driving Directions to Mountain Lot

From Lake Eden Rd, take a LEFT on Lake Eden Way. Continue on Lake Eden Way past the Private Drives and the Mothership. Road becomes steep and narrow. Turn LEFT at the “T”. Continue past POPLAR HILL luggage drop on Inspiration Way to top of hill. Bear RIGHT past EXIT sign. MOUNTAIN LOT is on the RIGHT.

To EXIT take a RIGHT out of the MOUNTAIN LOT and drive around the one-way circle to the EXIT. Continue on the curvy mountain road to Lake Eden Rd. Turn RIGHT onto Lake Eden Rd. NOTE: EXIT route is different from ENTRANCE route.
HERBAL CONFERENCE
CAMPUS MAP

- CAMPING
- INDOOR LODGING
- PARKING LOTS
- FOOD
- MARKETPLACES
- CLASSES
- BATHROOMS
- PORTA-POTTIES
- LUGGAGE DROPS
- SHUTTLE STOPS
- CHARGING STATION