



*Presents the 7th Annual*

# **Southeast Women's Herbal Conference**



**October 14<sup>th</sup> - 16<sup>th</sup>**

at Lake Eden, Black Mountain, NC

[www.sewisewomen.com](http://www.sewisewomen.com) • 877-SEWOMEN



**Bringing Back the Wise Woman Ways**

# Welcome

## Table of Contents

Weekend Overview .....	3
Presenters .....	4 & 5
Class Schedule .....	6 & 7
Intensives .....	8 & 9
Connections .....	10
Sponsors .....	11
Location Information .....	12
Food & Lodging .....	13
Frequently Asked Questions .....	14
Registration.....	15

## Something for Everyone

- ☾ *Over 35 presenters*
- ☾ *More than 70 classes in 9 tracks*
- ☾ *CE credits for nurses*
- ☾ *Basic to advanced classes*
- ☾ *Herbs, Body, Earth, Spirit, Food*

# Directors Message

## Herbal Greetings!

In these seemingly chaotic and transformational times, we find a web of women dedicated to birthing a new paradigm of health and wholeness in the world. Wise women who subscribe to the principles of earth-based healing, local plant wisdom, and deep nourishment. Empowered women who are working in their own ways to weave a healthier culture.

You are one of these women, and this weekend conference is dedicated to you. As we prepare for this fall's gathering, I am awed and inspired by the growing number of women who become part of the magic of this event.

We hope your experience at the conference will help foster collaborations and new alliances--whether it be between you and your sisters, the medical model and Wise Woman tradition, or the feminine and masculine. We hope this conference will nourish you deeply, inspiring you on your journey as you help weave the web of a new paradigm --the paradigm of a healthy, whole, vital world.



**Corinna Wood,**  
Director of the SEWHC  
& Red Moon Herbs

♥ Corinna

For detailed information including teacher bios and course descriptions, visit:

[www.sewisewomen.com](http://www.sewisewomen.com)

# Weekend Overview

## FRIDAY

**8:00 Registration Opens**

**10:00-1:00**

*pre-conference intensives see page 8*

**1:00-2:00 Welcome Jam**

**2:30-4:00**

*classes, see pages 6 & 7*

**4:30-6:00**

*classes, see pages 6 & 7*

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

**7:30-9:30 Dance / Storytelling / Fire Circle**

## SATURDAY

**7:00-8:00 Yoga**

**7:30-9:00 Breakfast Break**

**9:00-10:30**

*classes, see pages 6 & 7*

**11:00-12:30**

*classes, see pages 6 & 7*

**12:30-2:00 Lunch Break**

**2:00-3:00 Sisterhood Playtime & Market Faire**

**3:00-4:30**

*classes, see pages 6 & 7*

**5:00-6:30**

*classes, see pages 6 & 7*

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

**8:00-9:30 Ceremony / Concert / Movie / Venus Tent**

**9:30-11:30 Late Night Fire / Talking Circle**

## SUNDAY

**7:00-8:00 Yoga**

**7:30-9:00 Breakfast Break**

**9:00-10:30**

*classes, see pages 6 & 7*

**11:00-12:30**

*classes, see pages 6 & 7*

**12:30-2:00 Lunch Break**

**1:00-2:00 Closing Jam**

**2:00-5:00**

*post-conference intensive see page 9*

# Presenters & Classes



## Ada-Belinda DancingLion

- *The Wise Woman Tradition*
- *Living Takes Life*
- *Sprouts*



## Anya Syrkin

- *Herb Walk*
- *Everyday First Aid*
- *Making Peace with Your Body*



## Anyaa McAndrew

- *The Healthy Masculine*
- *Shadow Work*



## Brooke Medicine Eagle

- *Prophecy & Promise*
- *Creating Ceremony*
- *For the Love of Lady Gaia*



## Byron Ballard

- *Shields Up!*
- *Granny Healers*



## Ceara Foley

- *Herb Walk*
- *Herbs for the Farm & Family*
- *Magical Herbalism*



## Chonteau McElvin

- *Elderberry Syrup & More*
- *Tea Blending*



## Corinna Wood

- *Herb Walk—Wild Plant Walk*
- *Herb Walk—Edible Wild Plants*



## Emily Ruff

- *Moon Rhythms*
- *Herbal Pestos*



## Jessica Godino

- *Three Common Herbs*
- *In Our Bones*
- *The Art of Wildcrafting*



## Dr. Jody Noe

- *Cherokee Household Medicine*
- *Stress & The Endocrine*
- *Treating EEN&T Issues*



## Juliet Blankespoor

- *Reproductive System Herbs*
- *Herb Walk—Fall Wild Foods*
- *Immune System Herbs*



## June Ellen Bradley

- *Herbal Infused Wines*
- *Herbal Soups*
- *Herb Walk*



## Katie Keyes

- *Partner Massage*
- *The Aromatic Boudoir*

# Presenters & Classes



## Kristen Arant

- *The Power of the Drum*



## Laurel Mamet

- *Moving through Emotions*
- *Developing Intuition*
- *Energy Healing*



## Mimi Hernandez

- *Parade through the Berry Queendom*
- *Bridging Science & Tradition*
- *Case Study, Respiratory System*



## Patricia Kyritsi Howell

- *Beyond Chamomile*
- *The Relaxed Liver*
- *Starting an Herbal Practice*



## Phyllis D. Light

- *Earth, Air, Fire & Water*
- *Herb & Drug Interactions*
- *Appalachian Plant Walk*



## Ramona Moore Big Eagle

- *Friday Evening Stories*



## Rising Appalachia

- *Opening & Closing Jam*
- *Concert*



## Sierra Hollister

- *Morning Yoga*
- *Meditation*



## Suki Roth

- *Journey to the Elders*
- *Herb Walk*
- *Three Adaptogens*



## Susan DeLaney

- *Essential Fatty Acids*
- *Nourishing Traditions*



## Teresa Boardwine

- *Easy Extracts*
- *Seaweeds*



## Thea Summer Deer

- *Burdock Root*
- *Pregnancy & Birth*

**Anne Littlebird** GUYnecology—Healthy Men & Boys • **Arlene Bailey** Candles • **Bonnie Kavanagh** Chocolate  
**Baraka Bethany Elihu** Holding Sacred Space for Women • **Brooke Sullivan** Vital Essence & Blissful Power  
**Charli Vogt** Fermentation • **Hillary Banachowski** The Magic of the Mandala  
**Justina Prenatt** Unconditional Self-Love • **Kim Duckett** Earth-based Psychology  
**Marguerite Uhlmann-Bower** Deep Wound Care • **Rebecca Chaplin** Sexual Medicine  
**Sharon Bigger** Conscious Dying • **Stephanie Heidemann** Authentic Voicework • **Victoria Taylor** Moxa



## Intensives

## Weeds & Walks

## Herbal How-to

## Herbal Medicine

**FRI**  
**10:1-00**

Intensive with Dr. Jody Noe  
**Cherokee Household Medicine\***

Intensive with Laurel Mamet  
**Energy Healing\***  
*A Somatic Approach to Health*

**FRI**  
**2:30-4:00**

Intensive with Patricia Kyritsi Howell  
**Beyond Chamomile\***

Suki Roth  
**Herb Walk**  
Menopause:  
The Change Walk

Katie Keyes  
**The Aromatic Boudoir**

Ceara Foley  
**Magical Herbalism**

**FRI**  
**4:30-6:00**

*Holistic Protocols for the Nervous System*

Corinna Wood  
**Herb Walk**  
Edible Wild Plants

Teresa Boardwine  
**Easy Extracts**

Juliet Blankespoor  
**Immune System Herbs**

**SAT**  
**9:00-10:30**

Intensive with Phyllis D. Light  
**Earth, Air, Fire, Water\***

Juliet Blankespoor  
**Herb Walk**  
Fall Wild Foods

Chonteau McElvin  
**Elderberry Syrup & More**

Jessica Godino  
**The Art of Wildcrafting**

**SAT**  
**11:00-12:30**

*A Folk Medicine System of the Southeast*

Corinna Wood  
**Herb Walk**  
Wild Plant Walk

Arlene Bailey  
**Homemade Candles**

Anya Syrkin  
**Everyday First Aid**

**SAT**  
**3:00-4:30**

Intensive with Suki Roth  
**Journey to the Elders\***

Ceara Foley  
**Herb Walk**  
Embracing Abundance

Katie Keyes  
**Partner Massage**

Byron Ballard  
**Granny Healers**

**SAT**  
**5:00-6:30**

*Building Intimacy with your Plant Allies*

June Ellen Bradley  
**Herb Walk**  
Medicine from Trees

Victoria Taylor  
**Moxa**  
Magical Mugwort

Jessica Godino  
**3 Common Herbs**  
Echinacea, Hawthorn, & Peppermint

**SUN**  
**9:00-10:30**

Intensive with Brooke Medicine Eagle  
**Prophecy & Promise\***

Phyllis D. Light  
**Herb Walk**  
Appalachian Plant Walk

Chonteau McElvin  
**Tea Blending**

Ceara Foley  
**Herbs for Farm & Family**

**SUN**  
**11:00-12:30**

*Ancient Understandings of a Radiant Future*

Anya Syrkin  
**Herb Walk**  
Walking, Talking, & Tasting

June Ellen Bradley  
**Herbal-Infused Wines**

Suki Roth  
**Three Adaptogens**

**SUN**  
**2-5:00**

Intensive with Mimi Hernandez  
**Parade through the Berry Queendom\***

\*SEWHC plans to offer continuing nurse education hours for these classes.

<b>From the Kitchen</b>	<b>Health &amp; Healing</b>	<b>Advanced</b>	<b>Tending Our Spirits</b>	<b>Embodiment</b>
Dr. Susan DeLaney <b>Nourishing Traditions</b>	Dr. Ada-Belinda DancingLion <b>Wise Woman Tradition*</b>	Phyllis D. Light <b>Herb &amp; Drug Interactions*</b>	Byron Ballard <b>Shields Up!</b> Protection in a Complex World	Anyaa McAndrew <b>Shadow Work</b> Finding Feminine Gold
June Ellen Bradley <b>Herbal Soups</b>	Jessica Godino <b>In Our Bones*</b> Understanding the Water Element	Mimi Hernandez <b>Case Review*</b> on the Respiratory System	Brooke Medicine Eagle <b>Creating Ceremony</b>	Anya Syrkin <b>Making Peace with Your Body</b>
Charli Vogt <b>Fermentation</b>	Thea Summer Deer <b>Pregnancy &amp; Birth*</b> for a New Earth	Marguerite Uhlmann-Bower <b>Deep Wound Care*</b>	Brooke Sullivan <b>Vital Essence &amp; Blissful Power</b>	Dr. Ada-Belinda DancingLion <b>Living Takes Life</b> Our Predatory Nature
Dr. Ada-Belinda DancingLion <b>Sprouts</b>	Sharon Bigger <b>Conscious Dying*</b>	Dr. Jody Noe <b>Stress &amp; The Endocrine*</b>	Baraka Eilhu <b>Holding Sacred Space</b>	Justina Prenatt <b>Unconditional Self-Love</b>
Emily Ruff <b>Herbal Pestos</b>	Anne Littlebird <b>GUYnecology*</b> Healthy Men & Boys	Patricia Kyritsi Howell <b>The Relaxed Liver*</b>	Kim Duckett <b>Earth-based Psychology</b>	Laurel Mamet <b>Moving Through Emotions</b>
Bonnie Kavanagh <b>Chocolate</b>	Mimi Hernandez <b>Bridging Science &amp; Tradition*</b>	Juliet Blankespoor <b>Reproductive System Herbs*</b>	Hillary Banachowski The <b>Magic</b> of the <b>Mandala</b>	Kristen Arant <b>The Power of the Drum</b>
Teresa Boardwine <b>Seaweeds</b>	Emily Ruff <b>Moon Rhythms*</b>	Dr. Susan DeLaney <b>Essential Fatty Acids*</b>	Stephanie Heidemann <b>Authentic Voicework</b>	Anyaa McAndrew <b>The Healthy Masculine</b> Within & Without
Thea Summer Deer <b>Burdock Root</b>	Patricia Kyritsi Howell <b>Starting an Herbal Practice*</b>	Dr. Jody Noe <b>Treating EEN&amp;T Issues*</b>	Laurel Mamet <b>Developing Intuition</b>	Rebecca Chaplin <b>Sexual Medicine</b>

**There are 9 classes in each time slot. No signups necessary (except intensives).  
See the website for Course Descriptions.**

# Intensives

## Deepening Our Learning

Intensives offer the opportunity to study more deeply with a certain teacher on a specific subject. Intensives cost \$45 and overlap two class periods (3-3<sup>1/2</sup> hours).

**Take advantage of the pre-registration special:  
All intensives: \$35 each until August 19!**



with Dr. Jody Noe  
Friday 10:00-1:00

### Cherokee Household Medicine

A visual, oral, and hands-on mini-apprenticeship with this extraordinary teacher who has studied with the Cherokee for 25 years. Discover the first level of Cherokee medicine—that of the household healer. Learn what every Cherokee knows: when you get sick, you go home. Culture, ceremony, and plants will be discussed through teaching stories, slides, and lecture. Learn about the medicine wheel and medicine bags, stones, plants, animals, prayer, and how to approach and collect the plants. Explore 7-10 abundant and effective but underused indigenous plants and their spiritual and medical applications. Materia medica will include bethroot, trillium, doe-eyed daisy, bull nettle, jack-in-the-pulpit, yellowroot, baby mint tea, and bloodroot as well as a native mushroom used for healing.



with Laurel Mamet  
Friday 10:00-1:00

### Energy Healing— A Somatic Approach to Health

All action begins in the energy body and moves out through other layers—emotion, belief, mental, and spiritual—before it ever manifests in the physical realm. Energy healing is learning to track and shift the flow of energy through those layers with the intention of transformation. Using the Chakra system and the Auric field as a basis we'll learn two methods: Radiatory, using your own energy field to project healing, and Magnetic, using your hands to help alter energy. The results are clarity, release, dissolution of patterns, connection, compassion, self-love, and sovereignty (discovering oneself as the point of power in life.) As you become conscious of hidden energies, you will be able to heartfully work with yourself and clients to immediately deal with issues on a deeper level.



with Patricia Kyritsi Howell  
Friday 2:30-6:00

### Beyond Chamomile—Holistic Protocols for the Nervous System

Herbal nervines heal, calm and stimulate the nervous system by directly affecting the function of tissues and organs. Yet their actions go far beyond eliciting a physical response; they also have a profound affect on consciousness, spiritual awareness and our sense of well-being. Understanding the interplay between the physical and psychological is critical in our ability to create truly holistic protocols for healing the nervous system. Expect an overview of how the nervous system is understood from both Western medical and energetic perspectives, followed by an in-depth look at nervines used to relieve a wide range of conditions such as anxiety, depression, insomnia, cognitive challenges, fatigue, immune system imbalances, and digestive problems. More than twenty herbs and their clinical applications will be covered.



with Phyllis D. Light  
Saturday. 9:00-12:30

### **Earth, Air, Fire, Water—A Folk Medicine System of the Southeast**

Traditional Southern and Appalachian Folk Medicine is the most widely acknowledged regional folk medicine in the US with roots back hundreds of years. Originating from earth-based and indigenous cultures, this system incorporates the four elements as fundamental of how all life works and as a means of diagnosis. What happens in nature, happens in the body. In addition to exploring these elements in depth, we'll overview the influence of European (Galenic) medicine, Native American indigenous plant use, Irish folk medicine and African healing techniques and philosophy. Blood patterns (good, normal, bad); blood movement (high, normal, low); blood textures (thick, normal, thin); blood temperatures (hot, warm, cold); blood flavors (sweet, acid, sour, bitter, salty) will be defined and examples given.



with Suki Roth  
Saturday. 3:00-6:30

### **Journey to the Elders—Building Intimacy with your Plant Allies**

Why are we so drawn to herbs? Because they need us in order to bring healing and balance. We are conduits between the plants and our families, clients, and communities. Like any relationship, the more we know about another, the better our understanding and the deeper our connection. When we are receptive, when we think of them as elders and treat them with respect, they open their gifts to us so we may be of service. When we express this robust understanding to others, compliance and healing increases. Beloved teacher Suki Roth teaches us that the fastest way to create intimacy with plants is to ask them, spend time with them, and meditate or journey to them to create a personal bond that lasts a lifetime.



with Brooke Medicine Eagle  
Sunday 9:00-12:30

### **Prophecy & Promise—Ancient Understandings of a Radiant Future**

Brooke will share prophecy: ancient wisdom as it relates to our present time and the awakening future. Indigenous cultures have long had knowledge of the time in which we are now living, and have offered power-filled guidance for moving into a golden time in the highest and most graceful way. You will receive Keys to Wisdom and a better understanding of the place of 'green women' in the unfoldment of a new world and be guided in translating this ancient wisdom into practical, uplifting tools for sustainable, harmonious living. Discover ways to walk the Earth in beauty and power. Join Brooke in this workshop of rich dialogue, song, chant, circle dance and joyful experiences to open the heart.



with Mimi Hernandez.  
Sunday 2:00-5:00

### **Parade through the Berry Queendom**

Explore the life-enhancing delights of berries with the International Spokesperson for the Berry Queendom. Edible and medicinal berries have extraordinary applications in nutrition and health. Berries are sweet yet their low glyce-mic activity and their bright colors suggest the presence of potent antioxidant polyphenolic compounds. Berries can have a clinically significant impact on the health of our blood vessels, our eyes, our skin, and even our brain. Ingredients in many berries can prevent cancer, autoimmune disease, and can improve conditions like ADD and ADHD in children and adults. Blackberries, blueberries, elderberries, schisandra, hawthorne, and bilberries are only part of the Berry Parade we'll explore. Participants will enjoy a strawberry facial!

**Register Online at: [www.sewisewomen.com](http://www.sewisewomen.com)**

# Wise Women Connecting

The location, the food, the vendors and especially the women attending are as much an integral part of this conference as the sessions I attend. Not only do I gain herbal knowledge, but I return home nourished in my soul.

MARY WALES, MASON OH

The variety of classes and teachers were so wonderful at times it was difficult to choose which classes to attend! Every class I attended had knowledgeable and talented teachers that gifted us with wonderful inspiring wisdom. And the evening events, oh my—exciting and “over the top”!

JANET HALL, PORT REPUBLIC MD

I did not expect the amount of comfort and safety I would feel being surrounded by my sisters. Such a sense of unity within all the diversity of age, experience, ethnicity and place. BEAUTIFUL.

LAURA CELESTE MACK, BEREA KY

On Saturday night I fell asleep to hundreds of women singing and drumming, infused with love, reminded me of my power.

VICTORIA TAYLOR, CHRISTIANSBURG VA

I felt like I was surrounded by 800 other me's in all my future and past incarnations and possibilities of being. It was lovely to be greeted by smiles and recognition of like minded spirits. Well done ladies, well done.

ALAYNE CHAUNCEY, SUMMERTOWN TN

I came to my first SEWHC because I wanted to learn about herbal medicine. But I keep coming back because of the amazing women I meet there. And I still learn a lot too. Thanks.

LORA KLINE, ASHEVILLE NC

Every year our group has increased, first 6 women, then 8, now over 14. This year was amazing because several of the women in our groups brought their mothers and families! We are healing a legacy and infusing it with wisdom for the future and it feels so good!

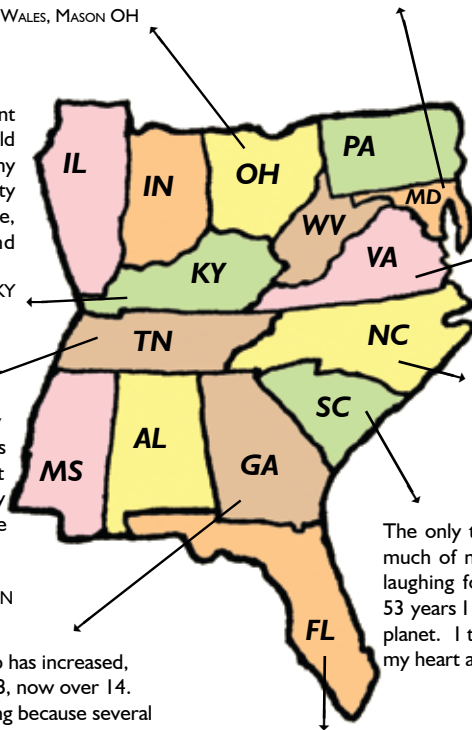
ABBIE BREWER, MARIETTA GA

The only thing I can say is that I spent much of my time weeping for joy and laughing for joy. For the first time in 53 years I felt at home on this beautiful planet. I thank you from the depths of my heart and see you next year!

MELISSA SEILER, GREER SC

I was so glad to hear that one teacher was teaching nursing students about herbs as part of their curriculum. As an RN for 35 years, that feels like a huge step forward. It was wonderful. Thank you, thank you.

CINDY MASSA, PORT ORANGE FL



## Stay Connected



# Sponsors...

## Mother Earth Sponsors



## Vitex Sponsors



## Motherwort Sponsors



## Natural Products Laboratory



## Red Raspberry Sponsors

American Holistic Nurses Association

Sage Woman

Explore Your Spirit

Sheville.org

Organic Growers School

True Nature Country Fair

United Plant Savers

*Extracts, Oils, Salves, and Vinegars  
made from fresh, local plants*

**Red  
Moon  
Herbs**

*Handcrafted by  
Wise Women  
of the Blue Ridge*



*Wise Women  
of the Blue Ridge*

[redmoonherbs.com](http://redmoonherbs.com)

888.929.0777

*Easy online ordering ☾ Inquire for wholesale price list*

Red Moon Herbs has been handcrafting herbal medicines from fresh, local plants in our area for 17 years. Seven years ago, Red Moon Herbs Director Corinna Wood founded the SE Women's Herbal Conference, following a tradition of women's herbal conferences around the country. Two hundred women attended the first year and the conference has been growing ever since. This strong alliance with Red Moon Herbs is part of the magic of the SE Women's Herbal Conference!

# Location

*Camp Rockmont at Lake Eden in the mountains of NC*



Camp Rockmont is a 550 acre summer camp located 15 miles east of Asheville, NC in the Blue Ridge mountains, just below Mt. Mitchell. **Located on the site of the former Black Mountain College, Rockmont has been listed on the National Register of Historic Places.** It includes a 20-acre private lake and is surrounded by thousands of acres of National Forest wilderness. Warm days and cool nights typify the climate even into the fall.

# Food Options



**Provide Your Own Food:**  
Bring your own or purchase from food vendors who will be selling vegetarian and meat meals as well as coffee & desserts.

**OR**

**Register for a Nourishing Traditions Meal Ticket:** A farm-fresh, local, seasonal menu with a focus on meat, dairy, and veggies. This meal ticket has limited availability and does not accommodate vegetarian or dairy-free diets. *Weekend meal tickets cost \$58 (\$28 for children ages 2-10) and include 6 meals (Friday dinner thru Sunday lunch).*

# Lodging

## CAMPING

Rockmont offers a wide variety of camping options, with car camping and tent camping available. Car camping is limited to designated lots. Tent campers can choose from a few areas including mountain top and lakeside. Campers have access to porta-potties, handwashing sinks, and common showers. Camping is included in the registration fee.



## CABINS

Cabins have metal bunk beds with bare mattresses and access to a designated bathroom/shower house that is shared by women in neighboring cabins. The walls are not insulated and the windows are screens. Most cabins are accessible via stairs, some of which are quite steep. Weekend price for a bed is \$35 and a full cabin rental is \$250. Sleeps 9-12 women.



## BUNKHOUSES

Bunkhouses are located on the top floor of the lodges. Bathrooms and showers are conveniently located downstairs. The lodges are centrally located and only a short walk from conference activities. Weekend price for a bed in a bunkhouse is \$60. Sleeps 8-14 women.



## LODGES

Birch and Buckeye Lodges are located in the heart of the camp. Each room sleeps 10 women and is divided in half by a shared bathroom with a toilet and sink. The lodges are the least rustic sleeping option. There will be childcare taking place in the same building. Weekend price for lodge bed is \$80.



**The towns of Black Mountain and Asheville also have many lodging options within a 10-15 minute drive.**

# Just Wondering... Pg.14

## How do I register?

Online registration is easy ~ just visit our website (below) and click on the "register now" button. You can pay through our secure server with your Visa or Mastercard. If online registration is not your thing, tear off the registration form on the back page of this brochure, fill it out, and mail it in (along with your check) to the address on the top.

## Can I come for one day? Can I just sign up for an intensive?

The conference is a 3 day event. You are welcome to register and come and go as you please, but we do not offer a discounted price for 1 or 2 days. You must be registered for the conference to sign up for and attend the intensives.

## I need to arrive Thursday. Can I check in early?

There are some great lodging options in the towns of Black Mountain and Asheville, both only 10-15 minutes away. We are not prepared to check in participants until Friday morning. If you are coming from far away, please enjoy Thursday night in one of these lovely towns. And we'll see you Friday morning.

## How do I get there?

Drive, bike, or fly. There is onsite parking for your vehicles, two wheels or four. If you are arriving via air travel, the closest airports are Asheville NC, Charlotte NC, and Greenville SC. We do not offer ground transportation to/from the airports. Plan on sharing a ride or carpooling if you can. Please visit the forum page of the website to log into the rideshare system.

## What options to you offer for children?

Little ones under the age of 2 are welcome to attend with their mamas. There is no need to sign up for infants. Minors ages 2-17 must be registered (\$80) in order to attend. Children ages 2-10 may take part in childcare activities which are offered during workshop hours. Children will enjoy games, crafts, and nature walks supervised by a fun and caring staff. Young Women ages 11-17 may take part in the Young Women's Circle during workshop hours. These girls will be immersed in a nurturing environment, enjoying activities such as dance, art, and yoga.

## You offer some great classes? How do I sign up for them?

Once you register for the conference, you are free to attend whichever classes interest you. The only classes that require sign-ups are the intensives.

## Shucks. I need to cancel my registration. Can I get a refund?

Fees are 50% refundable until August 30th. After August 30th, there will be no refunds. You can transfer your registration to a woman of your choice at any time. Or consider donating your registration to a woman on the scholarship waiting list.

## I have never been to an event like this. What do I need to bring?

Don't fret ~ we'll send you a confirmation letter with a list of what to bring 3-6 weeks prior to the event. But, here are the basics: warm and comfy bedding, clothes for a variety of temperatures, water bottle or mug, spending cash for the Marketplace, good walking shoes, camping chair for outdoor classrooms, notebook and pen, and your wisdom-seeking spirit.

## How many women did you say will be there?

The conference has grown from 200 women in 2005 to 800 in 2010 ~ amazing! This year, we anticipate 700-900 attendees.

## How much does the event cost and what does "registration" cover?

\$250 if you register before August 19th (pre-registration) & \$285 after (full registration). This cost covers attendance into all conference workshops, evening activities, and camping. Indoor lodging, meals, and intensives are available for an additional fee.

[www.sewisewomen.com](http://www.sewisewomen.com)

Contact [ema@sewisewomen.com](mailto:ema@sewisewomen.com) or 828.669.0012 if you still have questions.

**Southeast Women's Herbal Conference**  
17 Benchmark Road ~Black Mountain, NC 28711

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State/Zip \_\_\_\_\_

Email \_\_\_\_\_

**CONFERENCE REGISTRATION** *(includes camping)*

- Pre-registration (\$250 postmarked by August 19)  
 Full registration (\$285)

YOUTH REGISTRATION: *choose indoor lodging (optional) below*

- Child (2-10 years) \$80: Name \_\_\_\_\_ Age \_\_\_\_\_  
 Young Woman (girls 11-17) \$80: Name \_\_\_\_\_ Age \_\_\_\_\_

**LODGING**

- Bed in shared cabin (\$35)                       Bed in lodge (\$80)  
 Bed in bunkhouse (\$60)  
 Full cabin rental (\$250) Party Name \_\_\_\_\_  
 Staying in a private cabin (\$0) Party Name \_\_\_\_\_  
 Roommate requests \_\_\_\_\_

**INTENSIVES** *(optional)*

\$35 each before August 19, \$45 each after August 19

- Cherokee Household Medicine Wisdom* ~ Dr. Jody Noe  
 *Energy Healing* ~ Laurel Mamet  
 *Beyond Chamomile* ~ Patricia Kyritsi Howell  
 *Earth, Air, Fire, Water* ~ Phyllis D. Light  
 *Journey to the Elders* ~ Suki Roth  
 *Prophecy & Promise* ~ Brooke Medicine Eagle  
 *Parade through the Berry Queendom* ~ Mimi Hernandez

**NOURISHING TRADITIONS MEAL TICKET** *(optional)*

A farm-fresh, local, seasonal menu with a focus on dairy, meat, and veggies. Does not accommodate vegetarian or dairy-free diets. Friday dinner – Sunday lunch.

- Adult (\$58)  
 Child (ages 2-10) (\$28)

**CE FEES & SCHOLARSHIP DONATION** *(optional)*

- Continuing Education Credit for Nurses (\$75)  
 Donation for scholarship fund (\$ \_\_\_\_\_)

**TOTAL**

Mail with check to address above. 3-6 weeks before the conference, we will send you conference info, schedule, and directions.

\$

*The conference reserves the right to refuse registration to anyone*



*The Southeast Women's Herbal Conference*  
**Now in our 7th Year!**

A weekend dedicated to the Wise Woman Tradition....  
 earth-based healing, local plants, deep nourishment

Ramona Moore Big Eagle is an internationally recognized storyteller, oral historian, teacher and Legend Keeper of the Tuscarora Nation of NC. A winner of numerous awards and recognitions she travels throughout the US and Canada as a motivational speaker, cultural educator, corporate consultant, and workshop facilitator. Her stories often relate to the Native American Indian oral tradition, culture and history. She uses authentic artifacts, craft, music and dance during her performances.



**SE Women's Herbal Conference**  
 October 14-16, 2011  
 17 Benchmark Road  
 Black Mountain, NC 28711  
 877-SEWOMEN  
[www.sewisewomen.com](http://www.sewisewomen.com)