



	Track 1 Intensives <i>Deepening Our Learning</i>	Track 2 Weeds & Walks	Track 3 Herbal How-to <i>Bringing it to Life</i>	Track 4 Health & Healing	Track 5 Advanced <i>Enhancing Our Practice</i>	Track 6 Tending Our Spirits	Track 7 Our Creative Hearts
Friday 2:30 - 4:00	Intensive with Susun Weed Seven Medicines*	June Ellen Bradley Herb Walk Medicine from Trees	Ceara Foley Herbal Aphrodisiacs	Suki Roth Adaptogens* Building Deep Immunity	Dorisse Restoring Wellness* through Breathing	Silvia Pancaro MoonCoach Process	Marcia Jones Abstract Drawing
Friday 4:30 - 6:00	Informed Choices for Optimal Health based on the Wise Woman Way	Corinna Wood Herb Walk Weeds for the Wise	Maureen Burns Tea Blending Secrets from the TeaLady	Mieko Flynn Menstrual Health*	Phyllis D. Light Signs for Assessment* Tongue Reading	Linda Star Wolf Shamanic Breathwork	Linda Metzner Sing for Justice Sing for Joy
Saturday 9:00 - 10:30	Intensive with Patricia Kyritsi Howell A Photographic Herb Walk*	Juliet Blankespoor Ethical Wildcrafting	June Ellen Bradley Ceremonial Herbal Baths	Ricci Ackerman Overcoming Insomnia*	Mimi Hernandez Phytochemistry Demystified*	Grandmother Elspeth Retroactive Rites of Passage	Laurel Mamet Dynamic Meditation Catharsis & Celebration
Saturday 11:00 - 12:30	Medicinal Plants of So. Appalachians	Corinna Wood Herb Walk Edible Wild Plants	Ada-Belinda DancingLion Living the Wise Women Way	Susan DeLaney II Nutritional Principles*	Bevin Clare Women and HPV*	Susan Wolf Star 7 Societal Imprints	Marcia Jones Ecstatic Surrender thru Art
Saturday 3:00 - 4:30	Intensive with Anyaa McAndrew Tantra*	Suki Roth Herb Walk Plant Spirit Journey	Cynthia Johnston Medicinal Oils for Creams and Salves	Susun Weed Menopause* Means Change	Phyllis D. Light Herb/Drug* Interactions and Contraindications	Eshe Riviears Getting Along: Becoming True Friends with Women of Color	Kim Roberts Self Defense for Women
Saturday 5:00 - 6:30	Reclaiming the Soul of Feminine Sexuality	Eshe Riviears Growing & Eating with the Seasons	Jessica Godino Herbal First Aid Kit	Bevin Clare Fostering* Women's Wellness	Mieko Flynn Uterine Massage*	Ada-Belinda DancingLion Talking Stick	NIA
Sunday 9:00 - 10:30	Intensive with Bevin Clare Beyond Tinctures*	Ceara Foley Herb Walk	Maureen Burns The Business of Herbs	Dorisse Respiratory Challenges* in Children	Patricia Kyritsi Howell Three Herbs* Dandelion, Licorice, and Bupleurum	Laurel Mamet Positive Self Esteem	Linda Metzner Poetry Inspired by Nature
Sunday 11:00 - 12:30	Gourmet Medicine Making for Everyday Use	Juliet Blankespoor Gardening of Medicinal Herbs	Mimi Hernandez Herbal Glycerites	Susan DeLaney The Skinny on Fats*	Jessica Godino Herb Walk* Western Plants, Eastern Energetics	Anyaa McAndrew Sacred Purpose in Relationship	Barbara Nerenz-Kelley Sacred Circle Dance
Sunday 3 - 6:00	Intensive with Ada-Belinda DancingLion Indigenous Wisdom: Earth-based Teachings for Modern Women			Participants may attend classes in any of the tracks. Preregistration only for intensives. *=CNE's have been applied for through NC Nurses Association.		Saturday Evening, 8-9:30: Susun Weed Stories from Baba Yaga's Bag	