

2008 Schedule

FRIDAY

10:00-1:30 Registration (bring your own lunch)

1:30-2:00 Opening Circle

2:30-4:00	INTENSIVE Amanda McQuade Crawford	Elizabeth Bloomquist Aromatherapy	Patricia Kyrtsi Howell Herb Walk <i>So. Appalachian Medicinal Plants</i>	Kathleen Maier Introduction to Energy Medicine	Bevin Clare Traveling Medicine	Ada-Belinda DancingLion Wise Women Tradition
4:30-6:00	Gaiacology: Gyne-Ecology, Herbs & Women	Jessica Godino Herbal Preparations	Corinna Wood Herb Walk	Lady Spirit Moon Recognizing Sexual Abuse	Phyllis D. Light Astrology for Health	ALisa Starkweather Shadow Work

6:00-7:30 Dinner

7:30-9:00 Evening Movement & Music

SATURDAY

7:00-8:00 Yoga—Sierra Hollister

7:30-9:00 Breakfast

9:00-10:30	Bevin Clare Herbs & the Immune System	Ceara Foley Herbs for Ceremony	Corinna Wood Herb Walk	ALisa Starkweather Red Tent Temple Movement	Lady Spirit Moon Understanding PTSD	Kathleen Maier Ask the Herbalist
11:00-12:30	Rowan Farrell Birth Practices thru the Ages	Elizabeth Bloomquist Flower Essence Therapy	Suki Roth Herb Walk <i>Plant Spirit Journey</i>	Anyaa McAndrew Sexual Healing	Patricia Kyrtsi Howell Three Herbs	Susan Rubin Nourishing Foods

12:30-2:00 Lunch

2:00-3:00 Planet Healing with Plants - Keynote Address with Amanda-McQuade Crawford

3:00-4:30	Sisterhood Playtime					
	• Meditation with Sierra Hollister		• Play, Swim, Shop, Rest, Visit		• Music and Dancing	
4:30-6:00	Jessica Godino Herbal Toolkit for Moms	Phyllis D. Light The Power of Simples	Ceara Foley Herb Walk	Anyaa McAndrew Sacred Puja & Movement	Suki Roth Wise Women Herb Garden	Susan Rubin Diet Myths

6:00-7:30 Dinner

7:30-9:30 Evening Celebration with ALisa Starkweather

SUNDAY

7:00-8:00 Yoga—Sierra Hollister

7:30-9:00 Breakfast

9:00-10:30	INTENSIVE Patricia Kyrtsi Howell Healing with the Five Elements	Ceara Foley Healing from the Hive	Suki Roth Herb Walk	Rowan Farrell Sharing our Birth Stories	Jessica Godino The Joy of Tonics	Susan Rubin Importance of Healthy Fats
11:00-12:30		Bevin Clare Women's Apothecary	Phyllis D. Light Herb Walk <i>Historical Mtn. Uses</i>	Ada-Belinda DancingLion Talking Stick	Kathleen Maier Setting up a Clinic	Amanda McQuade-Crawford Longevity

12:30-2:00 Lunch

2:00-2:30 Closing Circle

3:00-6:00	INTENSIVE ALisa Starkweather Awakening to Our Power	<i>We do our best to keep this schedule updated but it is subject to change due to unforeseen circumstances.</i>
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