



Southeast
Wise Women

Media Kit

15th annual

HERBAL CONFERENCE

Celebrating Women and Plants



Karen Rose, Master Herbalist at Sacred Vibes Apothecary



Jody Noe
Naturopathic Doctor



Sally Fallon
Nourishing Traditions



Gina Breedlove
Sound Healer

October 11-13, 2019

at Kanuga Conference & Retreat Center
near Asheville, North Carolina

www.seewisewomen.com



The Wise Woman Tradition is very much with us. If you've sipped peppermint tea to calm a queasy stomach, eaten an apple to boost your energy or used a home remedy for a common cold, you've been touched by this ancient way. Simple, sensible and eminently symbiotic with our surroundings, the Wise Woman Tradition is informed by the grass-roots wisdom of those skilled in herbal remedies, women's health, and the nourishing properties of wild plants.

For over two decades, Corinna Wood, the director of Southeast Wise Women and co-founder of Red Moon Herbs, has been dedicated to keeping these traditions alive and relevant. "The Wise Woman Tradition is about earth-based healing, local plants and women nourishing themselves—physically and spiritually. These are tools to support our health and strength, inside and out, for all women in today's world." she explains.

Over the years, Wood has been teaching and nurturing the philosophical and practical aspects of this sensibility through both classes and the fall Southeast Wise Women Herbal Conference—an annual weekend gathering of herbalists, holistic health practitioners, self-empowerment advocates, and creative souls.

These focused learning experiences offer women the resources they need to integrate the wise woman's practicable, proactive approach to well-being into their everyday lives.



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HERBAL CONFERENCE

Since its inception 15 years ago, the Southeast Wise Women Herbal Conference has blossomed from 200 women to over a thousand who return annually to this fall gathering at Kanuga Conference & Retreat Center just south of Asheville, NC. This exponential growth is, in itself, a testament to the power of women gathering in community to honor the Earth and one another.

Surrounded by the verdant mountains, women come together to deepen their relationships with the natural world and discover myriad paths of holistic health with gifted instructors.

From the spiritual seeker to the novice herbalist to the skilled practitioner, the conference offers women the opportunity to explore all aspects of the Wise Woman Tradition in a safe, sacred space.

The program now offers over 50 workshops and intensives that foster a hands-on approach to wellness using herbs and wild foods and address the entire life journey, from midwifery to conscious dying, sacred sexuality to self empowerment.

The fall conference is a joyful celebration of the beauty, strength, and inspiration of the female spirit. It is a spirit that embraces diversity, encourages an enthusiastic participation in life and living, and honors the sisterhood of all women and girls.

"Living in this women's community for a few days out of each year gives me so much hope for the future of Earth. There exists such a spirit of unity and connection amongst friends and strangers, young and old and various ethnic backgrounds. We are a model for peaceful cultural exchange!"

*-Leah Stickels,
Fairview, NC*



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SATURDAY STUDIES

Under the guidance of Corinna Wood, the Saturday Studies program explores the embodiment of the Wise Woman Tradition through cultivating self-love and relationships with wild plants. The series of day-long classes, once a month March through August, takes place in a beautiful natural setting along the Swannanoa River in Black Mountain, NC.

The Saturday Studies curriculum focuses on women's empowerment in the mornings coupled with herbal education in the afternoon. Students learn a needs-based language as a tool for self knowledge, effective communication, and the development of personal strategies for thriving. Based in personal experience of recovery from complex trauma, the groundbreaking system developed by Wood is rooted in feminist spiritual psychology and compassion communication (NVC).

Sharing of individual stories and self-reflective exercises create a healing and intimate setting for the development of deep connections among women.

Portions of each class are spent outdoors observing, touching, and tasting plants together. Activities include the identification, harvesting and preparation of common, abundant wild plants as food and medicine. Suggested assignments at home between sessions incorporate herbal allies into everyday life.

Saturdays Studies offers students an opportunity to discover the depth of the Wise Woman Tradition, from nourishing hearts and souls through self love, to encouraging sacred bonds of sisterhood, in addition to exploring edible and medicinal wild plants.

I found myself fully immersed in a new culture. It is the culture of the wise woman tradition. It is a culture where there is no savior. There is no right or wrong. There is no judgement. There is no separation between health and disease. It is a culture of expression. It is a culture of attentive listening. It is a culture of deep (deep) nourishment. It is a culture of herbs. Corinna, thank you for giving me this Wise Woman culture and changing my life!

*-Jenny Martineau,
Montpelier, VT*



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MEDIA LINKS

**Herbal Conference
October 11 - 13, 2019**

[Class Schedule](#)

[Teachers](#)

[SEWW Video](#)

sewisewomen.com

**Saturday Studies
March - August 2020**

[Curriculum](#)

[Testimonials](#)

Facebook/SEWiseWomen

"I am 42 and this was the first time, as an adult, I have been in the presence of so many women at once. The diversity of women from all walks of life and the power of their presence was awe inspiring. I will stand in my power."

*-Violet Diane,
Charlotte, NC*



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