



The 2018 Midsouth
Women's
Herbal Conference
April 20-22, 2018



www.midsouthwomensherbalconference.com

Welcome

We are so excited to welcome you to the first ever Midsouth Women's Herbal Conference! We thank you for joining us this weekend and supporting events that educate, support and empower women. We hope that this weekend is inspiring, restorative, and fun! As we enjoy this time with Mother Nature and each other, may we remember we are all connected. We all play an important role in passing on the wisdom of our ancestors, caring for the land, and protecting the plants that continue to offer themselves for our health, healing and happiness.

The Conference Vision

The Midsouth Women's Herbal Conference is a weekend dedicated to celebrating women and the wonders of plants and herbs while honoring the Wise Woman Traditions of healing and wholeness. Together, we create an opportunity for herbalists, healers and nature lovers to gather, retreat and learn together.

Special Thanks to...

Janet Schmitz, Kitchen Goddess
Tina Rigling, Crafts and Youth Programming
Stacey Nolan, Youth Programming
Lindsay Kolasa, Support & Promotion
Paige Williams and Camp Skyline Staff
Presenters, Sponsors and Volunteers



Important Information

COURTESY DESK

The Registration and Courtesy Desk serves as the information station and first aid booth. Located on the porch of the Dining Hall, the Courtesy Desk is open between 8am-8pm. If there is an emergency outside of those hours, contact a staff member.

FIRST AID

First Aid supplies are available at the Courtesy Desk. Items such as salves, aspirin, Band-Aids, sunscreen, bug spray, and other basic supplies will be offered. If medical attention is needed, or in the event of an emergency, the nearest hospital is Dekalb Regional Medical Center in Fort Payne, AL.

MEAL TICKETS

The Menu is posted at the Dining Hall. If you have a full meal plan, your name badge is your ticket. If you purchased Saturday Lunch only, please bring the ticket with you.

FOOD & DRINK

Water and tea are available at the Courtesy Desk throughout the weekend. If you choose to store your own food or drinks in the community refrigerators, please label your containers and respect other people's food. Microwaves and Refrigerators are available in the Lodge's Basement Kitchen and Riverside's Kitchen. Do NOT, under any circumstance, use any stoves or ovens.

CLASS ETIQUETTE

Please show respect towards presenters and other participants by silencing your cell phones and refraining from taking photos or videos. For mothers with babies, please step out of class to comfort fussy or crying little ones.

Friday Schedule | April 20, 2018

OVERVIEW		
Activity	Time	Location
Registration	11:00am-6:00pm	Dining Hall
Herb & Gift Market	12:00pm-6:00pm	Creekside Pavilion
Intensive Sessions	1:00pm-4:00pm	See Schedule
Evening Workshops	4:30pm-6:30pm	See Schedule
Dinner	6:15pm-7:30pm	Dining Hall
Herbal Tea Party	7:30pm	Green Goddess Pavilion
Opening Ceremony	8:00pm	Green Goddess Pavilion
Drum Circle	9:00pm	Hut Row Fire Circle
Movie: The Goddess Project	9:00pm	The Red Tent

FRIDAY CLASS SCHEDULE			
Dining Hall	Pickle's Palace Classroom	Lodge Basement Classroom	Waterfall Landing
1:00pm-4:00pm Intensive: Herbs for Women's Health Issues (Phyllis D. Light, RH)	1:00pm-4:00pm Intensive: Herbs for Traumatic Stress (Holli Richey, LCSW, RH)		
4:30pm-6:00pm Herbal Dog! Caring for Magical Creatures (Leslie Williams, RH)	4:30pm-6:30pm Spiritual Midwifery (Joanne Santana, CPM)	4:30pm-6:00pm Native American Healing Practices (Lisa Bedner, RN, RH)	5:00pm-6:00pm Moonrise Yoga (Lori Love)

FRIDAY YOUTH ACTIVITIES

There are no youth specific activities on Friday. Girls are welcome to attend class with their guardians or go on a scavenger hunt. Scavenger Hunt forms are included in registration packets.

FRIDAY RED TENT

12:00pm-9:00pm: Rest & Relax
Drop by the Red Tent to read, journal, nap or simply to surround yourself with inspiration and goodness. Youth are welcome.
9:00pm: The Goddess Project Film
This film is for mature audiences.

Friday Night Festivities

Gather with us in the Green Goddess Pavilion starting at 7:30 pm on Friday Night. We'll share tea, compliments of High Garden, and enjoy beautiful music performed by Karen Renee Robb. Our Opening Reception will include an Intention Setting Ceremony, Special Announcements, Music and Celebration. Afterwards, join us around the campfire for drumming and singing!



Saturday Schedule | April 21, 2018

OVERVIEW		
Activity	Time	Location
Breakfast	8:00am-9:00am	Dining Hall
Herb & Gift Marketplace	10:00am-Varies by Vendor	Creekside Pavilion
Morning Workshops	9:30am-11:30am	See Schedule
Keynote Lunch with Susun Weed	Lunch- 12:00 Keynote-12:45pm	Dining Hall
Afternoon Workshops	2:00pm-3:30pm	See Schedule
Evening Workshops & Activities	4:00pm-6:00pm	See Schedule
Dinner	6:30pm-7:30pm	Dining Hall
Moon Lodge	8:00pm	Red Tent
Native American Storytelling	8:00pm	Hut Row Fire Circle

SATURDAY CLASS SCHEDULE			
Dining Hall	Pickle's Palace Classroom	Lodge Basement Classroom	Other Locations
9:30am-11:30am Southern Appalachian Folk Medicine (Phyllis D. Light, RH)	9:30am-11:30am Stone & Plant Alchemy (Sarah Thomas, Lac)	10:00am-11:30am Secrets of Your Pelvis Part I (Ruth Elliot, PT)	10:00am-11:00am Wisdom From Dreamer (Janice Haynes) *Red Tent*
2:00pm-3:30pm Herbs for the Immune System (Leslie Williams, ND)	2:00pm-3:30pm Human Microbiome (Rebecca Word, ND)	2:00pm-3:30pm Your Empowered Pelvis Part II (Ruth Elliot, PT)	2:00pm-3:30pm Tree Medicine Walk (Phyllis D. Light) *Green Goddess Pavilion*
4:00pm-6:00pm Using Native Weeds (Lisa Bedner, RH)	4:00pm-6:00pm Creating Biodynamic Skincare Products (Earcine Evans)	4:00pm-6:00pm Forest Bathing: A Mindful Walk in Nature (Holli Richey, LCSW, RH)	4:30pm-6:00pm Healing Ourselves and Mother Earth Sacred Tea Ritual (Leah Larabell) *Waterfall Landing*

SATURDAY YOUTH ACTIVITIES: Meeting spot is near Herb & Gift Market

Saturday's youth activities include Hooping Fun and Body-Positive Movement, Essential Oil Bracelets, and DIY Nature Crafts and Herb. You may drop off your child up to 15 minutes before the session time. Please arrive to meet your child no later than 15 minutes after the end time.

- 9:30am-11:30am Session One
- 2:00pm-3:30pm Session Two
- 3:30pm-4:00pm Supervised Break
- 4:00pm-6:00pm Session Three

SATURDAY RED TENT "Wisdom from Dreamer" & "Moon Lodge"

10:00am Wisdom From Dreamer

Animals can be wonderful teachers. Join Janice Haynes in the Red Tent to hear the story of her horse, Dreamer, and the poems and guidance she has received through her relationship with this special being. Her story encourages us all to honor wisdom, however it comes to us.

8:00pm Moon Lodge

Join Susun S. Weed for a Moon Lodge gathering, a time of sharing, support and healing.

Sunday Schedule | April 22, 2018

OVERVIEW		
ACTIVITY	TIME	LOCATION
Earth Day Meditation and Sunrise Drum Circle	7:00am	Red Tent
Breakfast	7:45am-9:00am	Dining Hall
Herb & Gift Market	Varies by Vendor	Creekside Pavilion
Morning Classes	9:00am-10:45am	See Schedule
Blessings Ceremony & Closing Circle	11:15am	Hut Row Fire Circle

SUNDAY CLASS SCHEDULE			
Dining Hall	Pickle's Palace Classroom	The Lodge Classroom	Other Locations
9:30am-10:45am Community Supported Herbalism (Rose Nuffer)	9:00am-10:30am Mother's Medicine Cabinet (Rebecca Word, ND)	9:00am-10:30am Stones for the Heart (Sarah Thomas, Lac)	9:30am-10:30am "A Walk In My Backyard" Plant & Herb Walk (Lauren Haynes)

SUNDAY YOUTH ACTIVITIES

There are no youth-specific activities scheduled for Sunday. We recommend A Walk In My Backyard as the most youth-appropriate class.

SUNDAY RED TENT

Celebrate Earth Day with us just after sunrise with heartfelt drumming and gratitude. We will have a few extra drums to share.



A huge thank you to all of our volunteers!

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Class & Activity Descriptions

A Walk In My Backyard Herb Walk (Lauren Haynes, Herbalist, Owner of Wooden Spoon Herbs)

Join Lauren for a wildcrafting adventure on the land she calls home. Living only a few miles from Camp Skyline, Lauren knows and works with these local green allies regularly. This plant and herb identification walk will be fun for all ages.

Community Supported Herbalism: A Discussion (Rose Nuffer, Herbalist)

Are you interested in starting or joining a Community Supported Herbalism program? Have you been involved in a similar program and have advice to offer others? Consider joining us for this presentation and discussion. We will focus on the foundations of the Community Supported Herbalism project of Central Arkansas, their goals, their struggles and their successes.

Creating Biodynamic Skincare Products Using Africa's Most Healing Butter from the Shea Tree Parkland

(Earcine Evans, Herbalist, Owner of Francis Flowers and Herb Farm)

In this workshop, participants will learn how Shea Butter Creams, Aromatherapeutic and Medicinal Plants nourish and heal the body, mind and spirit! Earcine Evans is a Master Herbalist and owned Beauty Salons earlier in her life. She almost lost her life to chemical poisoning which drove her to create nourishing, healing products that are free of toxins. This class is one way she educates others on the the path to wellness.

Herbal Dog: Caring for Magical Creatures (Leslie Williams, Registered Herbalist, M.Ed.)

There are many ways that we can better support the health of our companion canines with holistic herbal support, and we will discuss herbs for dogs. Also, we will discuss what food and herbs not to share with your dog, and specific topical approaches, baths, and tonics specifically for dogs.

Herbs for the Immune System (Leslie Williams, Registered Herbalist)

The immune system is fascinating. The ancient medical systems had specific ways to enhance immune function through diet, seasonal awareness, lifestyle, and herbs. Now, science is upholding what ancient medical systems have been passing down for generations: that immune function has to do with our way of life, what we are exposed to, and what we bring into our bodies. As pathogenic bacteria and viral strains continue to evolve and illnesses caused by a destabilized immune system continue to emerge, having the right herbal tools at our disposal is important. Join us for an exploration of the immune system and a journey through the plant kingdom's medicine bag of immune support.

Human Microbiome: Gut Ecology and Health (Rebecca Word, Licensed Naturopathic Doctor)

Research into the connection between gut ecology and health just keeps expanding. It has become clear that the gut and its microbial inhabitants hold the key to human health from birth through the lifespan. This class will focus on this riveting research pertaining to gut microbiota and the impact on endocrine, neurological, immunological and psychological health. Discussion will include food, lifestyle, and supplemental approaches to gut health.

Moon Lodge (Susun S. Weed, Herbalist, Author, Founder of Wise Woman University)

A Moon Lodge is a special place that honors all women. We share and celebrate women's wisdom through song, dance, creativity and discussion. We come together to rest, reconnect and celebrate the ancient ceremonies of honoring our bleeding cycles, communicating with the ancestors, sharing our gifts and passing the women's wisdom on to our daughters. Susun Weed has been hosting Moon Lodges for decades and it is such a blessing to have the opportunity to gather and experience this with her.

Mother's Medicine Cabinet (Rebecca Word, Licensed Naturopathic Doctor)

Let's explore the remedies that every mother should have at her fingertips to care for her family! This class will include a "top ten herb" and "top ten homeopathic" discussion.

Native American Healing Practices: Smudging, Lodges and Healing Drum

(Lisa, Bedner, Registered Herbalist, Owner of Pippissisewa Herbs)

This workshop focuses on the healing traditions of Eastern Native Nations including Teeahnahmah and Cherokee. Lisa will share history and an explanation of Smudging, Sweat Lodges, and Healing prayers. There will be a special demonstration and discussion of the Healing Drum Ceremony.

Plant and Stone Alchemy (Sarah Thomas, LAc, Owner of Clarity Acupuncture and Clarity Stone Medicine)

Ancient Chinese Medicine texts reveal that the stone and crystal materia medica always preceded the herbal materia medica. What is this lost stone and crystal information and why was it so very valuable to ancient healers? This class will focus on several stones and teach you exactly how to pair them with the plants you love to use - and not according to new-age books, but according to the powerful Taoist healers who developed Chinese medicine centuries ago. Get ready to meet the grandmother of herbal medicine and skyrocket your healing work into a whole new paradigm.

Secrets of Your Pelvis (Part I) and Your Empowered Pelvis (Part II) (Ruth Elliot, Physical Therapist)

Part I Description: Learn how the energy of the pelvis supports and influences your life; how the vagina receives or blocks energy, how the uterus holds and nurtures your creations and how the ovaries spark your creativity! According to the Wise Woman way, the emotions and energetics stored in your pelvis correlate to physical health and well-being. From a physical therapy perspective, learn about physical conditions like urinary incontinence, pain with intercourse, menstrual irregularities and urinary urgency and how conscious self massage to the root and core of your body can reveal secrets and change the course of your life.

Part II Description: Building on the understanding of the potential for creation in the pelvis and awareness of the blocks to wellness, we will now explore sexual and reproductive health from an empowered perspective. By blending knowledge from spiritual herbalism, ancient women's teachings, meditations, Holistic Pelvic Care, and modern Women's Health Physical Therapy, participants will receive personal and collective healing alchemy through embodied spiritual practices to create a surge of pelvic health and vitality!

Southern Appalachian Folk Medicine: An Elemental Approach (Phyllis D. Light, Registered Herbalist)

Fire, Water, Air and Earth...These elements come together in a magical dance of genetics and environment to help create each of our unique and individual traits. What are your elemental influences and what exactly does that mean anyway? Understanding your elemental makeup is useful for a variety of reasons. Knowing your elements can help guide your healthcare choices and be used to improve your health. Knowing your elements can bring awareness of potential relationship issues or which elements or combination of elements might be more compatible with you. Knowing your elements can help bring awareness of why you make the decisions that you make. Join Phyllis D. Light, renowned teacher, author, and herbalist, in a journey to discover your elemental makeup and how you can use this in your life. And who knows, we might just take a few minutes to dance the elements!

Spiritual Midwifery at The Farm: History, Benefits and Community

(Joanne Santana, BA, CPM, RN, Farm Midwife)

The Farm Midwives have been practicing the art of Spiritual Midwifery since the 1970's when The Farm Community was established in Middle Tennessee. Their story is inspiring and their model of care is based on the belief that birth is a natural and fulfilling experience that empowers women and bonds the family together. In this class, we'll hear the story of how The Farm Midwives got started, understand the benefits of working with a midwife and discuss midwifery in today's community.

Stones for the Heart (Sarah Thomas, LAc, Owner of Clarity Acupuncture and Clarity Stone Medicine)
Known as the Supreme Controller in Chinese Medicine, the heart literally stores our potential for truth, vulnerability, awareness, hope, authenticity, connection and love. Join us for a deep exploration of what opens this majestic and complex entity within us and a kit of stones and crystals that can create perceptible shifts in the realm of love and connection.

Tree Medicine...A Walk in the Trees (Phyllis D. Light, Registered Herbalist)
Tree medicine.....What can I say? It is the strongest medicine. Tap roots go deep into the earth and pull up nutrients and minerals through their strong roots and give as a gift to shorter-lived beings such as humans. Tree medicine was the first herbal medicine Phyllis learned from her Native grandmother. She didn't use yard weeds such as plantain, dandelion, cleavers, or chickweed. No, she used the strong medicine from native shrubs and trees. Trees from the forest offer specific medicine and unique healing abilities. They interact with divine forces. They give us food, shelter, cordage, clothing and provide a home for the Little People. Join Phyllis D. Light, renowned teacher, author, and 5th generation herbalist for a walk in the trees.

Using Native Weeds for Healing (Lisa Bedner, Registered Herbalist, Owner of Pippissisewa Herbs)
Learn the history and rationale for using weeds native to areas east of the Mississippi River. Our discussion will include uses of Lyre leaf sage, Seneca Snake root, the Cohoshes, Lobelia, Plantains and more!

Wise Woman Tradition (Keynote Presentation)
(Susun S. Weed, Herbalist, Author, Founder of Wise Woman University)
The Wise Woman Tradition is the world's oldest healing tradition. Our keynote presentation explores the history and traditions of this woman-centered, heart-centered approach and features inspiration and guidance from Susun S. Weed, founder of Wise Woman University and author of Healing Wise.



Presenters & Healers

Earcine Evans, Herbalist and Owner of Francis Flowers and Herb Farm
Holli Richey, LCSW, Registered Herbalist
Janice Haynes, Wise Woman, Poet and Innkeeper at Whisperwood Farms
Joanne Santana, BA, CPM, Registered Nurse, Farm Midwife
Karen Renee Robb, Vocalist, Healer and Founder of Frame Drum Wisdom
Lauren Haynes, Herbalist and Owner of Wooden Spoon Herbs
Leah Larabell, Herbalist and Owner of High Garden Tea
Leslie Williams, Registered Herbalist
Lisa Bedner, Registered Herbalist, Registered Nurse and Owner of Pipsissewa Herbs
Lori Love, Yoga Instructor, Doula and Bhakti Musician
Michelle Rigling, MBA, *Imagine A Woman International* Coach & Retreat Facilitator
Phyllis D. Light, Registered Herbalist and Founder of Appalachian Center for Natural Health
Rebecca Word, Licensed Naturopathic Doctor
Rose Nuffer, Herbalist and Organizer of Central Arkansas Community Supported Herbalism
Ruth Elliot, PT and Co-founder of Asheville Holistic Physical Therapy
Sarah Thomas, LAc and Owner of Clarity Acupuncture
Stacey Nolan, M.Ed, Belly Dance Instructor and Co-owner of Movement Arts Collective
Susun Weed, Teacher, Author and Founder of Wise Woman University
Terry Philips, M.Ed, Yoga Instructor and Co-owner of Movement Arts Collective
Tina Rigling, Artist and Teacher

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