



The 2019 Midsouth Women's Herbal Conference

April 12-14, 2019



www.midsouthwomensherbalconference.com

Welcome

We are so excited to welcome you to the second annual Midsouth Women's Herbal Conference. We thank you for joining us this weekend and supporting events that educate, empower and connect women. We hope this weekend is inspiring, restorative and fun! As we enjoy 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 as allies in our health, healing and happiness.

Conference Vision

The Midsouth Women's Herbal Conference is a weekend dedicated to celebrating women, plants and traditions of the Midsouth while highlighting herbalists and healers from our region. Together we create an opportunity for herbalists, healers and nature lovers of all ages and backgrounds to gather, retreat and learn.

Special Thanks To

Janet Schmitz, Kitchen Goddess
Andrea Parham, Administrative Assistant
Leslie Bunt, Hospitality Coordinator
Leanne Holcomb, Registration Lead
Lacy Gifford, Youth Programs
Members of Celebrate Your Existence
Paige Williams and Camp Skyline Staff
Sponsors and Volunteers



Directed By:

Michelle Rigling, MBA,
Imagine A Woman Coach &
Retreat Facilitator, Founder of
Celebrate Your Existence

Important Info

COURTESY DESK & FIRST AID

The Registration Desk serves as the courtesy desk and first aid station. Located on the porch of the Dining Hall, the desk is open Friday from 11am-6:30pm and Saturday from 8am-2pm. First aid supplies and printed information will still be available, self-serve, all weekend. If there is an emergency outside of those hours, contact a volunteer or camp employee. If medical attention is needed, the nearest hospital is Dekalb Regional Medical Center in Fort Payne.

BADGES

Please wear your name badge at all times.

MEAL TICKETS

The Menu is posted at the Dining Hall. If you have a meal plan, your name badge is coded with a green dot.

FOOD & DRINK

Water and tea are available throughout the weekend on the front porch of the Dining Hall. 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.

RECYCLING & COMPOSTING (NEW!)

Please help us by recycling and composting. Recycling bins and composting buckets can be found in the Dining Hall. This year, all of our food as well as any disposable serving ware we use are compostable!

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 12, 2019

OVERVIEW		
Activity	Time	Location
Registration & Check-in	11:00am-6:30pm	Dining Hall Porch
Herb & Gift Marketplace	12:00pm-6:00pm	Creekside Pavilion
Intensive Workshops	12:30pm-3:30pm	See Schedule
Evening Workshops	4:00pm-5:30pm	See Schedule
Dinner Served	5:45pm-7:00pm	Dining Hall
Herbal Tea Reception & Wise Woman Altar Creation	7:00pm-7:45pm	Green Goddess Pavilion
Opening Ceremony	7:45pm	Green Goddess Pavilion
Drum Circle	9:00pm	Hut Row Fire Circle

FRIDAY CLASS SCHEDULE			
Dining Hall	Pickle's Palace	Lodge Classroom	Red Tent
	12:30pm-3:30pm INTENSIVE Intuitive Stone Medicine (Sarah Thomas)	12:30pm-3:30pm INTENSIVE Herbal Allies for Self Love (Holli Richey)	2:00pm-3:30pm Healing the Healer Women's Circle and Yoga (Kristie McKinley and Erika Hughes)
4:00pm-5:30pm Southern Folk Medicine and Astrology (Phyllis D. Light)	4:00pm-5:30pm Making Your Own Vibrational Flower Remedies (Leslie Williams)	4:00pm-5:30pm Chakra Healing with Herbs (Joanna Mann)	3:30pm-11:30pm Rest and Retreat

Friday Night Festivities

7:00pm-7:45pm Tea Reception and Wise Woman Altar Creation	7:45pm-8:30pm "Honoring Wise Women" Opening Ceremony	9:00pm-10:30pm Drum Circle and Community Fire
Join us in the Green Goddess Pavilion for special tea provided by High Garden Tea, intention setting and co-creating our Wise Woman Altar.	We are excited to welcome The Conundrums as entertainment at our opening ceremony!	Following the ceremony, join us around the campfire for a special drum circle facilitated by Karen Renee Robb from Frame Drum Wisdom.

Saturday Schedule | April 13, 2019

OVERVIEW		
Activity	Time	Location
Breakfast	7:30am-9:00am	Dining Hall
Registration & Check-in	8:00am-2:00pm	Dining Hall Porch
Herb & Gift Marketplace	10:00am-6:00pm	Creekside Pavilion
Early Morning Workshops	9:00am-10:30am	See Schedule
Late Morning Workshops	11:00am-12:30pm	See Schedule
Lunch Served	12:30pm-1:30pm	Dining Hall
Special Q&A Lunch Event with Phyllis D Light	1:30pm-2:30pm	Dining Hall
Afternoon Workshops	3:00pm-6:00pm	See Schedule
Dinner Served	6:00pm-7:30pm	Dining Hall
Saturday Night Special Events	8:00pm-10:00pm	See Below

SATURDAY CLASS SCHEDULE				
Dining Hall	Pickle's Palace	Lodge	Green Goddess Pav.	Other
9:00am-10:30am Healthy Digestion: Healing the Garden (Phyllis D Light)	9:00am-10:30am Great Tonics of the Stone Kingdom (Sarah Thomas)	9:00am-10:30am Sensational Sexual Self Care (Ruth Elliot)	9:00am-10:30am Southeastern Tree Medicine (Leslie Williams)	9:00am-11:00am Rest & Retreat in the Red Tent
11:00am-12:30pm Go To Herbs for Nerves (Holli Richey)	11:00am-12:30pm Deep Immunity (Rebecca Word)	<i>*Rain location for Path of the Hedgewitch</i>	11:00am-12:30pm Earth Medicine Embodied (Graham Wesley)	11:00am-12:30pm Path of the Hedgewitch @ Fire Circle* (Nuit Moore)
3:30pm-5:30pm The Magic of Herbal Brews (Mandi Sanders & Ali Pinion)	3:30pm-5:30pm Creating Natural Hair & Body Formulations... (Earcine Evans)	3:30pm-5:30pm Native Medicine for Women (Lisa Bedner)	3:00pm-6:00pm How to be a Wildcrafter (Abby Artemisia)	6:00pm-7:00pm Sunset Yoga @ Waterfall Landing (Erika Hughes)

Saturday Night Special Events

8:00pm Green Goddess Pavilion Healing Sound Bath with Bowls, Chimes and More (Robin Burk Harris, Purple Sky Healing Arts)	8:00pm Hut Row Fire Circle Traditional Native American Women's Fire Ceremony (Lisa Bender, "Pipsissewa") *Rain Location: Red Tent*
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Sunday Schedule | April 14, 2019

OVERVIEW		
Activity	Time	Location
Sunrise Flute Serenade (Robin Burk Harris)	7:00am-7:30am	Waterfall Landing
Breakfast	7:30am-9:00am	Dining Hall
Herb & Gift Marketplace	Varies by Vendor	Creekside Pavilion
Morning Workshops	9:00am-11:00am	See Schedule
Closing Ceremony, Giveaways and Drum Finale	11:30am-12:30pm	Hut Row Fire Circle <i>In case of rain: Green Goddess Pavilion</i>
Departures	1:00pm	

SUNDAY CLASS SCHEDULE			
Dining Hall	Pickle's Palace	Lodge Classroom	Red Tent
9:30am-11:00am Easy Herbs to Grow for the Garden or in Containers (Rose Marie Nuffer)	9:00am-10:30am Dieting with Plants (Jennifer Beacham)	9:00am-11:00am Pharmaceuticals and Herbal Medicine (Graham Wesley)	9:00am-11:00am Healing Herbs Incense Bundles (Jennifer Harvard) *Class Limit 25*

Youth Program

This year's Roots & Wings Youth Program features outdoor activities and nature inspired crafts led by Lacy Gifford. Lacy is a member of Celebrate Your Existence Women's Group and Chattanooga Red Tent as well as a mother of one of our youth attendees. Activities include scavenger hunts, rock painting, storytelling, stick crafts, movement and creative expression. Activities are created with 6-8 year-olds in mind, based on this year's registrations,. However, any girl over the age of 6 is welcome. Meeting and ending spot for youth activities will be in front of the Marketplace at the following times:

Saturday Morning Session: 8:50am-12:40pm

Saturday Afternoon Session: 2:50pm-6:10pm

Closing Ceremony

A closing ceremony is a special way to honor or time together, share wisdom and celebrate connections made before returning home. Join us around the fire for giveaways, a sacred fire ritual and a drumming finale. In case of rain, we will meet in the Green Goddess Pavilion.



Classes and Activities

Chakra Healing with Herbs (Joanna Mann, Massage Therapist, Yoga Instructor, Herbalist)

In this workshop, we will learn the basics of the chakra system and see how the qualities of certain herbs and plants can assist in balancing, healing and energizing the seven major chakras.

Creating Natural Hair and Skin Care Formulations Infused with Mississippi Biodynamic Herbs and Flowers (Earcine Evans, Herbalist and Owner of Francis Flowers and Herbs Farm)

In this class we will learn Bio-dynamic principles of growing herbs and flowers for the highest potency. You will also learn how our all-natural products are tested energetically for their healing abilities.

Deep Immunity (Rebecca Word, Licensed Naturopathic Doctor)

This class goes beyond surviving to thriving. We will look deep at the dovetailing of plant medicines with psychoneuroimmunoendocrinology, seeing the link between bidirectional communications among the nervous system, the endocrine system, and the immune system and the correlations of this cross-talk with our health.. This class will go beyond echinacea ladies!

Dieting with Plants (Jennifer Beacham, Cannabis Educator, Healer)

In a traditional Amazonian apprenticeship, an integral part of the training is dieting with plants. Plants have a double function, they may be used as medicine or as plant teachers. Jennifer will educate us about the practice of dieting with plants, forming relationships with plants (installing the plant), preparations of plants, proper dosing and length of time for diets, plus a diet to follow when dieting with plants. She learned this method through plants of the Amazon and will teach how she has learned to incorporate it with the trees/plants of N. America.

Earth Medicine Embodied (Graham Wesley, Herbalist, Taoist Stone Medicine Practitioner)

A purposeful introduction to the concept and wisdom of embodiment through subtle movement and meditation. This medicine is about softening the distinctions between the layers of our being — physical, mental, emotional, energetic, spiritual — to understand that these aspects of our being relate intimately and essentially with one another, and their connections influence our relationships in our person and with each other. Through guided meditation, we'll experience the quality of the bones, muscles, organs, and fluids to understand a bit of their roles in facilitating our whole experience. For example, in embodied practice, we can discern how the fluids within us allow us to experience connection in the world around us, to know the fullness of and process our emotions, and to sustain ease in our complex systems. As we widen our perception to encompass the wisdom of relationships like this, we recognize a deeper authenticity and integrity in our day-to-day living, our wellness practices are more supported and more impactful, and our vitality more sustainable. We'll ground and connect through guided meditation and movement to begin or end the day in ease and freedom.

Easy Herbs to Grow for the Garden or Containers (Rose Marie Nuffer, Community Herbalist)

This is a great class for beginners! We will go over propagation, maintenance, harvest and the use of 5 to 8 herbs that are relatively easy to grow in the South and lend themselves well to containers.

Go To Herbs for Nerves (Holli Richey, LCSW, Registered Herbalist)

In this in-depth class we will take a look at a handful of botanical allies for supporting a variety of nervous conditions. We will explore the amazing ways these herbs can support our nervous system and well-being.

Great Tonics of the Stone Kingdom (Sarah Thomas, LAc)

As Wise Women, we know the power of herbs to nourish and strengthen. But what do the plants draw on for strength? The realm of minerals and their sentient expressions as stones and crystals. This makes stones arguably the greatest tonics on Earth. Some stones rise above the rest as the most powerful sources of vitality and in this information-rich class we will explore these powerhouse stone tonics one by one. You will learn their spiritual properties, their practical and physical applications, and how to weave them into your herbal medicine. And perhaps most importantly, because stones reach the deepest layers of Self, we will explore how to incorporate these stones at the level of the Soul to rebuild and revitalize after decades, centuries, and even lifetimes of challenging evolution.

Healing for the Healer Women's Circle and Yoga (Kristie McKinley and Erika Hughes)

Healing for the Healer is a workshop providing Ancient principles for the mind, body, and spirit. This workshop, part discussion, part Restorative yoga, is designed to help cultivate and nurture the divine gift within, so that you may be of better service to others.

Healthy Digestion: Healing the Garden (Phyllis D. Light, MA, Registered Herbalist)

Good digestion is the basis of good health. This has been a principle of natural health for hundreds if not thousands of years. Unfortunately, digestive problems are one of the most frequently reported health complaints in the United States today. Improving digestive function and maintaining digestive health is important for continued good health as well as the improvement of chronic diseases. This class covers ways to build good digestion, care of mucous membrane tissues and remedies for common digestive complaints such as Crohn's disease, diverticular disease, food intolerances and allergies, gastritis, heartburn, acid reflux, IBS, leaky gut, parasites and others. We'll discuss herbs, probiotics, nutrients, supplements and diet for good digestion.

Herbal Incense Bundles (Jennifer Harvard, Shamanic Breathwork Facilitator)

Smudging is a traditional practice that involves the burning of sacred herbs for cleansing, blessing, and ceremony. Inspired by this tradition and sacred practice, we will use cedar, lavender, rosemary, rose and St. John's Wort to make incense bundles while learning about the healing properties of each plant. **Class limited to first 25 people.**

How to be a Wildcrafter (Abby Artemisia, Botanist, Forager, Teacher)

In this workshop we will talk about the basics of plant identification and how to get started or continue along this journey. We'll look at and discuss some helpful resources and tools for learning how to work with the plants. We'll also talk about the plant families. Once we recognize how they're related, we're given clues of how best to work with them. Then we'll get to go on a plant walk, using our senses, to identify, smell, touch, taste, and learn more about these plants. We'll also talk about safe and ethical harvesting. Bring your questions, field guides, notebooks, and cameras, along with hiking boots, rain jackets, and water bottles.

Making Your Own Vibrational Flower Remedies (Leslie Williams, Registered Herbalist, M.Ed)

You may be familiar with Bach Flower Remedies, rescue remedy and other brands of vibrational remedies to support emotional balance and health. We can design and make our own sets of herbal and plant essences using the plants that live around us. This workshop gives you practice at choosing the best herbs for working with stress, gloom, anxiety, depression, fear and more - plus we will discuss the practical aspects of making, dosing and preserving our remedies.

Native Medicine for Women (Lisa Bedner, RN, Registered Herbalist)

This class will discuss herbal practices of many of the Eastern Nations for Women's health and wellness. We will discuss Native herbs that can be used from Menarche through Perimenopause and Menopause. We will also cover some supplements and diet changes to help ease symptoms such as cramps, changes in bleeding, hot flashes and more. Discussions will also include: theories of dominant estrus; are fibroids normal?; and when, or if, to choose hormone therapies. There will also be a demonstration/participation, of simple ceremony/rituals you can do at home or with your sisters to honor your female energies.

Path of the Hedgewitch (Nuit Moore, Ceremony Leader, Priestess)

This class will explore the history of the path of the Hedgewitch, a shamanistic path which has its roots in European folk herbalism and folk magick, and is truly a Path of the Wise. We will discuss how this path has evolved and how it remains an imperative path of service and spirit within herbalism and earth spirituality.

Pharmaceuticals and Herbal Medicine (Graham Wesley, Herbalist, Taoist Stone Medicine Practitioner)

Plants are potent actors in the human system and interact in ways that can disrupt, enhance, or complicate the actions of pharmaceuticals in the body. Most news and conversation regarding plants and pharmaceuticals take one of two views. One: *Plants and drugs don't mix. Don't try it.* Two: *Plants are safer than pharmaceuticals. Throw out your prescriptions and try some herbs.* Both lenses are inadequate when educating a curious population around the benefits of herbal medicines and safety protocol for someone who is taking, has recently taken, or may take medications. Neither of these do justice to the complexities of working with pharmaceuticals in your herbal practice. This class emphasizes the potency of plant medicine and outlines principles and resources to maintain safety and integrity when considering herbal medicines alongside pharmaceutical medications. We'll consider plants' potency and discuss the way plant constituents act on the body, considering allergies, adverse reactions, length of use, contraindications, and drug interactions. We'll touch on the ways herbal medicine and pharmaceuticals differ in methods of development, including extraction, formulation, and constituent selection and how these differences impact the effects of herbal medicine and pharmaceuticals on the body and can be applied in healing processes.

Sensational Sexual Self Care (Ruth Elliot, PT)

Learn the art, skill, and joy of massaging your body both inside and out! Massaging the tissues found in each chakra can increase sensation and help to identify dysfunctional muscular and energetic patterns. Learn how the first, second, and third chakras each are directly affected by self-touch, which emotions are held in each chakra, and how specific techniques for self massage can improve balance in these lower chakras. Conditions like urinary incontinence, poor or inconsistent digestion, loss of sexual desire or sexual comfort, pelvic and or hip pain, and menstrual or menopausal symptoms can all be improved with self-massage.

Southeastern Tree Medicine (Leslie Williams, Registered Herbalist, M.Ed)

Let's take a look at 7 key trees common to our region and explore of parts used, sustainability, heritage, and how we can best work with the medicine available from our trees. We will demonstrate peeling bark and look at varieties of leaves, nuts, twigs and flowers. Tree medicine can be alcohol tinctures, vinegar liniments, oils and salves, flower essences, decocted tea, infused honey, glycerin and more. We will share resource lists of books and websites useful for identification as well as practical herbal uses.

Southern Folk Medicine and Astrology (Phyllis D. Light, MA, Registered Herbalist)

The Signs in the Heavens and the four elements have served as traditional guideposts for health and prosperity for centuries. The core principle of folk health astrology is based on assignment of the Signs to different parts of the body as illustrated by the Almanac Man. My grandmother use to say, "When the Signs are in the head, folks will be catching colds." Or, "the Signs are in the feet, time to plant potatoes." Understanding the Signs which are assigned to different body parts (based on the Zodiac) can help bring an understanding of constitutional characteristics based on the four elements. These same Signs can also be used in planting and in other aspects of daily life. For example, to make hair grow, get the dead ends trimmed when the Signs are in the throat, gut, and knees. To harvest hay that doesn't mold, cut the hay in the old of the moon. Join Phyllis in a discussion of the body Signs, the four elements and their influence on the body. This is a really fun class! Bring your chart!

The Magic of Herbal Brews (Mandi Sanders, Community Herbalist and Ali Pinion, Beekeeper and Farmer)

Women have long been the keepers of kitchen magic and plant wisdom. No place is this more apparent than the realm of sacred herbal brews. In this class, we will explore the history and traditions of herbal beers, meads, fermented sodas, and other cultured beverages. Throughout time, these beverages served as the perfect combination of both a source of nourishment and of pleasure. Modern brewing gives us access to a vast host of herbs, cultures, and information to explore in our own kitchens. Participants will leave with the knowledge and resources necessary for returning to their own homes and communities ready to brew up all sorts of goodness! We will sip and share as we work our way through traditional and modern recipes like borage, nettle & mugwort beer, elderflower & mimosa champagne, red bud & dandelion meads, holy basil-hibiscus jun, forest~garden sodas, and more! And yes, there will be lots of sipping! In honor of our personal ancestors, Skáll! Prost! Sláinte!

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Wild Roots

A Wise Woman Retreat

October 11-13, 2019 | Camp Woodmont

Join us on Lookout Mountain for a fall Wise Woman retreat inspired by ROOTS! Learn about root medicine and healing, attend root-inspired DIY workshops, enjoy “rooted yoga” or a “root walk”, and celebrate with us at our Herbal Roots Tea Party and Reclaiming Our Roots Full Moon Drum Circle!

Early Bird Registration Options
(5 Meals Included!)

\$239 Camping or Shared Rustic Cabin

\$289 Private Rustic Cabin (Limited #)

Registration Opens April 19, 2019!

Learn More on the *Wild Roots* Page at www.midsouthwomensherbalconference.com

CAMP SKYLINE MAP

All buildings not shown.
Map not drawn to scale.

