



# Honouring our Herbal Elders



VANCOUVER ISLAND

## Herb Gathering

June 12th–14th 2015

### WELCOME!

Harmonic Arts and Innisfree Farm take great pleasure in hosting this gathering as an offering to our extended community of fellow herb lovers. We hope that you will enjoy your stay here, learn a lot, laugh a lot, make new friends and leave feeling renewed and re-inspired to do our collective herbal work.



# WELCOME

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## TO HELP YOUR STAY HERE BE SAFE AND COMFORTABLE WE HAVE A FEW 'GROUND RULES' WE NEED TO DRAW TO YOUR ATTENTION.

### **PARKING**

We have limited parking in front of the property. Weekend campers who won't need a vehicle are asked to register at the front desk, drop off camping gear in the meadow and then drive back off the property, turn right at the end of Trent Road and immediately right again onto Cameron Road. Go down the small hill and turn right again and park up. You will see a sign to the gathering and some balloons marking a trail that is 5- 10 minutes to the farm.

Day visitors can park in front of property.

There will be parking attendants Friday night and Saturday morning to help you.

### **SAFETY**

Please be mindful that this is a working farm and watch where you camp and walk so you don't damage plants. Please do not step into beds and keep children on the paths. There are occasional uneven surfaces so watch your footing when you walk. Some of the plants in the apothecary garden are poisonous - please do not nibble.

Do not light fires anywhere.

No food in your tents please. There is Wildlife in the area that we do not want to attract to the camping zone, including Bears, Raccoons, and Birds.

### **FIRST AID**

Garliq is running the First Aid tent which is located near the barn. You can see him for any health care needs on site.

### **THE POND**

The pond is 25 + feet deep with sheer clay sides. You may swim in it but only enter off the big rocks placed going into the water. Please do not walk along the banks - there are many special plants hiding in the weeds. Do not swim alone.

Please do not allow children to climb in or around the pond in the front garden

### **CHILDREN**

If your kids are in the child care program you must collect them at the end of the morning and afternoon sessions.

### **LOST AND FOUND, MESSAGES ETC**

Lost and found and general information is located at the registration desk. There is a bulletin board there for messages, rideshare etc.

### **VOLUNTEERS**

All staff and volunteers will have a special badge for easy identification. Please ask any of us if there is anything you need.

### **BATHROOMS**

We only have 1 bathroom indoors and it is reserved for people who cannot manage in porta potties. There will be 5 porta potties on site and gentlemen are invited to pee in the woods behind the property (there will be a signed spot behind camping area). The porta potties will have hand wash stands with cold water only. This is a water station by the campground for drinking water and brushing teeth.

### **FOOD SERVICE**

There will be vegan and gluten free options at every meal. If you have not signed up for these special meals please do not take this food until everyone has been served once.

### **TEA AND ELIXIR BAR**

There is free herbal tea available all day at the back side of the Elixir Bar.

There will be hot and cold elixirs and tonics, coffee and some healthy snack foods available for purchase each day.

Water is potable and good for drinking in all faucets on the property.

### **SMOKING**

Smoking is allowed only off site, on the road or in the forest . Please ensure all butts are safely extinguished before you leave the area. There will be a butt can where you can leave your waste by each gate into the gathering.

### **INNISFREE FARM PRODUCTS**

Our selection of herbal teas, chutneys, vinegars, aromatherapy spritzers and more are available to purchase at the farm stand on Saturday and Sunday in the lunch breaks.

### **VENDORS**

There are many great vendors to explore, The vending area will be open for most of the gathering. Some vendors will be attending classes aswell, so if there is no one at a both, just come back later.

### **SELL, SWAP OR GIVE AWAY – OPEN MARKETPLACE**

All participants are invited to bring their herbal creations, skills, and offerings to the larger community in a casual style blanket sharing and vending space, held on the Saturday evening from 5:30-8:00pm.

### **INTENSIVES**

Sign up at registration by lunch on Sunday.

*Be safe. Be well. Happy herbaling*

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# INSTRUCTORS



## Abrah Arneson

- *The Business of Healing*
- *The Art of Medicine Making*

## Marianne Beacon

- *Community Supported Herbalism*
- *The Case for Collaboration*

## Mary Boulding

- *Digestive Disorders an East/West Approach*

## Chanchal Cabrera

- *HERB WALK: Sacred and Medicinal Trees*

## Seraphina Capranos

- *HERB WALK: Herbal Energetics Herb Walk*
- *Women's Cycles & Seasons*

## Todd Caldecott

- *Samsarjana krama*
- *Depression, Anxiety and Dementia*
- *INTENSIVE: Tridosha Siddhanta*

## Rick DeSylva

- *"Quo Vadis" / Where are you (we) going?*

## Sean Donahue

- *INTENSIVE: Listening With The Heart*
- *HERB WALK: Herbs For All Genders*

## Michel Duhaime

- *The Immune System – Qi Gong Perspective*

## Eden Elizabeth

- *Feed Life Starve Cancer*

## Toni Dunne

- *CLASSES: Morning Yoga*

## Joanna Finch

- *INTENSIVE: The Secret Song of Medicinal Plants*
- *Walking Meditation*
- *Vocal Yoga*

## Garliq

- *INTENSIVE: Herbal First Aid Training*

## Monika Ghent

- *Ethical Wild Harvesting*
- *HERB WALK: Plant Spirit Medicine*

## Lindsay Hounslow

- *Energy Shifts: Healing Grief and Trauma*

## Savayda Jarone

- *Herbal Tapestry*

## Cheryl Kilback

- *The Great Flu Debate*

## Jeananne Laing

- *Histamine: Hero or Bully*

## Flo Lavallie

- *Guiding Herbalists into a Successful Career*

## Alexandra Luppold

- *Sacred Tea Ceremony*

## Bev Maya

- *Community Building for Herbalists discussion*
- *INTENSIVE: Create Hormonal Bliss*

## Colin Medhurst

- *Feed Life Starve Cancer*

## MaryAnne Meredith

- *Detox without Distress*

## Betty Norton

- *Natural Body Care Product Workshop*

## Don Ollsin

- *Elemental Attunement*
- *HERB WALK: Local Herb Identification & Use*

## Sarah Orlowski

- *INTENSIVE: Plants For Permaculture*
- *Herbs for Children*
- *HERB WALK: Identification of Woodland Plants*

## Anais de Valicourt

- *Herbal Midwifery*

## Michael Vertolli

- *Bringing Spirit Back Into Herbalism*

## Angela Willard

- *Deep Sea Secrets*

## Terry Willard

- *Mushroom Mysteries and Medicine*
- *The Roots of Herbal Medicine*

## Yarrow Willard

- *Mushroom Mysteries and Medicine*

## Katolen Yardley

- *INTENSIVE: Nature as Teacher: A Holistic Approach to Mental Health*

full instructor bios and contact info available online at  
[www.herbathering.org](http://www.herbathering.org)

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# HERBAL GAMES



## Test your herbal knowledge, show off your herbal skills. Great prizes and great fun.

Bring your sense of smell to enter in the Sniffathon Aromatherapy challenge  
Bring your organoleptic skills to enter the Plant ID challenge (fresh and dried plant specimens)  
The Sniffathon and the Plant ID quiz are set up in the information tent attached to tent 2 until end of lunch on Sunday. Winners will be announced in closing circle.  
Great prizes from Harmonic Arts to be won for most correct answers.



# SCHEDULE

## FRIDAY

Herbal First Aid w/ Garliq	9am-5pm
CHA of BC AGM	2pm-5pm
Registration	2pm-8pm
Friday Tapas	6pm-7:30pm
Community Conversation	7:30pm-9pm
Bonfire, music, stories	9pm
Music w/ Natacha Radojevic	9pm

## SATURDAY

Registration	7am-9am
Saturday Breakfast	7am-8:30am
Yoga w/ Toni	7am-8am
Qi Gong w/ Michel	7am-8am
Vocal Yoga w/ Joanna	7am-8am
Welcome and orientation	9am-9:15am

### SATURDAY SESSION 1

The Case for Collaboration w/ Marianne	Tent 1	9:30am-11am
The Great Flu Debate w/ Cheryl	Tent 2	9:30am-11am
Histamine: Hero or Bully? w/ Jeananne	Pond	9:30am-11am
Depression, Anxiety and Dementia in the Aging Brain w/ Todd	Barn	9:30am-11am
Plant Spirit Medicine w/ Monika	Meet @ Fire Pit	9:30am-11am

### SATURDAY SESSION 2

The Business of Healing w/ Abrah	Tent 1	11:30am-1pm
Feed Life Starve Cancer w/ Eden & Colin	Tent 2	9:30am-11am
The Roots of Herbal Medicine w/ Terry	Pond	11:30am-1pm
Natural Body Care Product Workshop w/ Betty	Barn	11:30am-1pm
Herbal Energetics Herb Walk w/ Seraphina	Meet @ Fire Pit	11:30am-1pm

## SATURDAY

Saturday Lunch	1pm-2:30pm
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### SATURDAY SESSION 3

Guiding Herbalists into a Successful Career w/ Flo	Tent 1	2:30pm-4pm
A Holistic Approach to Mental Health w/ Katolen	Tent 2	2:30pm-4pm
The Immune System – Qi Gong Perspective w/ Michel	Pond	2:30pm-4pm
Herbal Midwifery w/ Anaïs	Barn	2:30pm-4pm
Learn how to identify, harvest & use local herbs w/ Yarrow	Meet @ Fire Pit	2:30pm-4pm

### SATURDAY SESSION 4

“Quo Vadis” / Where are you (we) going? w/ Rick	Tent 1	4:15pm-5:30pm
Healing Grief and Trauma w/ Lindsay	Tent 2	4:15pm-5:30pm
Community Building for Herbalists w/ Bev	Pond	4:15pm-5:30pm
Digestive Disorders an East/ West Approach w/ Mary	Barn	4:15pm-5:30pm
Bringing Spirit Back Into the Practice of Herbalism w/ Michael	Meet @ Fire Pit	4:15pm-5:30pm

Sell, Swap or Give Away – Open Marketplace	5:30pm-8pm
Saturday Dinner – Native Feast to Honor our Elders	6:30pm-8pm
Plenary Session – Honoring our Elders event hosted by CCHA	8pm-9:30pm
Music w/ Shane Phillip	9:30pm-12am

Tag your photos with #VIHG for a chance to win a prize from Harmonic Arts Botanical Dispensary

# SCHEDULE



## SUNDAY

Sunday Breakfast	7am-8:30am
Soundscape	7am-8am
Journeys w/Joanna	
Qi Gong w/Michel	7am-8am
Yoga w/Toni	7am-8am

## SUNDAY SESSION 1

Herbs for Children w/Sarah	Tent 1	9am-10:30am
Samsarjana krama w/Todd	Tent 2	9am-10:30am
Ethical Wild Harvesting w/Monika	Pond	9am-10:30am
Detox without Distress w/MaryAnne	Barn	9am-10:30am
Herbs For All Genders w/Sean	Meet @ Fire Pit	9am-10:30am

## SUNDAY SESSION 2

Elemental Attunement w/Don	Tent 1	11am-12:30pm
Deep Sea Secrets w/Angela	Tent 2	11am-12:30pm
Women's Cycles & Seasons w/Seraphina	Pond	11am-12:30pm
The Art of Medicine Making w/Abrah	Barn	11am-12:30pm
Sacred and Medicinal Trees w/Chanchal	Meet @ Fire Pit	11am-12:30pm

## SUNDAY

Sunday Lunch

## SUNDAY SESSION 3

Community Supported Herbalism w/Marianne	Tent 1	2pm-3:30pm
Mushroom Mysteries and Medicine w/Terry and Yarrow	Tent 2	2pm-3:30pm
Sacred Tea Ceremony w/Alexandra	Pond	2pm-3:30pm
Herbal Tapestry w/Savayda	Barn	2pm-3:30pm
Identification of Woodland Plants w/Sarah	Meet @ Fire Pit	2pm-3:30pm

Closing circle

3:45pm-4:15pm

## MONDAY

Nature as Teacher w/Katolen	9:30am-12:30pm
Plants For Permaculture w/Sarah	9:30am-12:30pm
Tridosha Siddhanta w/Todd	9:30am-12:30pm
Monday Lunch	12:30pm-2pm
Listening with The Heart w/Sean	2pm-5pm
Create Hormonal Bliss w/Bev	2pm-5pm
The Secret Song of Medicinal Plants w/Joanna	2pm-5pm

# MUSIC



## FRIDAY NIGHT: Natacha Radojevic

The collaborate vibes of Love of Peace and the Humble Beast is a fusion of people, culture, backgrounds in indie/folk, reggae and punkcree music. Recording in different places to create an eclectic sound is the freedom of Indie. Always up for joining forces with different talented musicians and artists to create a unique show, that will keep you wanting more. The experience will take you for a ride into the magical world of music...

Friday 9:00 pm

## SATURDAY NIGHT: Shane Phillip

Swelling in primordial pulses and wholoping whoops, the tacit tones of Shane Phillip's didgeridoo hold the power to still listeners into silence or encourage audiences to rise up in a tribal swell of intoxicating spirit. Meanwhile his hands will be skillfully juggling between shaking up rhythms with his aslatua, driving the dance floor with his djembe and sliding out grooves on his Weissenborn-style guitar while his foot taps in earthshaking electronic kicks wherever they might fit.

Saturday 9:00 pm



# CLASS DESCRIPTIONS

## Primordial Oohs... Vocal Yoga

Saturday 7:00 am – 8:00 am

Presented by Joanna Finch

Do you like to wake up and sing? I do. Animals do, birds do. It is an effective and joyful way to awaken the lungs, heart and spirit to the day. Vocal vibration is the invisible mycelium that weaves connection to heart, body and spirit with all living things.

Wake Up...bring your drowsy self to our circle...

Beginning with a guided meditation we move into breath which leads to gentle movements. Yawning, moaning and stretching quietly transforms into toning and vocalizing; which morphs into inspired, authentic movement...unravelling as dance invites harmony. The session culminates in a circle of inspired, improvisational mantras that awaken the chakras and infuse us with wellness. 45 minutes. Bring a blanket and/or yoga mat.

## The Case for Collaboration

Saturday 9:30 am – 11:00 am

Presented by Marianne Beacon

Grow your practice through collaboration with other holistic practitioners.

I want to tell a story about a project that I have been involved with in my town, Peterborough, Ontario. It involves interdisciplinary holistic practitioners coming together to form a group to get to know each other and build skills. The amazing thing is that this group is being hosted by our local Chamber of Commerce. It is growing into a collaboration that is benefiting many. Our Chamber is part of a National network. In Peterborough, we are doing the groundwork that might make it easier for you to do your own launch, from your own community, perhaps in cooperation with your local Chamber.

In this talk, I intend to inspire others to seek community connections through their peers and find strength in collaborating with other organizations.

## The Great Flu Debate: Pros and Cons of Immunizations

Saturday 9:30 am – 11:00 am

Presented by Cheryl Kilback

Discuss information for pro and then con side utilizing most recent research and information regarding flu immunization and forced/mandatory immunization.

Interactive group discussion format

Materia medica review with a special focus on echinacea

## Histamine: Hero or Bully? Herbs to Manage Histamine Intolerance

Saturday 9:30 am – 11:00 am

Presented by Jeananne Laing

Histamine production is a vital immune function in the body. However when histamine oversteps its immune responsibilities it takes on the role of a bully causing all kinds of seemingly unrelated and uncomfortable symptoms. This 'histamine bully' actually triggers two immune 'malfunctions' creating unpredictable and difficult to track symptoms. In this talk we will explore the role histamine plays in the body, what happens when it oversteps its immune responsibilities, and how we can use herbs, supplements and dietary choices to quell the symptoms of a histamine bully.

Learning objectives: Review the vital immune function of histamine. Recognize the symptoms of histamine overload. Understand how/when histamine becomes a bully, rather than an immune helper. Learn the two body 'malfunctions' that contribute to chronic histamine intolerance. Explore herbs, supplements and dietary considerations to manage histamine overload. Investigate the possibility of healing histamine intolerance.

## Depression, Anxiety and Dementia in the Aging Brain: a Herbalist's Perspective

Saturday 9:30 am – 11:00 am

Presented by Todd Caldecott

With an aging boomer population, the prevalence of aged-related mental disorders such as depression, anxiety and dementia is only increasing. This lecture will provide an overview of healthy aging, and provide key strategies to support the aging brain. Drawing upon both traditional medicine and the latest science, particular focus will be directed to the prevention and treatment of depression, anxiety, and dementia in senior citizens, utilizing diet, nutritional supplementation, lifestyle modification, and herbal medicine

## The Roots of Herbal Medicine – Past, Present and Beyond

Saturday 11:30 am – 1:00 pm

Presented by Terry Willard

Arguably one of the oldest professions on the planet, Herbal Medicine is still strong and kicking. The planet grows Herbalists and we want to share the experience. In a story-telling fashion we will explore the roots of our trade from some of our paleolithic ancestors up to present day herbalism. Our connection with plants, gods, goddesses, and nature spirits – sprinkled with a little bit of magic – will be observed. Where do we go from here? And, what is our future? From strong roots come beautiful flowers.



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# CLASS DESCRIPTIONS



## The Business of Healing

Saturday 11:30 am – 1:00 pm

Presented by Abrah Arneson

Many herbalists, particularly those just beginning their career, struggle with setting up a business and establishing a monetary value for their services. This struggle has many underlying currents, including society's belief about an herbalist's value, the herbalist's self esteem, and how much clients can afford. This workshop examines how beliefs about money, business and healing come together to either support or sabotage the budding herbalist's ability to earn a sustainable income while helping others with plant medicine. We will explore useful tools that will help you establish a successful private practice while infusing your business with your personal vision, values and gifts. This workshop will help you achieve clarity and confidence when offering your talents as a healer while receiving adequate compensation.

Learning outcome: The participants will be given tools to understand their relationship with money and how they can use their unique gifts as a healer to help others while earning a living.

## Feed Life Starve Cancer

Saturday 11:30 am – 1:00 pm

Presented by Eden Elizabeth, Colin Medhurst

Feed Life Starve Cancer is based on cutting edge nutrition research to prevent and heal from cancer. Registered Holistic Nutritionist, Eden Elizabeth, who has been specializing in cancer nutrition since her own diagnosis in 2009 will teach you all you need to know about eating plant-based to prevent cancer. Colin Medhurst, Health Coach and Yoga Teacher will bring a practical approach to prevention as well as tips to make nutrient-dense eating sustainable. There is so much confusing information out there about nutrition and cancer bring your questions!

The top 4 factors that create a starve cancer terrain in the body and how to implement them in your diet and lifestyle

Micro and phyto-nutrients that are proven to prevent and fight cancer

Hot topics and exciting new research

Recipe demo and tasting of some delicious and soul satisfying meals

References and resources to support healing

## Natural Body Care Product Workshop

Saturday 11:30 am – 1:00 pm

Presented by Betty Norton

Join West Coast Herbalist Betty Norton in a fun workshop where you will learn to make natural body care products. Learn to protect your skin from the outside in by avoiding chemicals and using herbs. Natural skincare can be made using ingredients found in your garden and kitchen. You will learn how to make moisturizing lip balm, exfoliating

face and body scrub, refreshing facial toner, herbal clay mask and nourishing face cream using natural ingredients and infused with herbal goodness.

## Guiding Herbalists into a Successful Career

Saturday 2:30 pm – 4:00 pm

Presented by Flo Lavallie

Get Involved Politically – Creating a health link within the community.

How herbalists can become a vehicle for change, thinking outside of the box and being a "risk taker" within the health paradigm.

This presentation will share the journey of an herbalist from a personal perspective and passion, how to make contacts politically, accumulating knowledge of the needs of our communities – advocating for vulnerable groups, offering natural healing options for athletes and the equine community.

Fostering change in the health industry while adopting all of the knowledge from the Western Herbalist perspective to the First Nations perspective, by storytelling from my experience.

## A Holistic Approach to Mental Health

Saturday 2:30 pm – 4:00 pm

Presented by Katolen Yardley

Explore the impact that long term stress has on the body, including the HPA Axis,

Investigate the connection between optimal digestive function and dis-ease and the role which healthy microbiome plays in mental health

Understand the role of serotonin and the gut / brain connection

Cover tools for re-establishing health including:

Herbal Medicine options

Tips for Nutrition

Lifestyle considerations and the role which 'Connection' has on our state of mind





# CLASS DESCRIPTIONS



## The Immune System – Qi Gong Perspective

Saturday 2:30 pm – 4:00 pm  
Presented by Michel Duhaime

Our immune system is undeniably important. When strong and healthy, microbial activity within our body is nearly impossible. When it is weak, microbes have a field day. As we say in French: “When the cat is gone, the mice dance.” Natural medicine has long insisted that we all have a natural healing ability but, for that to be true, one must be willing to be home and take ownership of one’s body.

Qi Gong exercises are one way to foster presence within your body and to make sure that the mice are only dancing in the field, outside the sanctuary of your healthy body. During this presentation, the Qi Gong perspective will first be presented, then simple yet powerful take-home exercises will be explored. You will also receive direct feedback to verify that energy is indeed flowing.

## Herbal Midwifery

Saturday 2:30 pm – 4:00 pm  
Presented by Anaïs de Valcour

An intimate birthing experience with plant allies: from gardening to birthing, how being a herbalist helped my birthing experience

A case study of plants used during pregnancy, as partus preparator and during delivery. From raspberry to shepherded purse, nettle to marigold, but also yarrow and burdock. From large doses herbal infusions to drop doses tinctures and sporadic plant spirit dreaming.

## “Quo Vadis” / Where are you (we) going?

Saturday 4:15 pm – 5:30 pm  
Presented by Rick DeSylva

Do the NHPD regulations serve herbalism here in Canada ?

While the regulations certainly allow for greater legitimacy, they do not entirely follow the original recommendations of the NEW VISIONS Report; as a result we are witnessing the de-struction of the body of knowledge underlying traditional herbalism. Learning outcome: participants will come to understand how the ‘drug’ model of regulation cannot allow for an appreciation of the ‘food’ nature of many herbs; of how diseases today are in the main, chronic in nature and require specific phyto-nutrients, not synthetic chemicals, to restore balance in the body.

## Energy Shifts: Healing Grief and Trauma

Saturday 4:15 pm – 5:30 pm  
Presented by Lindsay Hounslow

This experiential session includes herb tasting, breathwork and self observation.

We’ll discuss how the tools of observation and clinical questioning can help identify energetic blocks in a person’s body and cakras and see how physical symptoms relate to emotional origins and postural patterns. Using herbs to create a steady vibration we create a safe space to integrate experience and express true desire. The work of release, rebuilding, and finding trust is supported by our herbal allies. Herbs discussed will include: Agrimony, Vervain, Motherwort, Borage, Passionflower, and the Yarrow flower essences.

## Digestive Disorders an East/West Approach: Exploring a frequently found imbalance in an herbalists practice.

Saturday 4:15 pm – 5:30 pm  
Presented by Mary Boulding

Learn about this sophisticated approach to addressing and solving this complex, yet highly individual imbalance. Overview of the physiology of digestion according to the principles of Chinese medicine Common digestive disorders focusing on the two major chinese organ energetics Herbal protocol using plants from both east and west traditions. Foods to strengthen digestion according to principles of oriental medicine.

## Community Building for Herbalists discussion

Saturday 4:15 pm – 5:30 pm  
Presented by Bev Maya

A discussion on building community for Herbalists.



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# CLASS DESCRIPTIONS



## Walking Meditation... Soundscape Journeys

*Sunday 7:00 am – 8:00 am*  
*Presented by Joanna Finch*

What does a cottonwood tree sound like? What is the sound shape of running water...of feet walking on gravel? In this silent walking meditation we open our senses to listen with our eyes, to feel with our hearts the environment in which we are observers, integrating into the landscape as we move. We take sketchbooks or journals to record the sound gestures we hear. Our Sound Notation will be transformed into a Sound Journey Symphony to be displayed for all to see. Joanna invites participants to recreate the sounds in a small concert at the final circle of the Herb Gathering. 45 minutes- 1 hour. Bring a journal or notebook. Coloured pencils and pastels will be provided.

## Ethical Wild Harvesting – How to Honour the Plants and Earth Mother as We Gather Our Medicine

*Sunday 9:00 am – 10:30 am*  
*Presented by Monika Ghent*

How to ethically harvest plants to ensure we have continued access to our medicines and to be stewards of our medicine.

Learning objectives and outcomes: How to harvest wild herbs in an ecological and ethical way. How to walk on the earth, how to ensure we do as little harm as possible to the plants and all the beings that surround them, how we can harvest in a way that is sustainable.

## Herbs for Children

*Sunday 9:00 am – 10:30 am*  
*Presented by Sarah Orlowski*

Natural medicines for treating common childhood ailments. Participants will learn simple methods of dealing with such childhood illnesses as tummy aches, colds, flu, fever, ear infections, measles, chickenpox, general malaise, etc. They will leave with increased confidence in knowing when they can safely treat family members themselves and when something is serious enough to warrant a professional health visit.

## Detox without Distress

*Sunday 9:00 am – 10:30 am*  
*Presented by MaryAnne Meredith*

Understand how the body flushes toxins. Learn what is detox crisis is and how to use herbs and super nutrients for a easy safe cleanse. A discussion on how to pick the right herbs and a cleansing program that suits you.

## Samsarjana krama: The Graduated Diet in Ayurveda

*Sunday 9:00 am – 10:30 am*  
*Presented by Todd Caldecott*

In the classical system of healing from India called Ayurveda, the 'fire' digestion called 'agni' is the most important consideration when it comes to the restoration of health and homeostasis. Given the emphasis on digestion, Ayurveda maintains a comprehensive methodology to restore the digestive fire called 'samsarjana krama', or the 'graduated diet'. This lecture will introduce the concept of agni and ama in Ayurveda, and review the practice of the graduated diet, including the use of herbal remedies, with the ultimate goal of restoring digestion.

## Elemental Attunement

*Sunday 11:00 am – 12:30 pm*  
*Presented by Don Ollsin*

Explore first hand the 4 elements, Air, Fire, Water & Earth & their role in Ayurveda & Shamanism.

The goal of this class is to expose the student to a first hand experience of the 4 elements and through a number of exercises and questions stimulate their thinking and understanding of Ayurveda and Traditional Native medicine.

## Women's Cycles & Seasons

*Sunday 11:00 am – 12:30 pm*  
*Presented by Seraphina Capranos*

This class teaches specific herbs (materia medica), formulas & protocols to nourish and balance hormonal health through a women's menstrual years and into menopause, such as painful periods, PMS, irregular cycles, and hot flashes. Bringing in the sacred of plant wisdom and women's rhythms, Seraphina will share pearls of wisdom from her clinical practice for how to support women to find their place of health and power in their own bodies through the knowledge and wisdom of plants. Menstrual (dis)order is often a canary in the coal mine; a signal of the body's intelligence asking to look at the whole of a women's health in the context of her life and environment. This class will encourage participants to shift their field of perception to view our body as a garden, and hormones as a finely tuned orchestra. When one apparent "part" is out of balance, it signals a call to attention to many others. Participants will leave renewed in their knowledge of plants to support women's health and vitality.

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**Join our community on  
FACEBOOK:  
[www.facebook.com/groups/  
herbgathering](http://www.facebook.com/groups/herbgathering)**



# CLASS DESCRIPTIONS

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## Deep Sea Secrets

*Sunday 11:00 am – 12:30 pm*

*Presented by Angela Willard*

A Mermaid and Merman's Guide to Vibrant Health Using Seaweeds

Seaweeds are a miracle food that have been a key component in coastal peoples diet since at least 12,000 BCE. Bringing seaweed into our daily lives is advantageous to our well being for many reasons. Come learn about some of the phenomenal nutritive and medicinal benefits of these water world wonders! In this class we will look at the unique properties of the 3 categories of macro algae; reds, browns, and greens. Our main focus will be on local seaweeds and how to incorporate them into your practice.

## The Art of Medicine Making: Extracting The Medicine from Plants

*Sunday 11:00 am – 12:30 pm*

*Presented by Abrah Arneson*

The art of medicine making is not only about knowing your plants, it is also requires knowledge about extraction methods. In this workshop we will explore the use of different solvents to extract in plant medicine. This includes the two favoured solvents, water and alcohol. Lesser used solvents such as vinegar, honey, oil and glycerine will also be discussed. We also touch on methods used during medicine to enhance the extraction process.

It is helpful to have a basic understanding of phytochemistry for this workshop.

Learning outcomes:

Participants will understand how a solvent can change the energetics of a plant, the specific plant chemistry each solvent has an affinity for and the benefits and disadvantages of each solvent.

## Sacred Tea Ceremony

*Sunday 2:00 pm – 3:30 pm*

*Presented by Alexandra Luppold*

The Tea Ceremony that Alexandra will begin with functions to remind us of our connection to Nature on a physical, emotional, mental, and spiritual level. The ceremony will involve a combination of herbs that are specific to the unique circle of people that are called to this ceremony and will support the opening and preparation of the participants to facilitate their connecting with the field of Nature.

## Mushroom Mysteries and Medicine

*Sunday 2:00 pm – 3:30 pm*

*Presented by Terry Willard & Yarrow Willard*

Join Herbalist Father and Son as they unravel the science and folklore around mushrooms as medicine and superfood. This informative intensive will take a deeper look at the most popular mushroom medicines as well as many of our local polypores. Learn how to better understand their mode of action. As well as, why these fungal friends have shown such incredible health of benefits, and how their medicinal compounds are best unlocked.

## Herbal Tapestry

*Sunday 2:00 pm – 3:30 pm*

*Presented by Savayda Jarone*

Join in on the formation of a larger-than-life-size "herb person", radiating with a herbal glow of many hues corresponding to the various human organ and energy systems. We will draw on materials and inspiration from the herbs growing on site, and the art of Alex Grey.

Experiential play learning for all ages.

## Community Supported Herbalism – Let's build a movement!

*Sunday 2:00 pm – 3:30 pm*

*Presented by Marianne Beacon*

Community Supported Agriculture is a agricultural model that is sweeping across the country. Lots of small farms being supported by their communities and people choosing to eat locally produced organic food. What if we applied these ideas to herbalism? Community Supported Herbalism (CSH) as a business model can be pivotal at expanding the public understanding of how herbs can help them, can bring herbs back into daily use for more people and can help small herbal businesses grow. In an atmosphere of declining health and access to health care in Canada, prevention is key for our future. CSH can give better access to locally nproduced herbal products and promote health.



