



VANCOUVER ISLAND

Herb Gathering

Plant Medicine FOR THE Future

June 9–11, 2017

PLUS FRIDAY & MONDAY INTENSIVES

www.herbgathering.org



WELCOME

GREETINGS FELLOW PLANT LOVERS

We are honored to host you here at the 3rd biennial Vancouver Island Herb Gathering, held in celebration of all things herbal.

Welcome to this land, located in the unceded territory of the K'omoks first nation. Their name for this place means 'the land of plenty' in reference to the abundance of food in the forest and ocean and rivers, and the medicine plants all around. This weekend we remember the ancestors who have harvested and hunted here for generations, and we honor all the learning they have given us. We hope you will learn a lot, make new friends, deepen your sacred connection with the plant world and have loads of fun!

INSTIGATORS

- Yarrow Willard
- Chanchal Cabrera

SUPPORT TEAM

- Kristi Walker - registrar
- Trudy Watts - volunteer coordinator
- Colin Medhurst and Shane Phillips - stage managers
- Thierry Vrain - site manager

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.

CHILDREN

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

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.

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. The porta potties will have hand wash stands with hand sanitizer only. There is a water station by the campground for washing hands 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.

WELCOME

VOLUNTEERS

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

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 as well, so if there is no one at a booth, 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 5:30-7:00pm.

INTENSIVES

Sign up at registration by lunch on Sunday.

Be safe. Be well. Happy herbaling

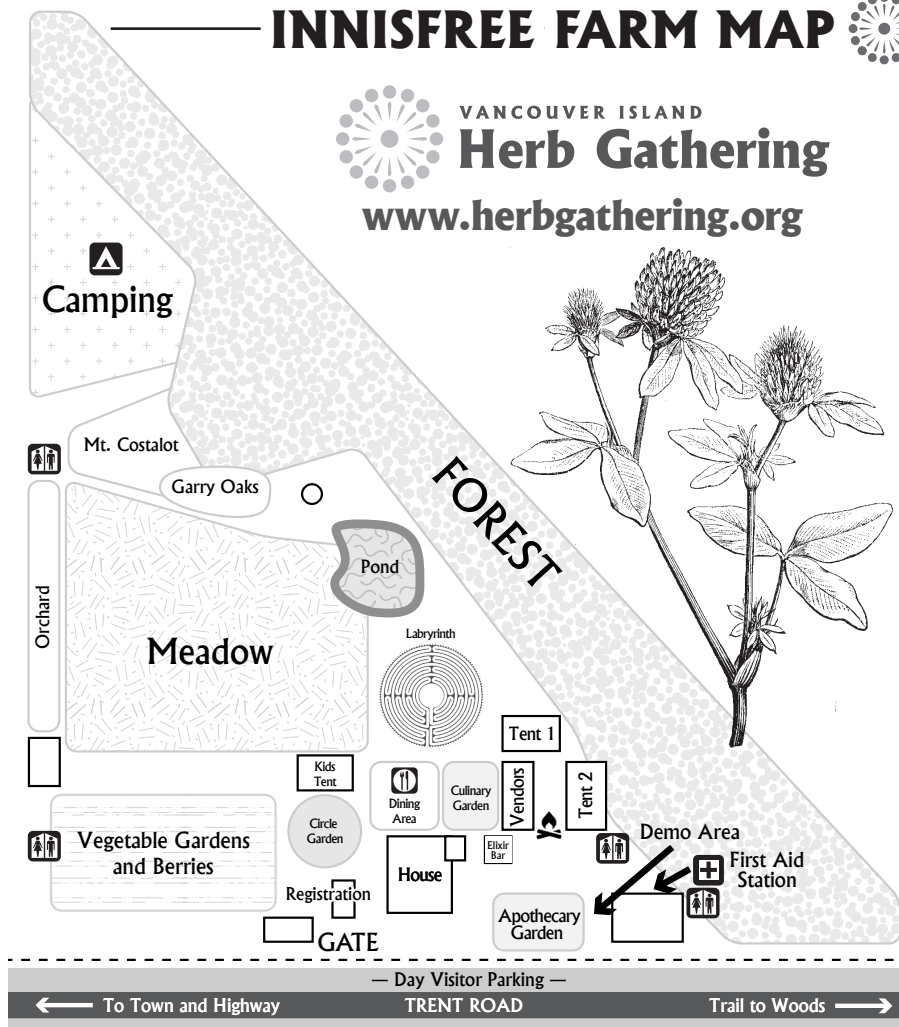
INNISFREE FARM MAP



VANCOUVER ISLAND

Herb Gathering

www.herbgathering.org





INSTRUCTORS

Garliq

- *INTENSIVE: Herbal First Aid for Community Gatherings*

Blaine Andrusek

- *HERB WALK: Three Wise Grubs, Wild Weeds Walk..*
- *CLASS: Botany Basics*
- *DEMO: Essential Oils – an ‘Energetic’ Overview*

Mary Boulding

- *HERB WALK: Wild Medicinal Plant Walk*

Chanchal Cabrera

- *INTENSIVE: Shinrin Yoku – Forest Bathing and the Biophilia Pharmacy*

Natalia Correa

- *CLASSES: Ashtanga Yoga*

Jessy Delleman

- *INTENSIVE: Growing a medicine garden – Herb growing for the herbalist*

Ryan Drum

- *CLASS: Thyroid health maintenance*
- *DEMOS: Holistic Anatomy Sheep Dissection – Part 1 & 2*

Michel Duhaime

- *CLASSES: Qi Gong*
- *DEMO: Preparing an Energetic Plant Elixir*

Colleen Emery

- *HERB WALK: Aromatherapy*
- *CLASS: The Human Micro-Biome and Medicinal Ferments*

Sharie Hohn

- *CLASS: The Power of Herbal Bitters*
- *CLASS: Flower Essences For Women*

Amanda Howe

- *CLASS: Making Herbal Plasters*

Anita Kalnay

- *CLASS: The Nose Knows – Natural Perfumes*

Doug Koyama

- *CLASSES: Morning Voice*

Alexandra Luppold

- *HERB WALK: Ceremonial Journeying with Nature*

Marisa Marciano

- *CLASS: Pain Management with Herbal Medicine*
- *CLASS: Physician in the Kitchen*

Krista Poulton

- *HERB WALK: Herbs for Womens's Health*
- *CLASS: Menstrual Cycle Charting and Herbal Medicine*

Malcolm Saunders

- *DEMO: Making Natural Sodas*
- *DEMO: Deep Nourishment: Making Bone Broth & Crafting Savory Elixirs*

Thierry Vrain

- *CLASS: The Truth about Round Up – the antibiotic on your plate*

Terry Willard

- *HERB WALK: Three Wise Grubs, Wild Weeds Walk..*
- *HERB WALK: Herbs for the Immune System*
- *CLASS: The Comings and Goings of a Herbalist*

Yarrow Willard

- *HERB WALK: Three Wise Grubs, Wild Weeds Walk..*
- *CLASS: The Herbalist's Role as Gatekeeper to the World of Plants*
- *INTENSIVE: Making Liquid Herbal Extracts*

Angela Willard

- *HERB WALK: The Beauty of Herbs*

Katolen Yardley

- *DEMO: How to Prepare Aromatic Hydrosols and Flower Waters*
- *CLASS: Medieval Medicine – Secrets of Hildegaard von Bingen*

full instructor bios and contact info available online at
www.herbgathering.org



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 and Innisfree Farm and Botanic Garden to be won for most correct answers.

SCHEDULE

FRIDAY

| | |
|--|-------------|
| Growing a medicine garden – Herb growing for the herbalist | 9am-5pm |
| CHA of BC AGM | 2pm-3:30pm |
| Registration | 2pm-8pm |
| Herb Walk with Mary Boulding – sponsored by CHAofBC, everyone welcome | 3:45–5.15pm |
| Friday Dinner | 6pm-7:30pm |
| Opening Circle | 7:30pm-8pm |
| Sacred Dance Performance w/Doug Koyama and Cathy Stoyko's "Arcana Dea" Sacred Dance Troupe | 8pm-9:30pm |
| Bonfire, music, stories | 9:30pm-11pm |
| Full Moon Labyrinth Ceremony | 11pm |

SATURDAY

| | |
|-------------------------|------------|
| Saturday Breakfast | 7am-8:30am |
| Ashtanga Yoga w/Natalia | 7am-8am |
| Qi Gong w/Michel | 7am-8am |
| Morning Voice w/Doug | 7am-8am |
| Registration | 8am-10am |
| Welcome and orientation | 9am-9:15am |

SATURDAY SESSION 1

| | | |
|--|-----------|-------------|
| Physician in the Kitchen w/Marisa | Tent 1 | 9:30am-11am |
| The Truth about GMO's & Round Up w/Thierry | Tent 2 | 9:30am-11am |
| Preparing an Energetic Plant Elixir w/Michel | Demo Area | 9:30am-11am |
| Herbs for the Immune System w/Terry | Herb Walk | 9:30am-11am |

SATURDAY SESSION 2

| | | |
|---|-----------|-----------------|
| The Herbalist's Role as Gatekeeper w/Yarrow | Tent 1 | 11:15am-12:45pm |
| Human Microbiome & Medicinal Ferments w/Colleen | Tent 2 | 11:15am-12:45pm |
| Making Natural Sodas w/Malcolm | Demo Area | 11:15am-12:45pm |
| The Beauty of Herbs w/Angela | Herb Walk | 11:15am-12:45pm |

SATURDAY

| | |
|----------------|--------------|
| Saturday Lunch | 12:45-2:15pm |
|----------------|--------------|

SATURDAY SESSION 3

| | | |
|---|-----------|---------------|
| The Nose Knows – Natural Perfumes w/Anita | Tent 1 | 2:15pm-3:45pm |
| Menstrual Cycle Charting and Herbal Medicine w/Krista | Tent 2 | 2:15pm-3:45pm |
| Holistic Anatomy Sheep Dissection – Part 1 w/Ryan | Demo Area | 2:15pm-3:45pm |
| Flower Essences For Women w/Sharie | Herb Walk | 2:15pm-3:45pm |

SATURDAY SESSION 4

| | | |
|---|-----------|------------|
| Medieval Medicine – Secrets of Hildegard von Bingen w/Katolen | Tent 1 | 4pm-5:30pm |
| Botany Basics w/Blaine | Tent 2 | 4pm-5:30pm |
| Holistic Anatomy Sheep Dissection – Part 2 w/Ryan | Demo Area | 4pm-5:30pm |
| Ceremonial Journeying with Nature w/Alexandra | Herb Walk | 4pm-5:30pm |

| | |
|--|------------|
| Sell, Swap or Give Away – Open Marketplace | 5:30pm-7pm |
|--|------------|

| | |
|-----------------|------------|
| Saturday Dinner | 6pm-7:30pm |
|-----------------|------------|

| | |
|--|------------|
| Community Conversation – The Future of Herbal Medicine – A Medicine for the Future | 7:30pm-9pm |
|--|------------|

| | |
|-----------------------|----------|
| Music and Dance Party | 9pm-12am |
|-----------------------|----------|

SUNDAY

| | |
|------------------|------------|
| Sunday Breakfast | 7am-8:30am |
|------------------|------------|

| | |
|-------------------------|---------|
| Ashtanga Yoga w/Natalia | 7am-8am |
|-------------------------|---------|

| | |
|------------------|---------|
| Qi Gong w/Michel | 7am-8am |
|------------------|---------|

| | |
|----------------------|---------|
| Morning Voice w/Doug | 7am-8am |
|----------------------|---------|

| | |
|---|------------|
| Morning Circle, Housekeeping, Notices, etc. | 9am-9:15am |
|---|------------|



VANCOUVER ISLAND

Herb Gathering

www.herb-gathering.org



SCHEDULE

| SUNDAY SESSION 1 | | |
|--|-----------|----------------|
| The Comings and Goings of a Herbalist w/ Terry | Tent 1 | 9:15am-10:45am |
| The Power of Herbal Bitters w/ Sharie | Tent 2 | 9:15am-10:45am |
| Deep Nourishment: Making Bone Broth & Crafting Savory Elixirs w/ Malcolm | Demo Area | 9:15am-10:45am |
| Herbs for Womens's Health w/ Krista | Herb Walk | 9:15am-10:45am |

| SUNDAY SESSION 2 | | |
|--|-----------|--------------|
| Thyroid health maintenance w/ Ryan | Tent 1 | 11am-12:30pm |
| Making Herbal Plasters w/ Amanda | Tent 2 | 11am-12:30pm |
| Essential Oils – an 'Energetic' Overview w/ Blaine | Demo Area | 11am-12:30pm |
| Aromatherapy w/ Colleen | Herb Walk | 11am-12:30pm |

| SUNDAY | | |
|--------------|--|-------------|
| Sunday Lunch | | 12:30pm-2pm |

| SUNDAY SESSION 3 | | |
|--|-----------|------------|
| TBA | Tent 1 | 2pm-3:30pm |
| Pain Management with Herbal Medicine w/ Marisa | Tent 2 | 2pm-3:30pm |
| How to Prepare Aromatic Hydrosols and Flower Waters w/ Katolen | Demo Area | 2pm-3:30pm |
| Three Wise Grubs, Wild Weeds Walk.. w/ Terry, Blaine & Yarrow | Herb Walk | 2pm-3:30pm |

| | |
|----------------|---------------|
| Closing circle | 3:45pm-4:15pm |
|----------------|---------------|

| MONDAY | | |
|--|--|----------------|
| Herbal First Aid for Community Gatherings w/ Garliq | | 9:30am-12:30pm |
| Shinrin Yoku – Forest Bathing and the Biophilia Pharmacy w/ Chanchal | | 9:30am-12:30pm |
| Monday Lunch | | 12:30pm-2pm |
| Making Liquid Herbal Extracts w/ Yarrow & Blaine | | 2pm-5pm |



ENTERTAINMENT

FRIDAY NIGHT:

Arcana Dea Sacred Dance Troupe

Arcana Dea is Latin for 'Mysteries of the Goddess'. Founded by Cathy Stoyko here in the Comox Valley, Arcana Dea dances to celebrate the beauty and power of women. Incorporating a fusion belly dance and contemporary dance theatre, they perform women's traditional dances from the Middle East, India and Romani 'gypsy' cultures. For more info visit <http://cathystoykodance.blogspot.ca/p/blue-lotus-troupe.html>

Doug Koyama

Doug Koyama sings about life, peace, love and truth but you would never know it from the lyrics in his songs. Actual words are replaced by invented language and sounds that, at times, sound more like Spanish, French, Russian or Klingon than English.

SATURDAY NIGHT:

Luke Blu Guthrie and Brodie Lee Dawson

Two of the Valley's finest musicians have paired up this year as a dynamic duo! Luke Blu Guthrie and Brodie Lee Dawson have joined forces to push some big and beautiful sounds off the stage, backing each other up on the latest stylings of their original tunes.

Mr Mojo

(Morien Jones) loved making music when he was a kid, sitting on the stairs with a drum, singing to himself. In his teens, he taught himself how to play guitar, bass and the drum kit as well as write his own music. His fun and catchy songs are enjoyed from Nova Scotia to New Zealand. Kids and adults alike find his performances engaging and entertaining. Mr Mojo currently resides in beautiful Victoria, Canada and is recording his second CD for kids titled Mr Mojo Strikes Again!.

CLASS DESCRIPTIONS

Physician in the Kitchen

Saturday 9:30 am – 11:00 am

Presented by Marisa Marciano

Therapeutic Applications of Culinary Herbal Medicine
What is Nutritional Herbology & how do we define medicinal foods?

Principles & practices of the Culinary Herbalist
Making culinary herbal choices through the sensory classification of herb & foods (aroma & flavours)

How to best employ the medicinal properties of plants & herbs

Kitchen Pharmacy: methods of preserving & extracting medicinal foods

Common kitchen solvents for food & drink medicine making

How to use fresh & dried foods in cooking, baking and a variety of other culinary applications

Provide herb & recipe examples

Learning objectives and outcomes:

Learn how to apply herbs more directly into your everyday life & especially within the kitchen & how to increase the medicinal properties of your foods & beverages.

Understand how an herbs pharmacology will lend to its ideal culinary application.

Leave this session feeling a greater confidence in your ability to apply herbal medicine in a culinary setting for the maintenance of your good health.

The Truth about GMO's & Round Up – the antibiotic on your plate

Saturday 9:30 am – 11:00 am

Presented by Thierry Vrain

Dr. Thierry Vrain, formerly Head of Biotechnology at Agriculture Canada's Summerland Research Station, has been researching the health implications of Round Up for the past 5 years and his findings are shocking. After this lecture you will never want to eat commercially grown food again!

Preparing an Energetic Plant Elixir

Saturday 9:30 am – 11:00 am

Presented by Michel Duhaime

Pre-Requisite: attendance to the Saturday Morning Qi Gong class is highly recommended.

Review of energetic understanding from the perspective of medical Qi Gong

Explanation of Diamond Water as the recorder and gatherer of the energetic information from the plant
Personal energetic set-up

Demonstration of the gathering of the plant elixir

Attendees sent out to gather their 1 or 2 essences

Re-group and sharing of individual experiences

Closing

The Herbalist's Role as Gatekeeper to the World of Plants

Saturday 11:15 am – 12:45 pm

Presented by Yarrow Willard

Our species has always been intimately woven in with the world of plants. In the modern age however, many of our basic connections to these life sustaining companions has been lost. Plants and people are made up of the same elements combined in relatively the same types of patterns. Like us, they also have a personality, or a code of characteristics that they communicate with. The herbalist acts as a gatekeepers for their community in understanding more deeply the healing aspects that plants offer. This is more important than ever now, especially as we become reliant on technology to teach us most of what we know. In this intensive, we will explore a variety of ways to unlock our sensory perception, so we can decipher more of the hidden languages that nature speak in.

The Human Micro-Biome and Medicinal Ferments

Saturday 11:15 am – 12:45 pm

Presented by Colleen Emery

Fermented foods have long been documented & utilized for their health benefits including supporting and nourishing the human micro-biome. A balanced micro-biome regulates the immune system, metabolism, sustains the gastrointestinal tract, supports mood and brain function and produces crucial vitamins and nutrients. Combining the ancient art of herbal medicine making with traditional fermentation practices yields innovative and outstanding results. Join Colleen as details the benefits of fermented foods and medicine while demonstrating several fermenting techniques that combine well with various herbs and herbal formulas. Samples will be provided.

History of Ferments

Health Benefits of Ferments

The Action of Combining Fermentation Techniques with Herbal Formulation

Demonstration and sampling of various medicinal ferments

Learning Objective

The active participant of this workshop will gain insight on the traditional usage of fermentation and why one would incorporate this technique in the kitchen today. Further to this the herbal medicine maker will gain insights on technique to further their creations with fermentation.



VANCOUVER ISLAND

Herb Gathering

www.herbathering.org



CLASS DESCRIPTIONS

Making Natural Sodas

Saturday 11:15 am – 12:45 pm

Presented by Malcolm Saunders

How to Make Fermented Herbal Sodas – Probiotic Ginger Ale, Root Beer, Cola and Sparkling Fruit & Flower Sodas

There is something so delightful about a bubbly beverage for both young and old, the experience of drinking a refreshing soda has the ability to uplift and delight one's spirit. Yet today, most of what is available is a far cry of what these drinks could and really should be. Old-fashioned sodas like root beer, ginger ale and even Coca-Cola were once health promoting tonics made with real herbal ingredients. These traditional recipes were known to help increase and settle digestion, uplift and refresh as well as contribute to the health of one's own microbiome.

The good news is that the fizzy lifting drinks of yesteryear can be made healthful once again – you can Be Your Own Soda Maker at home crafting all kinds of drinks while adding in the herbs you need, love and enjoy.

Be the creator of refreshing, enlivening, tasty and fun recipes so you and your family can enjoy your own naturally sweetened and fermented probiotic tonics and sodas.

This class promises revelations and delightful taste experiences you will want to recreate over and over again. Come thirsty for fun, samples and excitement!

The Beauty of Herbs

Saturday 11:15 am – 12:45 pm

Presented by Angela Willard

The layers of beauty that botanicals behold is manifold. Spending time in a garden imbues the medicine of beauty through the senses. Each sensory pathway a plant enters into your being carries a unique form of communication that affects your wellness in a different way. In this class you will go beyond the pure delight and luxury of beauty, and discover the ways it serves as an absolute necessity to the whole health of one's being. You'll take home an understanding of how the beauty of herbs plays the strongest role in disengaging the stress response, optimizes the efficiency of your organ systems, and can bring you to engage in your strongest game yet.



VANCOUVER ISLAND

Herb Gathering

Menstrual Cycle Charting and Herbal Medicine

Saturday 2:15 pm – 3:45 pm

Presented by Krista Poulton

A practitioner-based workshop introducing menstrual cycle charting, a tool for practitioners to assess reproductive pathologies with their patients and manage these conditions. This class will introduce menstrual and ovulation cycle charting covering basic concepts of a women's reproductive system including anatomy, hormones, ovulation and menstruation. Additionally we will cover menstrual cycle charting with basal body temperature, cervical changes and cervical mucous, offering women empowerment with their bodies and their reproductive health. We will focus on assessment of cycle charts along with herbal, and supplement treatment protocols with common reproductive pathologies such as painful menstruation (dysmenorrhea), acne and emotional changes throughout the cycle, PCOS, fibroids, endometriosis and infertility. Within the menstrual cycle chart, we will be able to identify follicular and luteal phase pathologies including progesterone deficiency leading to recurrent miscarriages, anovulatory cycles leading to infertility and estrogen dominance leading to fibroids, and endometriosis.

The Nose Knows – Natural Perfumes

Saturday 2:15 pm – 3:45 pm

Presented by Anita Kalnay

A fun hands on sniff session! 100% Natural Perfumes are making a come back. Once the only perfumes available, the focus on naturals became lost with the introduction of new chemical technologies that could produce the scents for cheaper. But, naturals contain the energy of the plant and its growing conditions and the world economy provides more ingredients than any Perfumer of the past could ever imagine working with. It's a very exciting niche industry to explore. We'll 'sniff' and tell stories. Talk about ingredients and where they come from and skin test some of the Flying Colors Natural Perfumes – created right here in the Comox Valley. Each perfume also correlates to a Chakra correspondence and psycho-spiritual Healing Theme. We'll briefly introduce this concept – enough to help your nose navigate the scents.

Learning objectives and outcomes: expand your olfactory vocabulary; demystify the myths about fragrance and especially perfumes and their botanical uses; explore and enjoy fragrance and the stories behind them.

Share your Photos and Posts on social media with the herb gathering community by using the hashtag #vihg2017

CLASS DESCRIPTIONS



Holistic Anatomy Sheep Dissection – Part 1

Saturday 2:15 pm – 3:45 pm

Presented by Ryan Drum, Assisted by Garliq

Understand the form and structure of the body and how it all fits together and is connected. Watch Dr. Drum while he takes apart a sheep and demonstrates the body parts.

Learning objectives and outcomes:

– deepen your understanding of fascia, muscle, organs, nerves and blood vessels and their structures

Flower Essences For Women

Saturday 2:15 pm – 3:45 pm

Presented by Sharie Hohn

Clearing Belief Systems Surrounding Women's Health Issues

Learn how to use flower essences to unravel and clear belief systems connected to menstrual disorders and menopause symptoms. In this class we will go through old ancestral beliefs such as, a woman is "unclean" and needs to be purified during menstruation, having "the curse" or that it is shameful to speak about your menstrual cycle to being less powerful than men. These all have a suppressing effect on our bodies that can develop into excessive pain, suppression of our cycles, excessive bleeding, infertility and much more. You will learn how to test if you hold these beliefs in your subconscious and how to select the flower essences to clear it. Clearing these beliefs helps you to rewrite the code that is managing your biology so that the cell no longer has the toxic memory, belief or code, that keeps you stuck in that state of dis-ease.

Botany Basics

Saturday 4:00 pm – 5:30 pm

Presented by Blaine Andrussek

This fast paced course is intended as an introduction for either the potential Botany student, or someone who needs a nudge in the right direction for self study. We will cover basics of plant morphology (physical features) and taxonomy (the way species are arranged into families and how their morphology determines their classification).

Medieval Medicine – Secrets of Hildegard von Bingen

Saturday 4:00 pm – 5:30 pm

Presented by Katolen Yardley

How healers used herbal remedies during Medieval times

Take a step back in time to the 12 Century to learn the traditional methods of healing and application of plant medicine used by the mother of German botany and first German woman physician, Abbess Hildegard von Bingen, (1098 – 1179). A mystic, composer, herbalist, scientist and a healer, learn Saint Hildegard's traditional application of plants, foods and nature's elements for healing. We will explore her healing philosophies, including the categorization of diseases according to causes, symptoms, and treatments.

Learning objectives and outcomes

Learn Saint Hildegard's Rules for health and healing

Explore her application of various plants and foods for health

Learn her spiritual remedies for ailments, including reflections on various emotional states contributing to ill health, understand the vices and virtues (guardians of healing powers) and healing words for optimal health

Understand the usages of plant medicine in the middle ages for common ailments and compare and contrast ancient use of plants with modern applications.

Holistic Anatomy Sheep Dissection – Part 2

Saturday 4:00 pm – 5:30 pm

Presented by Ryan Drum, Assisted by Garliq

Understand the form and structure of the body and how it all fits together and is connected. Watch Dr. Drum while he takes apart a sheep and demonstrates the body parts.

Learning objectives and outcomes:

– deepen your understanding of fascia, muscle, organs, nerves and blood vessels and their structures

Ceremonial Journeying with Nature

Saturday 4:00 pm – 5:30 pm

Presented by Alexandra Luppold

Every being belongs and has its place in nature. The human form has removed itself from this natural law and connectional belonging. Healing for a human being and nature can begin when connection is made.

Join Alexandra in sacred circle for ceremonial connection and teaching. Through the vertical journey of your soul you will have the opportunity to discover your own sacred place. Your place in the world, amongst greater nature and within yourself.

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



CLASS DESCRIPTIONS

The Power of Herbal Bitters

Sunday 9:15 am – 10:45 am

Presented by Sharie Hohn

From Helping with Blood Sugar Control to Moving Us Forward in Our Lives

In this session you will learn the about the power of herbal bitters on the digestive system and regulating blood sugar imbalances on the physical level. We will also delve into both Ayurvedic and Taoist principles of the third chakra and its related organs, and learn how to use herbal bitters to “rev up” the action of this area to help us see our true calling and create the energy to move us forward on our paths.

The Comings and Goings of a Herbalist

Sunday 9:15 am – 10:45 am

Presented by Terry Willard

In this talk we will look at a brief history of Herbal Medicine in the world, and focus on its future in Canada. We will look at the blending of traditions of the ancients with modern science and how it can help the current crop of Herbalists be of service to their patients, family and community. There can be many pitfalls along the way. We will discuss ways to make it an fun-filled adventure, not just another job. How to work for yourself in the confines of modern rules and government oversights will be kicked around. After all, the planet grows Herbalist, so let make it a great crop.

Deep Nourishment: Making Bone Broth & Crafting Savory Elixirs

Sunday 9:15 am – 10:45 am

Presented by Malcolm Saunders

An in-depth exploration of traditional foods and how you can upgrade your herbal practice by bringing together herbs and superfoods in new and creative ways. Upgrade your approach to herbs, food and nutrition and get more results for yourself and your clients by making herbal bone broths and crafting savory elixirs.

With a time-honored approach to nutrition as our foundation, together we will cover more complex yet easy, herbal, nutritional and alchemical strategies that you can add in to upgrade your every day.

In this class you will learn:

The 4 essential kingdoms of nutrition which all traditional cultures around the world have relied upon for maintaining vibrant health. (Hint: these are not the modern 4 food groups)

How to access deep nourishment and nutritional variety from each food group/kingdom

How all traditional cultures used the bones of the animals they ate to make deeply nourishing bone broths

How to make bone broth

The 5 keys ingredients you should add to your bone broths, to make them not only nutritional, but medicinal

How to craft an incredible savory elixir, for quick & easy deep nourishment any time of day or year

Herbs for Womens’s Health

Sunday 9:15 am – 10:45 am

Presented by Krista Poulton

Join Krista Dawn Poulton on a women’s health plant walk to cultivate intimate relationship with plants, the connection from seed to harvest to medicine. We will be identifying plants in the beautiful Botanical Garden at Innisfree Farm, learning harvesting and medicine-making procedures, along with energetics and therapeutics of plant medicine for women’s health. Krista will be discussing feminine connection plants, thorn medicine, along with hormonally based herbs and how they affect the endocrine system.

Making Herbal Plasters

Sunday 11:00 am – 12:30 pm

Presented by Amanda Howe

Herbal Plasters and Poultices are out of fashion these days but they are a powerfully healing way of administering herbs. Learn how to make Plasters and Poultices for aching joints, sore muscles, tendonitis, arthritis, broken bones, digestive issues and more.

Each step of the Plaster and Poultice making process will be demonstrated using the magic and potent healing power of fresh herbs straight from the garden and the seashore.

Thyroid health maintenance

Sunday 11:00 am – 12:30 pm

Presented by Ryan Drum

Take responsibility for your thyroid well being with seaweeds, foods and herbs.

Learning objectives and outcomes:

— learn practical tools and tips for optimizing thyroid function and regualting emtanolism

Essential Oils – an ‘Energetic’ Overview

Sunday 11:00 am – 12:30 pm

Presented by Blaine Andrussek

Although most essential oils offer numerous applications and opportunities for healing on many levels, and that we may study their botanical and chemical characteristics seemingly forever, sometimes it’s better to just ‘dumb it all down’ a bit.

Joining Blaine for a simplistic and fun overview of how what part of the plant yields the oil, will give us big clues as to where to start using them. Oils that come from roots for example are very grounding. Leaves are where the plants ‘breathe’ and all leaf oils help us breathe. Flowers are how the plants reproduce, and their oils and absolutes are, well, just plain sexy!

You may be travelling anywhere in the world and encounter the harvesting or production of a new oil you’ve never heard of before. All your books and technical references are at home. This way, you can jump in with at least some uses. Numerous oils will be circulated for ‘nose on’ experience.

CLASS DESCRIPTIONS

Aromatherapy

Sunday 11:00 am – 12:30 pm

Presented by Colleen Emery

Utilizing the magical Botanic Garden at Innisfree Farm participants will be guided through an interpretive herb walk with a focus on the aromatic compounds of certain herbs.

- Using our senses we will immerse into the plant medicine of each herb
- Extraction method and aromatic profile of plant will be discussed
- There will be an emphasis on an ethical aromatherapy approach

Learning Objectives

The active participant of this workshop will gain insight on how, why and where certain plants produce aromatic compounds, how these compounds are extracted and the medicinal actions and benefits of certain aromatic compounds. Participants will conclude the workshop with a better understanding of safe and ethical usage of essential oils.

Pain Management with Herbal Medicine

Sunday 2:00 pm – 3:30 pm

Presented by Marisa Marciano

The Science & Culture of Cannabis & Beyond

- What is Pain? (Sensory, emotional, and cognitive phenomenon), Types of Pain, Physiology & Chemistry of Pain
- Conventional vs. Herbal Approaches to Pain Management (e.g. analgesics, nerve relaxants)
- Plants & Mechanisms for Pain Management
- Opioid (Opium Poppy)
- Prostaglandins (Willow, Feverfew)
- Neurokinins/Substance P (Cayenne)
- Purinergic (Coffee/Tea, Chocolate)
- Cholinergic (Lobelia, Yellow Jasmine, Belladonna)
- Local (topical) effects (Arnica, Clove, Myrrh)
- Cannabinoid (Cannabis spp.)
- Understanding the Endocannabinoid System
- Understanding Cannabis for pain management & review of current research

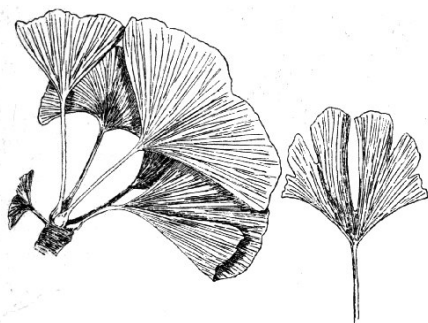
Conclusions on managing pain with herbal medicine, Herbal Pharmacy (e.g. forms of administration, topicals, tinctures, as food etc.)

Learning objectives and outcomes:

Gain a greater understanding and respect for herbal analgesics in their ability to reduce pain improve quality of life when used appropriately.

Understand when it is and is not appropriate to use herbal analgesic in the management of pain (e.g. potential contraindications and concerns re: Cannabis use)

Learn how to apply herbal analgesics safely, and create foods & tinctures as therapeutic applications to promote self-management & care while modifying pain and suffering in ourselves & in our patients.



TBA

Sunday 2:00 pm – 3:30 pm

How to Prepare Aromatic Hydrosols and Flower Waters

Sunday 2:00 pm – 3:30 pm

Presented by Katolen Yardley

Hydrosols (aka floral waters) are created from the steam distillation of aromatic flowers or herbs leaving a faint but characteristic scent in the remaining water. Hydrosols hold unique medicinal and therapeutic properties: refreshing when applied straight onto the body, have culinary uses, medicinal uses, and a valuable ingredient in many body care products.

Learning objectives and outcomes

Understand the process and healing properties of plant hydrosols

Understand the numerous applications of flower waters

Observe and participate in preparing a hydrosol

Learn how to make and prepare hydrosols at home

Please bring a small glass bottle or spritzer bottle – 25 ml or 50 ml to take away some hydrosol.



2017 Vancouver Island Herb Gathering

PROUDLY SPONSORED BY...

AIR – LET US BE INSPIRED

common
ground



Harmonic Arts
BOTANICAL DISPENSARY
GUIDING THE BODY TO A NATURAL STATE OF HARMONY



WATER – LET IT FLOW



EARTH – FOUNDATION

The
New AGORA
ELECT TO GOVERN YOURSELF



WILD ROSE
College of Natural Healing
SINCE • DEPUIS
1975

SUPPORTING GRASS-FED DAIRIES
TREE ISLAND
Gourmet Yogurt



Part of our mission at the Vancouver Island Herbal Gathering is to give back to the land we live on and the societies and groups that help make herbalism possible here in Canada. For that reason this herb gathering is a Not for Profit, where the proceeds go to support organizations we believe in.

THIS YEAR WE ARE PROUD TO BE SPONSORING:

The Cumberland Forest Society in their mission of restoring back to the commons the privately owned forest lands full of trails and unique ecosystems that surrounding the village of Cumberland. www.cumberlandforest.com

Gardens without Borders is a federally registered not-for-profit, located here on Innisfree Farm and Botanic Garden, that provides horticulture therapy programs and services, using plants and the natural world to enhance of well being for those in need. www.innisfreefarm.ca/gardens-without-borders/

The Canadian Herbalist Association of British Columbia is a society of Herbalists and herb lovers that registers clinical herbalists and promotes professional training in herbal medicine. www.chaofbc.ca