



VANCOUVER ISLAND

Herb Gathering

Herbal Medicine IN THE Community

June 7–9, 2019

PLUS FRIDAY & MONDAY INTENSIVES

www.herbgathering.org



INNISFREE FARM MAP



VANCOUVER ISLAND

Herb Gathering

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.

Sponsored by CHAofBC - Great prizes to be won



GREETINGS FELLOW PLANT LOVERS

We are honored to host you here at the 4th 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
- Sarah Steel - volunteer coordinator
- Linda Doerksen - Book keeper
- Thierry Vrain - site manager
- Joseph Forest - Chef

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

PARKING

Go down the small hill and turn right again onto Baden Road and park at the top. Day visitors may be able to park in front of property. There will be parking attendants Friday all day 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.

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.

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.

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.

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

We are a smoke free facility.

VOLUNTEERS

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



WELCOME

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 6 pm Saturday

Be safe. Be well. Happy herbalism



INSTRUCTORS

Garliq

- *The Vital Role of Empathy in First Aid*

Tony Acworth

- *Medicines for the Spirit*
- *Physician Heal Thyself*
- *Finding your food*

Kristy Bredin

- *The Healing Power of Bitters*
- *Wild Carrot and Contraception*

Chanchal Cabrera

- *The Green (Wo)Man*

Seraphina Capranos

- *Herbal Medicine for Healthy Breasts*
- *The Language of Plants*
- *Plant Healers for Anxiety*

Natalia Correa

- *Ashtanga Yoga*

Aly Coy

- *Herbal Soap Making*

Ryan Drum

- *Intertidal Zone Plants: Marine algae and Halophiles*
- *Men's Health with Herbs*
- *Anatomy – Structure and Functions of the Body (Monday Intensive)*

Michel Duhaime

- *Qi Gong*

Colleen Emery

- *Herbal Medicine for Children: Crafting Delicious and Effective Medicine for Kids*
- *Ethical Aromatherapy: Essential Oil Sustainability and Safe Usage*

Joanna Finch

- *Nature Soundscape – voice and movement, silence and stillness*

Tristan Ford

- *The Magic and Medicine of Chocolate: Cacao as a whole food.*

Amber Fox

- *Plant Spirit Meditation – early morning mindfulness practice*
- *Plant Spirit Meditation – early morning mindfulness practice*
- *Gender Diversity and Inclusivity in Clinical Practice*

Tiffany Freeman

- *Herbal Energetics: How flavour informs the therapeutic affect of herbs*
- *Decolonizing Herbal Practices*

Rowan Hamilton

- *Herb Walk for the Heart*
- *Blood and Chi*
- *The Heart of the Matter*

Connie Kehler

- *Key Issues In Quality Assurance For Herb Growers, Collectors and Processors*
- *Key Issues In Quality Assurance For Herbal Practitioners and Formulators*
- *Good Agriculture and Collection Practices from field and forest to finished product.*

Jeananne Laing

- *Cannabis and Your Endocannabinoid System*

Alexandra Luppold

- *Connectional Journeying to the Bio Field*

Denis Manzer

- *Medicinal Mead Making: The Honey Wine Of Olden Time*

Shadrack Moimett

- *Herbs of the Bible*

Terry Willard

- *Herbs for Digestion*

Yarrow Willard

- *Tonic Herbal Drinks*

Netta Zeberoff

- *Ella's Hot Pot – Healing with Pure Bees' Wax and Herbs.*
- *Sharing The Spirits Of Plants*
- *From Plant To Lotion*



FRIDAY NIGHT: Community Drum Circle

Friday 5:45 pm – 6:15 pm

Led by Monica Hofer

Monica facilitates drum circles for all types of occasions, and offers ongoing classes and workshops in African hand drumming – for beginners through to more advanced rhythm enthusiasts. She studies African drumming with Kocassale Dioubate, master Drummer from Guinea, has trained with Arthur Hull and is a certified HealthRHYTHMS and Drums Alive facilitator. Monica brings a love of rhythm, an exuberant and encouraging style of facilitation and an absolute belief in the healing and unifying power of the drum to all of her workshops and events. Aside from her deep love of music and her strong connection to the primal heartbeat of Mother Earth, Monica is also passionate about birth, children and women's empowerment. She is a herbalist, breastfeeding counsellor, reflexologist, prenatal instructor and doula. In all that she does, she seeks to encourage and support child honouring, informed decision making, natural health and lifestyle, unity in diversity, empowerment of those who lack a strong voice and a firm belief in the miracles of Nature.

Arcana Dea Sacred Dance

Friday 8:00 pm – 8:45 pm

Arcana Dea – Latin for 'Mysteries of the Goddess'. Contemporary fusion dance, with ancient roots, that celebrates the beauty and strength of women, community, nature and the seasons. Arcana Dea is a dance company based in the Comox Valley B.C. founded by artistic director Cathy Stoyko. Cathy Stoyko is a dancer, visual artist and mask maker as well as the owner of the Abbey Studio in Cumberland where she teaches dance classes, hosts workshops and cultural events. Arcana Dea dance formed out of these classes and is comprised of longtime students, peers and guest dancers performing her original choreographies. Arcana Dea perform dances that range from women's traditional dances (Middle East, India, Central Asia, Eastern Europe, Romani) to fusion belly dance, contemporary dance theatre, story telling and animation with masks and costumes at community cultural events and festivals.

Elise LeBlanc

Friday 8:45 pm – 9:45 pm

Elise's songwriting speaks to strength in vulnerability and a deep connection to nature. Her vocal style and guitar/piano compositions deliver an intimate, earthy sound inspired by classic folk rock, vintage country, and soul. She's working on a new project currently and thrilled to be a part of the thriving musical community in the Comox Valley. Elise's debut album *Runaway Kites* was funded by FACTOR Canada (The Foundation for Canadian Talent on Recordings). This performance, she'll be backed by talented local upright bass/banjo player Chad Pabianek.

Shane Phillip and Friends

Friday 9:45 pm – 11:00 pm

Shane Phillip's rhythmic and intoxicating sounds are powerful enough to fill a room with dancing fans and soulful enough to quiet a packed house. Those songs have captured audiences for years in Canada, particularly along the west coast.

Whether playing with spirited mayhem, or with mellow singer/songwriter gold, Shane Phillip presents songs that are consistently well crafted, while always leaving listeners with a positive afterglow.

SATURDAY NIGHT:

Morien Jones

Saturday 9:15 pm – 10:15 pm

Morien Jones is an award winning singer/songwriter based in Victoria, BC.

For the past two decades he has been moving audiences across Western Canada, writing and performing his original music, a catchy blend of classic soul and folk, with elements of jazz and reggae. He has performed at clubs, theatres, events and festivals across the west like the Kaslo Jazz Etc Festival in 2014. This summer he will be busy performing on Vancouver Island and beyond, including an appearance at the Victoria Jazz Festival. A regular performer at Q bar in the Fairmont Empress, as well as other venues, Morien's musical and onstage talents are in high demand.

Aside from this, he also has a successful career as a children's musician, writing and performing original kids music. Visit mistermojo.ca

Anela Kahiamoe & Luke Blu Guthrie

Saturday 10:15 pm

Anela Kahiamoe, is a one of only 8000 pure Hawaiians left in the world.

Starting his professional career at the ripe age of 17, Anela worked his way up as a full time musician with his fellow bandmates in "the island band", recording 3 albums!

Later Anela became a studio and back up musician for some of Hawaii's finest musicians and singers.

Today Anela resides in Beautiful British Columbia doing what he does best, performing, teaching and spreading the aloha with his music.

Luke Blu Guthrie is an Independent Rhythm and Blues artist who electrifies acoustic instruments with an Alternative Roots style. This style is built around a large sound that relies heavily on slide guitar, finger picking, strong vocals and a unique foot percussion setup. Armed with acoustic & electric guitars and plenty of rhythmic slaps and yowls, Guthrie has lived and worked in the Western Canadian music scene for twenty years.



SCHEDULE

FRIDAY

Pre-Conference Intensive: Cannabis and Your Endocannabinoid System w/ Jeananne 9am-12pm

Registration 11am-8pm

CHA of BC Annual General Meeting 12-1:30pm

Bring your own lunch 1:30-2:30pm

FRIDAY SESSION 1

Herbal Medicine for Children w/ Colleen Tent 1 2:30-4pm

The Healing Power of Bitters w/ Kristy Tent 2 2:30-4pm

Herbal Soap Making w/ Aly Demo Area 2:30-5:45pm

Herb Walk Sponsored by CHAofBC w/ Krista Herb Walk 2:30-4pm

Intertidal Zone Plants w/ Ryan Beach 2:30-5:45pm

FRIDAY SESSION 2

Afternoon Yoga w/ Natalia Tent 1 4:15-5:45pm

The Vital Role of Empathy in First Aid w/ Garliq Tent 2 4:15-5:45pm

Herbal Soap Making continued. Demo Area 2:30-5:45pm

Intertidal Zone Plants continued. Beach 2:30-5:45pm

Community Drum Circle led by Monica Hofer 5:45-6:15pm

Friday Dinner 6:30-7:30pm

Opening Circle and Welcome 7:30-8pm

Sacred Dance Performance, Musical Entertainment 8-8:45pm

Live Music – Elise LeBlanc 8:45-9:45pm

Bonfire, music, stories, making merry 9:30-11pm

Live Music – Shane Phillip and Friends 9:45-11pm

Full Moon Labyrinth Ceremony 11pm-12am

SATURDAY

Saturday Breakfast 7-8:30am

Ashtanga Yoga w/ Natalia 7-8am

Qi Gong w/ Michel 7-8am

Plant Spirit Meditation w/ Amber 7-8am

Registration 8-10am

Welcome and Orientation, Housekeeping, Notices, etc. 9-9:15am

SATURDAY SESSION 1

Quality Assurance For Herb Growers, Collectors and Processors w/ Connie Tent 1 9:30-11am

Herbal Medicine for Healthy Breasts w/ Seraphina Tent 2 9:30-11am

The Magic and Medicine of Chocolate w/ Tristan Demo Area 9:30-11am

Nature Soundscape w/ Joanna 9:30-11am

SATURDAY SESSION 2

Ethical Aromatherapy w/ Colleen Tent 1 11:15-12:45pm

Medicines for the Spirit w/ Tony Tent 2 11:15-12:45pm

Ella's Hot Pot w/ Netta Demo Area 11:15-12:45pm

Herbs for Digestion w/ Terry 11:15-12:45pm

Saturday Lunch 12:45-2:15pm

SATURDAY SESSION 3

Wild Carrot and Contraception w/ Kristy Tent 1 2:15-3:45pm

Herbs of the Bible w/ Shadrack Tent 2 2:15-3:45pm

Medicinal Mead Making w/ Denis Demo Area 2:15pm-3:45pm

The Language of Plants w/ Seraphina 2:15-3:45pm

SCHEDULE



SATURDAY

SATURDAY SESSION 4

Herbal Energetics w/ Tiffany	Tent 1	4-5:30pm
Men's Health w/ Drum, Ryan	Tent 2	4-5:30pm
Tonic Herbal Drinks w/ Yarrow	Demo Area	4-5:30pm
Herb Walk for the Heart w/ Rowan	Herb Walk	4-5:30pm

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

Saturday Dinner 6-7:30pm

Entertainment and Awards 7:30-9pm

Live Music – Morien Jones 9:15-10:15pm

Live Music – Anela Kahiamoe & Luke Blu Guthrie 10:15pm

SUNDAY

Sunday Breakfast 7-8:30am

Ashtanga Yoga w/ Natalia 7-8am

Qi Gong w/ Michel 7-8am

Plant Spirit Meditation w/ Amber 7-8am

Morning Circle, House Keeping, Announcements, etc. 9-9:15am

SUNDAY SESSION 1

Quality Assurance For Herbal Practitioners and Formulators w/ Connie	Tent 1	9:15-10:45am
Physician Heal Thyself w/ Tony	Tent 2	9:15-10:45am
Decolonizing Herbal Practices w/ Tiffany	Demo Area	9:15-10:45am
Sharing The Spirits Of Plants w/ Netta	Herb Walk	9:15-10:45am

SUNDAY

SUNDAY SESSION 2

Blood and Chi w/ Rowan	Tent 1	11am-12:30pm
Gender Diversity and Inclusivity in Clinical Practice w/ Amber	Tent 2	11am-12:30pm
From Plant To Lotion w/ Netta	Demo Area	11am-12:30pm
The Green (Wo) Man w/ Chanchal	Herb Walk	11am-12:30pm

Sunday Lunch 12:30-2pm

SUNDAY SESSION 3

The Heart of the Matter w/ Rowan	Tent 1	2-3:30pm
Finding your food w/ Tony	Tent 2	2-3:30pm
Plant Healers for Anxiety w/ Seraphina	Demo Area	2-3:30pm
Connectional Journeying to the Bio Field w/ Alexandra	Herb Walk	2-3:30pm

Closing circle 3:45-4:15pm

MONDAY

Good Agriculture and Collection Practices from field and forest to finished product. 9:30am-5pm

Anatomy – Structure and Functions of the Body (Monday Intensive) Demo Area 9:30am-5pm

Monday Lunch 12:30pm-2pm

Share your Photos and Posts on social media with the herb gathering community by using the hashtag **#VIHG2019**



CLASS DESCRIPTIONS

Cannabis and Your Endocannabinoid System (Pre-Conference Intensive)

Friday 9:00 am – Friday 12:00 pm

Presented By Jeananne Laing

Within each of us is a biological system as important as our other vital organ systems. Unfortunately education about the endocannabinoid system (ECS) is still not well known nor regularly taught to health care providers.

In this course you will learn: Discovery of the endocannabinoid system happened less than 30 years ago; Why the ECS is vital to our health and well being; The three main components of the ECS and how they work together throughout the body; How to take care of your endocannabinoid system; How cannabis and other plants interact with our ECS; Why cannabis may be the 'gateway' herb that opens the door for other herbs to transform the pharmaceutical industry

Herbal Medicine for Children: Crafting Delicious and Effective Medicine for Kids

Friday 2:30 pm – Friday 4:00 pm

Presented By Colleen Emery

Herbal Medicine is a wonderful way to bring health and wellness to our children. Having them comply with taking their medicine is often challenging. Through a series of simple to complete steps learn how to craft delicious and effective herbal medicine that is both economical and delicious.

We will explore: Simple syrup and maceration techniques; Herbal Tea blending for children; Tablet and Electuary crafting; Child Friendly Materia Medica; Dosage recommendations for Children

During this hands-on class we will prepare several herbal recipes and learn about the herb allies to have on hand for the little ones in our lives. This class is for those who wish to be more autonomous with their herbal medicine making in relation to children as well as practitioners who see children in practice.

Herb Walk Sponsored by CHAofBC

Friday 2:30 pm – 4:00 pm

Presented By Krista Poulton

The Healing Power of Bitters

Friday 2:30 pm – Friday 4:00 pm

Presented By Kristy Bredin

Regarded as a folk cure-all in legend and lore, bitters have a long tradition of being used to aid digestive processes and promote optimal health.

In this class we will: demystify and taste various bitters formulas; learn properties of bitter herbs; learn the effects of bitters on different systems of the body; craft an herbal bitters formula together.

Herbal Soap Making

Friday 2:30 pm – Friday 5:45 pm

Presented By Aly Coy

- what is soap made from? history of soap
- cold process vs hot process
- safety and soap making, how to neutralize lye and what equipment to avoid
- what oils to use, and how to formulate your recipe
- how to make a mold from recycled containers
- how to infuse herbs and essential oils into your soap bar, the medicinal herbal side of soap
- reaching 'trace'
- the saponification process
- cutting and curing
- what can go wrong/ troubleshooting
- Q&A

Intertidal Zone Plants: Marine algae and Halophiles

Friday 2:30 pm – Friday 5:45 pm

Presented By Ryan Drum

Plant Identification and manual contact. Locate, identify, taste, smell, and classify individual species.

Learning objectives and outcomes: Identify common intertidal plant species; Learn potential food and medicinal uses of plants encountered; Taste and smell each separate species

The Vital Role of Empathy in First Aid

Friday 4:15 pm – Friday 5:45 pm

Presented By Garlik

One of the greatest gifts that herbal healing offers is the frame that we're treating the whole person and not just their symptoms. But how does that work with the urgency of a first aid situation? How do you treat the whole person when you really need to focus on stopping the bleeding?

Ashtanga Yoga

Saturday & Sunday 7:00 am – 8:00 am

Presented By Natalia Correa

Classes will introduce students to the foundations of Ashtanga yoga method: vinyasa.

We will explore the connection between breath and movement through the breakdown of breath and the set of postures of this method. Classes are for beginners and ALL level practitioners.

Learning objectives and outcomes: Practical understanding of this method of breathing. Practical understanding of vinyasa (breath link with movement). Ashtanga yoga sun salutes, sequence of asanas from the primary series of Ashtanga yoga.

CLASS DESCRIPTIONS



Plant Spirit Meditation – early morning mindfulness practice

*Saturday & Sunday 7:00 am – 8:00 am
Presented By Amber Fox*

Deepening connection with nature, plant spirit, and intuition

Join Medical Herbalist Amber Fox for a heart-centred meditative journey into plant spirit medicine. An experiential session meant to awaken your intuition and strengthen deep connections with nature through meditating with individual medicinal plants. Guided heart-centred meditation and interaction with each plant ally will be followed by stories of the mythology and medicinal/spiritual uses of each plant.

Key Issues In Quality Assurance For Herb Growers, Collectors and Processors

*Saturday 9:30 am – 11:00 am
Presented By Connie Kehler*

We all have the same goal- to end up with a finished product that does what we intend it to do, is what we intend it to be and is healthy and has got their ethically and environmentally responsible.

Can you be sure what you are doing meet this? This session will help you look at your practices differently to ensure you end up with the product you intended.

Herbal Medicine for Healthy Breasts

*Saturday 9:30 am – 11:00 am
Presented By Seraphina Capranos*

Treating and preventing cyclic breast pain and fibrocystic breasts. Diet, lifestyle, exercise, movement, breast oils, breast massage, and herbal protocols will be covered in this class.

Learning objectives and outcomes: How making even a few nutritional and lifestyle changes can dramatically help decrease breast cysts and cyclic breast pain; Materia medica, dose, frequency and administration of applicable herbs; How to take care of your hormonal health - suggestions are that are easy to make actionable; Learning about your breasts and how easy it is to treat painful breasts or breast cysts - and that it can be empowering.

Nature Soundscape – voice and movement, silence and stillness

*Saturday 9:30 am – 11:00 am
Presented By Joanna Finch*

In this 90 minute exploratory of natural sounds, vocal magician Joanna “Jobird” Finch will show you ways to make music a visceral experience that engages the whole body. Playing with ranges of sound and silence, this sensory symphony will make you feel alive and connected to plants in a way you may never have experienced before. Joanna draws from her experiences in China as the House of I Ceremonialist, from her work as a sound healer/ intuitive body worker and from 50 years as a dedicated singer, to combine her gifts in this sensually delightful experience. We will begin with a relaxing sound bath, using instruments she’s created or found in nature. There will be some discussion, small group combos, and some hands on playfulness as well as a final concert- in - the - round.

The Magic and Medicine of Chocolate: Cacao as a whole food.

*Saturday 9:30 am – 11:00 am
Presented By Tristan Ford*

A Chocolate making experience.

Although the word chocolate for many conjures up the image of guilty pleasure and sweet treats, the source of chocolate is a bitter miracle called cacao. We will be making chocolate on site and sharing the methods and ways it can be used in the kitchen and beyond in savoury dishes, confection, and a carrier for other herbal medicine. I will talk about the ecology of the tree from which it comes and the ecosystem in which it participates, how it has been used and held in reverence for millennia by the people of Central and South America, and how we can use it today in our lives as a vehicle for health and happiness.

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



CLASS DESCRIPTIONS

Ethical Aromatherapy: Essential Oil Sustainability and Safe Usage

Saturday 11:15 am – 12:45 pm

Presented By Colleen Emery

Essential oils are the highly concentrated distillates of certain herbs, woods, barks, flowers and resins and hence demand our respect when we use them for healing. Within this workshop you will discover how to engage with essential oils in a healthy, safe and ethical way that acknowledges the associated ecological footprint that this extraction of whole plant medicine carries. This critical thinking discovery will empower individuals to make educated and intelligent decisions when utilizing this type of plant medicine extraction.

We will explore: How essential oils are extracted from whole plant medicine. How essential oils differ from whole plant medicine. What is the associated ecological footprint of this form of plant medicine? How to safely purchase essential oils. What is organoleptic testing? How chemical analysis of essential oils can deter and distract from energetic analysis. Safe routes of administration and general dilution ratio recommendations.

During the conclusion of this workshop we will have time to discover and explore certain essential oils and evaluate these through learned organoleptic testing techniques. This is a workshop for both the seasoned and educated herbalist or aromatherapist alongside the user of this type of plant medicine for their own wellness.

Medicines for the Spirit

Saturday 11:15 am – 12:45 pm

Presented By Tony Acworth

Navigating entheogenic medicines (plants/fungi). The role of the herbalist in the changing landscape of psychedelics.

Learning objectives and outcomes: Learn about power plants and their legal status in Canada and around the globe; Defining differences between indigenous use vs modern use and why it matters; What role does the herbalist play (if any)?

Herbs for Digestion

Saturday 11:15 am – 12:45 pm

Presented By Terry Willard

Class description to come....

Ella's Hot Pot – Healing with Pure Bees' Wax and Herbs.

Saturday 11:15 am – 12:45 pm

Presented By Netta Zeberoff

This course will share an Old Folk Remedy which helps to release chronic and recent pain. You will learn how to prepare and apply this remedy to yourself and others. I was at one of Ella's Herbal Seminars and there was a gentleman who had chronic knee pain. We shall call him Pat; he could not walk five steps of stairs when he arrived. He made arrangements to arrive in advance so Ella would treat him. She began to give him applications of the hot pot. There were three flights of stairs from the eating area to the lecture hall; he had to be driven down for half of the seminar. Then miracles began to happen, he was able to walk one flight of stairs, then two and on the last day of seminar he walked the entire way! He went on his way a happy man!

You will learn the products that go into this formula, the way it is applied and the experience of hands on making and sharing.

The Language of Plants

Saturday 2:15 pm – 3:45 pm

Presented By Seraphina Capranos

An interactive Plant walk.

Plants communicate to us through their biochemistry, shape, colour and growing patterns. Humans and plants have co-evolved that our senses, including taste receptor sites on our tongue, can identify a plant's personality, inner nature and medicine. Using our bodies to understand a plant's language is sometimes called indigenous wisdom that humans over the world have relied on to learn the ways of the Green Bloods.

Learning objectives and outcomes: Identify the primary tastes: bitter, sour, sweet, pungent, aromatic and what body systems and functions they correlate to herbal actions and medicinal use. Sense and feel how quick (or not so quick) plants move through the body when tasting (diffuse, permanent etc). The significance of seasons and plant parts when harvesting roots, berries, leaf, flower.

CLASS DESCRIPTIONS



Wild Carrot and Contraception

Saturday 2:15 pm – 3:45 pm

Presented By Kristy Bredin

Wild Carrot Seed (*Daucus carota*) has been used for centuries by women to prevent pregnancy. Working with this traditional method of contraception offers modern women not only an alternative birth control option, but also an opportunity to connect more deeply with the cycles of their bodies.

This class covers: signs of fertility and charting your cycle for working with wild carrot; ways that wild carrot has been used successfully for contraception, as well cases where it has not been effective; how wild carrot works in preventing pregnancy; considerations for appropriate use, side effects and contraindications; sourcing, harvesting and additional medicinal uses of this plant.

Herbs of the Bible

Saturday 2:15 pm – 3:45 pm

Presented By Shadrack Molimett

Review of verses and parables about herbs and healing; practical applications of traditional medicines; history of herbal practice and comparison with current uses.

Medicinal Mead Making: The Honey Wine Of Olden Time

Saturday 2:15 pm – 3:45 pm

Presented By Denis Manzer

The Blessings of the Bees Beckon You! A how-to exploration of the alchemy of transforming honey into wine! Learn the simple skills and techniques that will allow you to brew your own at home!

We will be going on a journey to discover: The origins of mead & the ancient history of bees and man; The phenomenal healing qualities of honey wine! The Many Healing herbs that have been traditionally infused in mead to give flavours, colours and medicinal effects.

Herbal Energetics: How flavour informs the therapeutic affect of herbs

Saturday 4:00 pm – 5:30 pm

Presented By Tiffany Freeman

Materia Medica & Plant Energetics.

Flavours have more than an influence on how a plant preparation tastes, they have specific actions and therapeutic indications that influence where, how and what the plant influences. In this talk we will explore the main flavours that are present in medicinal herbs and how that gives us a strong indication as to the areas of the body in which it will have the most influence. We will discuss the movements of the flavours, combinations, and how knowing the plant energetics can help with informing more accurate recommendations for our clients.

Learning outcomes: Learn the main flavours present in herbs; Learn their direction of flow, meridian & organ influences; We will explore many different commonly used plants and discuss their energetics

Men's Health with Herbs

Saturday 4:00 pm – 5:30 pm

Presented By Ryan Drum

Common men's health problems.

Learning objectives: Using herbs and behaviour modification to remedy common and unusual men's health problems

Tonic Herbal Drinks

Saturday 4:00 pm – 5:30 pm

Presented By Yarrow Willard

In this workshop we will combine tonic herbalism with superfoods to create fortified health beverages that taste amazing!

Through out this journey I (Yarrow) will touch in on a few basic formulas and concepts for crafting Elixirs, Cordials, Syrups, Tinctures, Meads, and more.

As we do this, we will sample drinks and discuss best practices for stacking herbal ingredients with ideal delivery systems that create maximum enjoyment, effectiveness and ease of use.

This class is meant inspire your creative herbal pharmacy practice, while touching in on dozens of botanical and other unique ingredients that are well worth knowing about and working with. There are no hard set rules to this type of herbalism. All it takes is a few basic concepts and a desire to start playing with them, pretty soon you'll find you are well on your way to mastering your own great tasting herbal tonic drinks.

Herb Walk for the Heart

Saturday 4:00 pm – 5:30 pm

Presented By Rowan Hamilton

Class description to come...

Key Issues In Quality Assurance For Herbal Practitioners and Formulators

Sunday 9:15 am – 10:45 am

Presented By Connie Kehler

Finished products are only as good as their raw materials - how do you ensure yours are the best they can be? What are the questions you should be asking of your suppliers? How do you know what to ask and how do you interpret the information.



CLASS DESCRIPTIONS

Physician Heal Thyself

Sunday 9:15 am – 10:45 am

Presented By Tony Acworth

Self work for the wounded healer.

Learning to balance your own healing journey while working with others

Learning objectives and outcomes: Learn to walk your talk – follow your own advice; Discover and work with your shadow; Identify and mastery over ego as a practitioner

Sharing The Spirits Of Plants

Sunday 9:15 am – 10:45 am

Presented By Netta Zeberoff

On this nature walk, we will listen to the spirit of the plants as they share with us their songs. Mother Earth sings to us her gifts, we only need to be open and accept. I will share the knowledge of my Ancestors and Elders with Gratitude and Respect. You will take in the sacredness of being one with our Mother Earth and the Generous Blessing she bestows upon us.

Decolonizing Herbal Practices

Sunday 9:15 am – 10:45am

Presented By Tiffany Freeman

Traditional Indigenous Medicine: Plant Respect, Land Recognition and Harvesting Traditions

There are many efforts to bring about more awareness of our plant allies, sustainability and guidelines for cultivation & wild harvesting, but what do we know about our relationship to the first peoples of the land that we inhabit and their relationship to those plants? Indigenous peoples from Turtle Island have a deep cultural connection to the plants for ceremony, food, medicines, clothing & other life necessities, but many of our traditional plants are being harvested before indigenous communities can get to them. The knowledge that we have passed down to one another of locations, the rhythms of these plants and the sacred stories that go along with it are being affected by the plants disappearance in those traditional areas. **It's undeniable that wildcrafted vs cultivated brings with it a specialness in terms of connection to place and plant connection when we are the ones harvesting, but how is this related to a feeling of entitlement to our environment and that of colonialism affecting Indigenous communities and the future generations of medicine people. How can we help with preservation of traditions through responsible plant and herbal cultivation?** Join in a traditional sharing and open hearted discussion on entitlement, privilege, and colonialism in plant medicine & harvesting.

Learning outcomes: developing awareness of traditional lands around us; developing an understanding of the importance of traditional cultures & Indigenous plants to the environment and for indigenous cultural purposes; gathering and harvesting with consideration & awareness of first peoples; Learn the importance of certain plants to traditional peoples of this region and how we can do our part to protect them.

Blood and Chi

Sunday 11:00 am – 12:30 pm

Presented By Rowan Hamilton

Traditional Chinese Pathology and Physiology for the herbalist. Supported by strategies, critical thinking and formulating.



Gender Diversity and Inclusivity in Clinical Practice

Sunday 11:00 am – 12:30 pm

Presented By Amber Fox

Thinking beyond the Binary

Are you curious to learn more about how to create a more inclusive and accessible herbal practice? As our culture shifts toward become safer for a diversity of genders and expressions, many health care practitioners and herbal enthusiasts are searching for resources to learn more about gender diversity and learn ways to best serve these groups, not only in an herbal therapeutic sense, but also in the ways in which our clinical practices are set up. This workshop will provide an overview of concepts and terminology, strategies to improve accessibility and inclusivity, and employ practical exercises and group discussion to practice new skills. This workshop will focus mainly on the foundations of creating an inclusive practice, but will touch on herbal therapeutics to support a gender diverse clientele. Join us for a journey into thinking beyond the binary!

Learning objectives and outcomes: Overview of concepts and terminology; Strategies to improve accessibility and inclusivity; Practice using new skills

From Plant To Lotion

Sunday 11:00 am – 12:30 pm

Presented By Netta Zeberoff

You will learn to use freshly harvested plants, infuse them in oil and make a salve, beautiful cream and lotion.

From Arnica to Rose petals...we shall create marvelous concoctions that you can take home for yourself, family and friends.

The Green (Wo)Man

Sunday 11:00 am – 12:30 pm

Presented By Chanchal Cabrera

This class combines elements of a herb walk, a harvesting expedition, an anatomy discussion, a materia medica review and creative art. A deeply experiential way of learning about herbs and herbal uses for different body parts, an interactive horticulture therapy practice, a collective art installation and an exploration of materia medica and therapeutic applications.

The Heart of the Matter

Sunday 2:00 pm – 3:30 pm

Presented By Rowan Hamilton

An exploration of case, therapies and discoveries, based on 30+ years of clinical practice. An affirmation of why we are herbalists and what it means on a personal, a community and a global level.

Finding your food

Sunday 2:00 pm – 3:30 pm

Presented By Tony Acworth

The journey to discover what food works for you. Eating to control blood sugar and inflammation by removing problematic foods and allergens (supporting with herbs).

Learning objectives and outcomes: Learn how some 'superfoods' and 'health' foods may be negatively affecting you/patients; Understanding individual uniqueness around nutrition; How food ideologies militarize eating habits and serve to divide us

Plant Healers for Anxiety

Sunday 2:00 pm – 3:30 pm

Presented By Seraphina Capranos

Herbs that help us ground, centre, and be in the moment

Materia medica for a few select herbs such as Stachys, crampbark, lobelia, milky oats, linden, vervain that help us ground into our own body and re-educate our nervous system to centre and be in the moment.

Learning objectives and outcomes: Identify different kinds of anxiety patterns and match those with well selected herbs (acute, situational, chronic, underlying) dose, method of use, frequency of herbal use

Some helpful breathing exercises, somatic practices and energetic practices

Connectional Journeying to the Bio Field

Sunday 2:00 pm – 3:30 pm

Presented By Alexandra Luppold

There is a lot of data on the internet yes, but did you know that there is a whole field of data also available to you without the internet? It is stored in a 'knowing field' that surrounds us always. The challenge is to access this knowing field without expectation and bias.

Join Alexandra in sacred circle for connectional journeying to the 'knowing field' of the plant and human world. Through the vertical journey we will have the opportunity of discernment and sacred connections.

Anatomy – Structure and Functions of the Body (Monday Intensive)

Monday 9:30 am – Monday 5:00 pm

Presented By Ryan Drum

Sheep dissection. Detailed examination of fresh animal tissues, organs, and organisation.



CLASS DESCRIPTIONS

Good Agriculture and Collection Practices from field and forest to finished product. (Monday Intensive)

Monday 9:30 am – Monday 5:00 pm

Presented By Connie Kehler

If you are serious about sourcing or supplying the highest quality herbs possible then you need to take this course. It is fast becoming an industry standard for quality assurance of raw materials, and gaining the certificate of competence gives your customers the assurance they seek. GACP workshops teach you risk management skills to ensure the product you are dealing with fit your and your buyer/regulator requirements.

This quality assurance program was developed by the industry for industry with guidance and support from the World Health Organization, Health Canada Natural Health Product Directorate and Agriculture and Agrifood Canada. The program passed the Canada Food Inspection Agency technical review and is revalidated by CFIA every 18 months. It has been benchmarked to the EU GACPs and have received mutual recognition from the USA AHPs GACPs.

This is a pass or fail course with those success receiving their certificate of training.




Learn the Art of Healing with Plant Medicine



WILD ROSE
College of Natural Healing
SINCE • DEPUIS
1975

Toll-Free: 1-888-WLD-ROSE (953-7673)
E-Mail: info@wildrosecollege.com
wildrosecollege.com



**Innisfree Farm and
Botanic Garden**
3636 Trent Road, Courtenay, BC
Phone 250 336 8768
www.innisfreefarm.ca



Omega Nutrition
*was the first company
to bring Flaxseed oil
to North America.
We developed the
omegaflo® process
to protect the EFA's
naturally present in
seeds from destructive
agents such as heat,
light and oxygen.*



Visit our website to see more Omega Nutrition products
info@omeganutrition.com • www.omeganutrition.com



VANCOUVER ISLAND

Herb Gathering

www.herbgathering.org

2019 Vancouver Island Herb Gathering

PROUDLY SPONSORED BY...

AIR – LET US BE INSPIRED



WILD ROSE
College of Natural Healing
SINCE • DEPUIS
1975

HARMONIC ARTS

WATER – LET IT FLOW



EARTH – FOUNDATION



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:

Comox Valley Land Trust is a community-based, not-for-profit organization that works to protect and conserve the ecologically significant land and wildlife habitat of the Comox Valley region.

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