



Conference Programme

KOOTENAY
HERB
GATHERING

Embodying
the Plant Path

JULY 7-9, 2023 • SALMO, B.C.

herbconference.com

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2023 SITE MAP



Territory Acknowledgement

The Kootenay Herb Gathering acknowledges that our event is being held on the traditional, ancestral and unceded **təmxʷúlaʔxʷ** (homeland) of the Sinixt Peoples. We show our respect for this land and its people by committing to giving back in ways that honour and support the Sinixt.

The Kootenay Herb Gathering recognizes that its participants come from many traditional and unceded territories of the diverse and resilient Indigenous peoples and nations across Turtle Island. On behalf of the herbal medicine community, we offer gratitude to the ancestral and current keepers of these lands. We pledge to keep gratitude and humility in our hearts as we

deepen our learning of our shared history and will center the need to take meaningful action to address the past harms and ongoing impacts of colonization in this country we call Canada and within herbal medicine. The Kootenay Herb Gathering is excited to welcome presenters and attendees from across Turtle Island and around the world - as the conference unfolds we encourage all people in the herbal community to research the territory on which they are uninvited guests, and to engage in ongoing reflection and learning on what this means on an individual and collective level as we continue to walk this path together.

Visit www.native-land.ca to learn more.



Welcome



We are honored to host you here at the 4th biennial Kootenay Herb Gathering, held in celebration of all things herbal. Welcome to this land, located held on the traditional, ancestral and unceded **təmxulax** (homeland) of the Sinixt Peoples. 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!

ORGANIZING COMMITTEE

- Yarrow Willard
- Chanchal Cabrera
- Colleen Emery

SUPPORT TEAM

- Holly LaRochelle - Executive Director
- Jennifer Gawnes - Chef
- Cheryl Cook - Site Manager
- Ashley Emery - First Aid Manager
- Korina Langevin - Entertainer Manager
- April Lavine - Kids Herb Club Leader
- Gemma Hayes - Welcome Desk Manager
- Jessica Duchart - Elixir Bar Manager
- Dave Ronald - Sound Technician
- Precious LaPlante - Photographer
- Ashton Reay - Social Media Coordinator



To help your Gathering experience be safe and comfortable, we have a few 'ground rules' we need to draw to your attention.

PARKING

Parking and access to the campsite opens at 11:00 am on Friday July 7.

Parking is in our parking lot off Fourth Street. There is also parking available on Riverside Ave on a first come, first served basis near the camping area. Please ensure your car is in one of these two areas.

SAFETY

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.

To ensure the health of the river, please use only Reef Friendly sunscreen if you plan to swim.

FIRST AID

Our First Aid station is located in the by the Vendor Marketplace. At times where an attendant is not present, a phone number will be provided in case of First Aid needs.

BATHROOMS & WATER

Washrooms are located in the Legion downstairs, and also in the Shower building by the campground. Water is available at Batting Cages and the Shower building.

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

SMOKING

We are a smoke and vape free zone within Legion and KP Park.

Please ensure your fire is out from any lighting devices, and please be mindful of any secondhand smoke.

PETS

Please leave your furry friends at home.



Activities



OPENING CIRCLE WITH KEYNOTE SPEAKER: MARILYN JAMES

We're honoured that the Smum iem Matriarch appointed by her Sinixt elders, Marilyn James is coming to be the keynote speaker at the Gathering and be a part of our event. Her work has included the repatriation of 64 ancestral remains from museums and collections back to their rightful places in Nk áwxtən, "a place for praying," (Vallican).

ELIXIR BAR

Sponsored by Harmonic Arts

There will be hot and cold elixirs and tonics, coffee and healthy snack foods available for

purchase each day at the Elixir Bar.

ELIXIR BAR HOURS:

- Friday: 11 am - 9:30pm
- Saturday: 7:30 am - 10:30pm
- Sunday: 7:30 am - 3:30pm

ELIXIR BAR PRICES

- Elixir, Snack, Or Mocktail - \$6
- Weekend Cup - 4 Drink Pass - \$20

*Cash, debit or credit accepted
at the Elixir Bar*

KIDS HERB CLUB

Children aged 0-3 years "babes in arms" are welcome to attend the Gathering with their parents.

Children 4-12 years old are encouraged to join our Kids Herb Club during session times. The Kids Herb Club meets at the Picnic Shelter located near Tent 1.

The pick-up and drop off times for the Kids Herb Club are as follows:

Fri July 7	Sat July 8	Sun July 9
2:15- 2:30pm (Drop-Off)	9:15- 9:30am (Drop-Off)	9:00- 9:15am (Drop-Off)
5:45- 6:00pm (Pick-Up)	12:45- 1:00pm (Pick-Up)	12:30- 12:45pm (Pick-Up)
	2-2:15pm (Drop-Off)	1:45-2pm (Drop-Off)
	5:30- 5:45pm (Pick-Up)	3:30- 3:45pm (Pick-Up)

Children need to be supervised on the Gathering site at all times.

VENDOR MARKETPLACE

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, please come back later.

BCHA 50TH BIRTHDAY CELEBRATION

It's Party Time! Help us celebrate the 50th Birthday of the British Columbia Herbalists Association (BCHA) at this year's Gathering. Join us for wildflower cake, a special celebration elixir, created by those who attend the Friday afternoon workshop with Yarrow, speeches from past & current presidents, a silent auction and more!

The silent auction will go all weekend, with the BCHA auctioning off workshops, education, gift certificates, consultations,

sessions, and products from their members. Silent Auction winners will be announced in Closing Circle.

TALENT SHOW

Come one, come all! Show off your master skills on our stage. We'd love to see your joke, dance, music, song, acrobatics, knife swallowing.... well, you get the idea!

Visit the Welcome Desk to sign up for a spot in the Show.

HERB SNIFFATHON & PLANT ID CHALLENGE

Will you be crowned the ultimate Herb Nerd? Bring your sense of smell to enter in the Sniffathon challenge and 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.

NATURE SHRINE

Bring your special nature pieces and imbue them with the spirit of the Herb Gathering.

Everyone is invited to contribute to our nature shrine, a symbol of our celebration of the plants, the magic of us gathering together and our glorious planet.

You can also bring something to honour someone who has passed or in the memory of a favourite herbalist.

FUN ZONE

Take a break and challenge your fellow herb nerds to your favourite lawn game in the Fun Zone. The Fun Zone is the space to chill out and play yard games. You are invited to bring your outdoor game of choice.



BLANKET MARKET

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.

HERBAL STORYTELLING WITH DR TERRY WILLARD

Storytelling is the best way to Keep It Simple (KISS) when it comes to learning. As humans, we are hardwired for storytelling – that's how we learn and share information. From the dawn of humankind, stories have been used to pass down knowledge from one generation to another. By using stories

in teaching, we can easily make complex topics easier to understand and remember.

In the world of Natural Healing, storytelling is a crucial tool for delivering key messages effectively. Easily understood narratives can be used to create a strong emotional connection between people and ideas. After all, the most successful idea are ones that evoke an emotional response through engaging stories. A simple analogy can go a long way.

To keep things simple and interesting, use storytelling as part of your communication strategy when presenting new ideas or concepts to patients and students. Come and learn how to be a Story Teller.



Schedule



FRIDAY

11 am – 8 pm	Registration	
12 noon	Elixir and Tea bar opens - Entertainer Nella Banner	
1:00- 2:15pm	Opening Circle and Orientation with Marilyn James Homework - single plant connection	
2.30 pm – 4 pm	Tent 1	Wholistic Medicine: The Path of Relationships with Abrah Arnason
2.30 pm – 4 pm	Tent 2	Healthy Mind, Body and Soil with Kelly Dunn & Josh Sarvis
2.30 pm – 4 pm	Demonstration	Herbs & Healing from a Rainbow - Intro to Colour & Light Therapy with Gudrun Penselin
2.30 pm – 4 pm	Herb Walk	Plants of the Sinixt with Marilyn James
2.30 pm – 4 pm	Dining Room	Community Nature Conselletion with Alexandra Luppold
4.15 pm – 5.45 pm	Tent 1	Anxiety and Depression: Ayurveda and Beyond with Todd Caldecott

FRIDAY

4.15 pm – 5.45 pm	Tent 2	Two Eyes Seeing with Flo Lavallie
4.15 pm – 5.45 pm	Demonstration	Crafting a Signature Elixir with Yarrow Willard
4.15 pm – 5.45 pm	Herb Walk	Cree and Michif Language Interactive Medicine with Laura Mushumanski
6 – 7 pm	Dinner - with Entertainer Evy Jane	
7:30 - 9:00pm	BCHA 50th Birthday Party	
9:30 – 10:30 pm	Talent Show	

SATURDAY

6:30 – 10 am	Registration	
7 – 8 am	Aligned Hatha Yoga with Dr. Ellissa Crête	
7 – 8 am	5 Element Qigong and Toning with Ryan Gallant	
7 – 8 am	Integrative Movement Class with Alison Lukyn	
7 – 8.30 am	Breakfast	
9 – 9.15 am	Morning Welcome & Announcements	
9:30 – 11:00 am	Tent 1	Cytotoxic Herbs for Cancer with Chanchal Cabrera
9:30 – 11:00 am	Tent 2	Astrology and Herbs with William Morris
9:30 – 11:00 am	Demo Area	Scotch Broom Making with Diana Munday
9:30 – 11:00 am	Herb Walk	Wild Medicine to Nourish & Heal the Body with Flo Lavallie (bring notebook & pen)
11.15 am – 12.45 pm	Tent 1	Alzheimer's: A Story to Remember with Terry Willard
11.15 am – 12.45 pm	Tent 2	Detoxing and Fasting with Todd Caldecott
11.15 am – 12.45 pm	Demo Area	Soap Making with Krista Dawn Poulton
11.15 am – 12.45 pm	Herb Walk	Medicinal Plants of the West Kootenays with Patrick Kooyman
12.45 – 2.15 pm	Lunch	
2.15 – 3.45 pm	Tent 1	Men's Health: A Natural Health Perspective with Dr. Terry Vanderheyden

SATURDAY

2.15 – 3.45 pm	Tent 2	Herbal Medicine for the Nervous System with Marie Zak & Travis Cartwright
2.15 – 3.45 pm	Demo Area	Indigenous Worldview on Alcohol, Drugs and Addiction with Laura Mushumanski
2.15 – 3.45 pm	Herb Walk	Riparian Old Growth Plant Walk with Keith Davis
4 – 5.30 pm	Tent 1	Holobiont in the Forest of Connection with Yarrow Willard
4 – 5.30 pm	Tent 2	The Nuance of Herbal Medicine: Bitter Pungents with Abrah Arnason
4 – 5.30 pm	Demo Area	Herbal Pharmacy: Creating Simple Herbal Products & Gifts with Gudrun Penselin
4 – 5.30 pm	Herb Walk	Tree Talk Walk with Sarah Orłowski
5.30 – 7:30 pm	Blanket Market: Sell, Swap or Give Away	
6.00 – 7:30 pm	Dinner - with Entertainer: Shanim DJ	
7:30 – 8:30 pm	Herbal Storytelling with Dr Terry Willard	
9:00- 10:45pm	Latin Lovers	

SUNDAY

7 – 8 am	Restorative Yoga with Dr. Ellissa Crête	
7 – 8 am	16 Movements for Health and Vitality with Ryan Gallant	
7 – 8 am	Integrative Movement Class with Alison Lukyn	
7 – 8.30 am	Breakfast	
9 – 9.15 am	Morning Welcome & Announcements	
9.15 – 10.45 am	Tent 1	Safe Space for Healing: Guidelines for Practicing Herbalists with Flo Lavallie
9.15 – 10.45 am	Tent 2	Herbal Approaches for Managing Low Testosterone in Men with Dr. Terry Vanderheyden
9.15 – 10.45 am	Demo Area	Fresh Plant Tincture with Colleen Emery
9.15 – 10.45 am	Herb Walk	Sacred Water Within with Alexandra Luppold

SUNDAY

11 am – 12.30 pm	Tent 1	Forest Gardening with Medicinal Herbs with Patrick Kooyman
11 am – 12.30 pm	Tent 2	Medicinal Smokes with David Knox
11 am – 12.30 pm	Demo Area	Mental Health Perspectives from Land-Based and Indigenous World View with Laura Mushumanski
11 am – 12.30 pm	Herb Walk	Forest Bathing (Shinrin Yoku) with Gudrun Penselin
12.30 pm – 2 pm	Lunch - Entertainer: Rue Rose	
2 pm – 3.30 pm	Tent 1	Polycystic Ovarian Syndrome - Herbal Therapeutics and Diagnostics with Krista Dawn Poulton
2 pm – 3.30 pm	Tent 2	Stick Our Your Tongue, Let Me Feel Your Pulse with Abrah Arneson
2 pm – 3.30 pm	Demo Area	The Frequencies in Psychedelic Therapeutics with Kelly Dunn & Josh Sarvis
2 pm – 3.30 pm	Herb Walk	Small Plant Stroll with Sarah Orłowski
3.45 – 4.15 pm	Closing Circle	

Class Descriptions

Healthy Mind, Body and Soil

Kelly Dunn & Josh Sarvis

Join Kelly & Josh for a deep dive into how to create vital soil environments that help each seed that is planted to reach its fullest potential. Soils and humans need bacteria, fungi and healing herbs to have ultimate immune response and ideal growth. We'll share our experiences on our farm, extensive education, and trial and error about mycorrhizae, bacteriae, regenerative herbs and medicinal mushrooms. Learn about the necessity of replenishing the earth's soils and its

humans with products that revitalize health, and how you can achieve it in your own backyard.

Wholistic Medicine: The Path of Relationships

Abrah Arneson

Let's go back. Way back in time. There was water. It was deep and vast. The water churned over the Earth. In the water there was life - single cell beings called microbes. Fast forward 800 million years ago and the first animals appeared deep in the waters. It was another 300 million



before plants appeared. Today microbes, animals and plants mingle in a complex web of relationships that promote life, maintain life and destroy life.

During this workshop, Abrah will share her experience of plants as mediators between microbes and human beings. She will take you on a microscopic journey of your cells and explore how plants protect your life and help to keep your biome in balance. Abrah will defy contemporary reductionistic understandings of infection while suggesting new ways of seeking harmony between microbes and your body with plants.

Herbs & Healing from a Rainbow - Intro to Colour & Light Therapy

Gudrun Penselin

The primary focus of herbal medicine deals with the effects of a plant based on its constituents. However, another important aspect of how herbs create change and healing, is due to their colours and subsequent vibrations being brought forward. Both, light and colour influence and support us on every level of our being: physical, mental, emotional and spiritual.

In this workshop you will experience the simple yet powerful effects of colour and light. You will walk away with the knowledge and practical ideas on how to utilize the "rainbow" of colour and light as a supportive tool on your journey.

This workshop is experiential, requiring the active participation of students.

Plants of the Sinixt

Marilyn James

Join Marilyn James, Smum iem Matriarch and knowledge-keeper for Sinixt people for a local herb walk.

Community Nature Consellation

Alexandra Luppold

Nature Constellation enables us to have a 'direct' dialog with Nature and all that is connected to her.

In the past we have separated ourselves from Nature, but even that is an illusion as we 'humans' are part of Nature.

We can utilize this Constellation to consult nature with the ideas we have, and receive the wisdom of Nature which knows what is supportive to All. In a beautiful way we are being shown how our actions or none action, are affecting the environment we live in and live from. The theme of this constellation will be asked and given by the community present.

Anxiety and Depression: Ayurveda and Beyond

Todd Caldecott

Anxiety and depression continue to be major issues facing our society, with rates among North American youth increasing by more than 30% since 2014. Along with the challenge of COVID, the existential threat of climate change, and now a war that threatens the entire world, it's hard not to feel at least a little anxious and depressed about the future. Too often anxiety and depression is viewed as an isolated, personal health issue, when in fact it is the expression of a broader

social dysfunction, which like canaries in a coal mine, tell us that something is very wrong. Drawing upon traditional systems of medicine like Ayurveda, there are a host of invaluable tools and interventions including lifestyle, diet, nutraceuticals, medicinal plants, and entheogens that can have a profound benefit on mental health. This lecture draws upon the Ayurveda classifications of spiritual (daivavyapāśraya cikitsā), behavioral (sattvāvajaya cikitsā), and medicinal therapies (yuktivyapāśraya cikitsā) to provide a truly holistic solution for the resolution of chronic anxiety and depression.

Two Eyes Seeing

Flo Lavallée

Iridology is the science & art of working on the reflexes of the eyes which tell you for conditions - acute, subacute, chronic and degenerate. Clients come to see iridologists with health conditions that we can verify and we encompass herbal remedies to assist the body to heal. There are 2 true colours of eyes - one is brown and one is blue. The only person who had purple eyes was Liz Taylor, and albino have pink eyes. The dark brown eye is the hardest one to read. As herbalists, we can use iridology to assist while coming with a protocol or health plan to assist with the body to heal.

Crafting a Signature Elixir

Yarrow Willard

In this interactive taste tantalizing workshop experience, you will learn the process, tips & tricks of crafting signature herb and superfood infused elixirs from master mixologist, Yarrow.

Together, we will be making and sampling drinks with tinctures, syrups, and fresh and dried herbs. We'll work together to concoct 2 signature elixirs that will be served for the evening's birthday party.

Cree and Michif Language Interactive Medicine

Laura Mushumanski

This plant walk will be engaging where participants learn about traditional Indigenous plants and the names of them in Plains Cree and Mitchif (the Metis language).

Aligned Hatha Yoga

Dr. Ellissa Crête

Develop strength, flexibility, balance, and focus. This Hatha Yoga class weaves together a dynamic exploration of postural alignment including yoga poses, breathing exercises, and meditation. It is inspired by the complementary precision and flow of Iyengar Yoga and Ashtanga Yoga. Hatha Yoga works to make the spine supple, and promotes circulation in all the organs, glands, and tissues. It also stimulates the flow of prana through the channels of the subtle energy body. This class is accessible to all levels - beginner or experienced student. The goal is to feel relaxed, refreshed, and inspired - in body, heart, and mind.

5 Element Qigong and Toning

Ryan Gallant

5 Element Qigong is a set of exercises based on the 5 elements in TCM. Each element is associated with a pair of organs



that have a resonating tone as well as many tissue and meridian connections.

The workshop will demonstrate "horse stance" which is the foundational standing posture that each of the movements begin with. Then each movement will be demonstrated in both the creative and controlling cycle of the 5 elements. The tone of each element will be introduced through each of the 5 movements.

Integrative Movement Class

Alison Lukyn

Integrate and embody learnings from the Gathering. Learn exercises specific to calming the nervous system. Visualize a healed state and learn the power of creating a vision paired with emotion.

Cytotoxic Herbs for Cancer

Chanchal Cabrera

Herbal medicine can be used to actively target cancer cells and disable or kill them. In this fast paced lecture we will consider how to use these herbs safely, how to combine with chemo, establishing dosing and assessing for side effects. Chanchal has been specializing in holistic oncology for over 20 years and brings a wealth of clinical experience and evidence based medicine to the classroom.

Astrology and Herbs

William Morris

Learners will explore the astrological chart for the moment of the consultation as a tool for herbal choices. We will also compare charting decisions for medical procedures and the onset of disease. The basic chart is explained and we discuss the specific areas that inform herbal

decisions. The relationship of the clinical presentation of a client regarding humors hot, cold, moist, and dry is compared to that of the astrological chart as a tool for an expanding horizon of the signs that are observed during practice. I discuss basic humors of each planet and related plant materials. This is an exciting workshop that goes back and forth between presentation and demonstration with live participants.

Scotch Broom Making

Diana Munday

Work with this plant and create your own decorative broom. Co-presented with the Central Kootenay Invasive Species Society (CKISS) who will ethically harvest the broom for this workshop and share their experiences and how they monitor, manages many terrestrial, riparian and aquatic invasive species.

Wild Medicine to Nourish & Heal the Body

Flo Lavallie

The wild medicine has always filled our need for food, but also can feed our need for healing for illness. Join Flo Lavallie, a herbal elder, for a journey through her favourite berries and wild herbs and the medicines that can be made from them. Journey through several sets of herbal companions and listen to their stories such juniper berry, Labrador tea, and blueberry.

Alzheimer's: A Story to Remember

Terry Willard

This fast-paced workshop is an intermediate level event designed to give

you the latest research and strategies for managing Alzheimer's symptoms. Alzheimer's is one of the fastest growing health sector issues, especially considering the aging of Baby boomers. We'll cover Botanical Medicine, as well as new approaches such as mitochondria supplementation and diet changes.

At the end of this workshop, you will be equipped with up-to-date information on Alzheimer's disease and its treatment options. So come join us and arm yourself with the knowledge needed to make informed decisions about your patient's health.

Detoxing and Fasting

Todd Caldecott

Among the more popular topics in natural health circles there are few that command as much as attention as fasting and detoxification. When examined in any detail, however, most of these practices promoted by non-experts lack a sound rationale, and are often little more than a repackaging of old time-y folkloric practices, paired with a dogmatic philosophy reminiscent of Victorian beliefs that we're all dirty inside. In recent years, this has been further amped with the belief that eating meat and even just existing is a form of ecocide, and thus you should also feel horrible about yourself. Unfortunately, the debate over this topic has been convoluted further by medical experts that claim as a point of principle that fasting and detoxification is new age nonsense. In reality, fasting and detoxification are comprised of sophisticated practices, and is an important topic in Ayurveda. It is one of the six measures of internal medicine, i.e. langhana chikitsa, employed

before pancha karma and/or rasayana (rejuvenation) therapy, and on its own, is a general measure to treat most disease. This lecture will share these important principles used in Ayurveda, and how to safely employ them in a Western context.

Soap Making

Krista Dawn Poulton

This hands-on workshop will cover the history and theory of making cold-process soap, a technique utilizing lye and oils creating a chemical reaction called saponification turning these ingredients into beautiful hand-crafted medicinal soap. Discussion regarding soap making terminology and the various techniques to prepare soap, including safety with working with lye. In this workshop, Krista Dawn Poulton will demonstrate how to make cold-process soap with raw ingredients - olive oil, coconut oil, lye and botanicals - to create stunning medicinal soaps.

Medicinal Plants of the West Kootenays

Patrick Kooyman

Meet the plants growing at a mid-elevation location that includes some old growth trees among secondary growth conifer forests, swampy areas and human disturbed edge habitats. This diverse area contains an abundance of medicinal, edible and even poisonous plant species. Knowing the identification features of plants which is a very important skill for anyone who is interested in working with wild plants as medicine or food. Embodying the plant path becomes very real, when a mistake in plant identification can potentially be fatal.



When harvesting any plants from wild spaces, it is important to become familiar not only with the plants, but with the larger communities and ecosystems the plants grow in. We will discuss in detail how to recognize and identify the plants we encounter, their roles in the larger ecosystem, their medicinal and edible uses, plant portions used and harvest season, and ethical harvest practices.

Men's Health: A Natural Health Perspective

Dr. Terry Vanderheyden

Research reveals that men are less likely than women to go to the doctor and are more likely to be seriously ill when they do go. This talk will examine some of the leading threats with respect to men's health such as cardiovascular disease, depression, diabetes, benign prostate hyperplasia, and erectile dysfunction, but will focus chiefly on prostate cancer, and provide some prevention and treatment options.

Herbal Medicine for the Nervous System

Marie Zak & Travis Cartwright

The nervous system is at the root of embodiment. When we expand our capacity for nervous system regulation we have more capacity to inhabit the vessel of our body, drop into present time awareness, and sense the world around us.

In this class we will explore the nervous system and how we can support it into regulation through somatic awareness and herbal medicines. We will discuss the mind body connection, the window

of tolerance, polyvagal theory, sensory gating, and herbal allies.

Indigenous Worldview on Alcohol, Drugs and Addiction

Laura Mushumanski

This workshop integrates the history and eradication of traditional medicinal practices, how it has impacted alcohol and drug abuse within our communities, and how traumatic experiences contribute to cognitive and physiological responses in the body: mental health related issues. Material from this workshop is taken from my observations and interactions as a health educator and addictions counsellor when working with our Indigenous brothers and sisters. I will share teachings and part of my research, along with a personal survey for each participant to answer while attending the workshop, where both theory and teachings can be applied to how traumatic lived experiences hinder our relationships with alcohol, drugs, food, family, friends, work and everyday life. Participants will learn tools and methods on how to reduce anxiety, panic, rage, and depression from an emotional, mental, physical and spiritual perspective.

Riparian Old Growth Plant Walk

Keith Davis

This walk takes place at Springboard Park in Salmo, a 5-10 minute walk from the Gathering site. This walk takes place in a remnant of the Riparian Cedar Old Growth that once covered most of the valley here. As well as the large Cedars and Cottonwoods that are the foundation

of this ecotype we will look first at some of the plants growing along the sunny edge of the park including: Balsam Fir (*Abies grandis*), Cascara (*Rhamnus purshiana*), Wormwood (*Artemisia absinthium*), Horsetail (*Equisetum spp*) and Hawthorn (*Crataegus douglasii*), then move on to the plants growing along the river in the shade of the cedars including: Devil's Club (*Oplopanax horridum*), Trillium (*Trillium ovatum*), Wild Sarsaparilla (*Aralia nudicaulis*) and Wild Ginger (*Asarum caudatum*).

Holobiont in the Forest of Connection

Yarrow Willard

Our interconnectedness is what makes us adaptive, resilient and able to evolve. Join Yarrow Willard in unpacking the concept of the Holobiont and its keys to unlocking our most vital selves.

In simple terms the holobiont refers to a collective entity consisting of a host organism and the community of microorganisms living in and on it. This theory recognizes that organisms are not isolated individuals but are instead ecosystems or assemblages of different organisms functioning together. Through the lens of the Holobiont we are able to see how significant the microbiota are in shaping the biology and health of their host. This talk showcases a variety of examples that challenge the traditional view that we are individuals, highlighting the role of our interconnection with our ecosystem and microbial communities as a more accurate representation of who we actually are.

The Nuance of Herbal Medicine: Bitter Pungents

Abrah Arneson

During this workshop you will have the opportunity to explore the complex class of plant medicine called the bitter pungent. Herbs carrying the bitter pungent flavour are often written up in herbal books as having similar actions. Yet they are very different plants. Let's explore these plants through taste, energetics, their constituents, traditional uses and discover the nuance of their medicine. The herbs we will explore are: Angelica archangelica, Acorus calamus, Inula helenium and Ligusticum porteri.

Herbal Pharmacy: Creating Simple Herbal Products & Gifts

Gudrun Penselin

"Simplicity is the key to all creation." — Edward Bach

Simple herbal creations can be powerful medicines which make great gifts at the same time.

This is a fun class combining demonstrations and active participation.

Herbal preparations

- (Coloured) bath salts
- Cough syrup
- Flower flavored honey
- Tea blend

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 [canadianherbconference](https://www.facebook.com/canadianherbconference)



Tree Talk Walk

Sarah Orlowski

Looking up, we see a canopy of broadleaf and coniferous leaves branching out from strong trunks like pillars from the ground. What are their secrets? Who are they? What can we do for them? What are their gifts to us and others? What is our relationship to them?

Restorative Yoga

Dr. Ellissa Crête

Experience deep relaxation and rejuvenation. This Restorative Yoga class offers a slow, receptive, calming, cooling, and contemplative practice. It weaves together restorative poses, breathing exercises, and heart-centered meditation. It is inspired by Iyengar Yoga, Vipassana Meditation, and Chinese Medicine. While holding poses for a longer period of time, students are encouraged to release stress and tension while focusing on deep breathing. A more meditative approach to yoga, this practice is an invitation to cultivate awareness of inner silence and loving-kindness for all beings. This class is accessible to all levels – beginner or experienced student. The goal is to release, rest, and re-energize – in body, heart, and mind.

16 Movements for Health and Vitality

Ryan Gallant

This workshop is based on the 16 movements of Wang Ji Wu's Xing Yi Nei Gong.

These 16 exercises help to relax and open the meridians of the body. They can be a warm up before more intense martial

arts workouts or are a great stand alone set of exercises for health and longevity.

The movements use breath to initiate contraction and expansion in the body to facilitate healthy flow of Qi and blood.

Integrative Movement Class

Alison Lukyn

Integrate and embody learnings from the Gathering. Learn exercises specific to calming the nervous system. Visualize a healed state and learn the power of creating a vision paired with emotion.

Safe Space for Healing: Guidelines for Practicing Herbalists

Flo Lavallie

In this workshop, listen to the results of a Health Canada study about using alternative medicines (eg. reiki, herbal medicine, reflexology and more) with 60 survivors of childhood sexual abuse of varying abilities. Sexual abuse is the violation of body, boundaries, and trust, and can affect relationships in various ways.

Learn from Flo Lavallie's in-depth research on how to prepare your clinic as a safe space for healing.

Herbal Approaches for Managing Low Testosterone in Men

Dr. Terry Vanderheyden

Low testosterone levels in men is a risk factor for chronic disease and associated with a worse outcome for several health conditions. This workshop will attempt to understand some of the signs and

symptoms and to offer some herbal and lifestyle approaches for treatment. A key herb for testosterone optimization is ashwagandha.

Fresh Plant Tincture Extracts: The Math and the Magic of Medicine Making

Colleen Emery

Ever wondered how to accurately extract fresh plant material using a scientific method? Many resources recommend increasing the solvency and percent of alcohol to accommodate the water content in the plant material. While this method does work to create a folk medicine extract, using a higher percentage of alcohol isn't necessary.

Join Clinical Herbalist & Aromatherapist Colleen Emery as she details and demonstrates a precise technique for fresh plant tincture preparation that acknowledges the water in the plant and its contribution to the menstruum.

Within the demonstration Colleen will detail which herbs work well and are preferred as fresh plant extracts, the herbs that are more effective as dry plant extractions plus learn which herbs are problematic as fresh plant extracts.

Participants of the workshop will also be led through an organoleptic exploration, learning how to gauge what is a meaningful tincture extract and what may not be.

Sacred Water Within

Alexandra Luppold

What is the message it carries? What wisdom would it reveal to you? How can

you apply this knowledge in your life and relationship to plants?

This guided journey will allow honouring and connecting with the sacredness of water on a deeper level, as well as bring insights to us.

Let's come together and expand our awareness of water - its life-giving properties, its interconnectedness with all living beings on Earth, and its sacredness.

Forest Gardening with Medicinal Herbs

Patrick Kooyman

Growing a garden of medicinal herbs is one of the best ways to embody the plant path, by becoming intimately involved in cultivating and harvesting the plants we use as medicine. Planning your herb garden requires knowing the conditions in which each type of plant will thrive. To learn where plants thrive the best, we observe how and where they grow in their natural habitat, then try to mimic those conditions in our gardens. Many medicinal herbs are grown commercially in a monoculture mindset, with high inputs of irrigation water, soil amendments and work needed to provide the right growing conditions. Forest gardening draws upon the observation that in nature, plants grow in complex polycultures, and the plant communities themselves build abundance over time. By structuring our medicinal herb gardens using patterns we observe in nature, then our gardens can provide a diverse yield of medicinal herbs throughout the year, while reducing the need for outside inputs because the plants within the garden form a supportive and resilient community. We will discuss some of the many common garden herbs,



as well as rare and threatened medicinal plants, that are uniquely suited for forest gardening.

Medicinal Smokes

David Knox

Fumigation is an ancient way of herbal medicine delivery that is seldom in practice today besides moxibustion and recreational use of psychoactive herbs. However all herbs that can be decocted infused tinctured or eaten can also be burned and the smoke has therapeutic effect. This smoke effect is often immediate and appears to be the same effect as is achieved with other delivery methods of herbal medicine. The fact of its immediacy lends itself to various applications such as organoleptic testing of herbs and since the smoke is interacting with the human energy field is especially useful in psychomotional diseases but is not limited to that. I will be discussing and demonstrating various methods of smoke delivery and the benefits in applications of such a style of delivering herbs in clinical setting

Mental Health Perspectives from Land-Based and Indigenous World View

Laura Mushumanski

This workshop is about how magical and misunderstood the human body is, where physiological perspectives towards mental health are being taught through an Indigenous worldview as an understanding and process on how to live a good life. The teaching of the land, plant medicines and Indigenous perspectives are emphasized as an alternative and invaluable perspective towards

honoring the essence and integrity of a person's wholeness. Following the ability to perceive health challenges as a 4-part person connection to the world we engage in, and how these issues alternatively can be viewed as a learning process. And where the understanding of give and take as a process within an Indigenous worldview is viewed as our emotional, mental, physical and spiritual health all need to be in sync and in balance with each other are the actions of reciprocity with caring for the land like it is our own lives.

The analogy of mental health challenges are like dark clouds, and where we cannot appreciate sunny skies and blossoming flowers without having dark clouds form, that are made up of dust particles and water molecules, and windy days to disperse water from the clouds as a symbiotic relationship and connection to Mother Earth.

And leading to the philosophy on how to live a good life is taught through discipline, where fasting, learning to breathe to lower the heart rate and challenging our physical, emotional and mental thresholds created new neurompathways to build resiliency within the body.

Forest Bathing (Shinrin Yoku)

Gudrun Penselin

In Japan, the traditional practice of immersing oneself mindfully in nature (Shinrin-Yoku), is a pivotal component of their health care system.

Dr. Qing Li from Japan is the world's foremost expert on forest medicine. His research results into the therapeutic effects of forest bathing has shown that spending time in the forest increases the

number of natural killer cells in our body, lowers heart rate and blood pressure, reduces stress hormone production, anxiety, depression and stress.

Patients recover faster and require less pain medication when they are around plants.

This session is a practical workshop, introducing students through exercises to the practice of forest bathing and guiding them to connect to the plant kingdom. It includes listening to the voices of nature with the help of a device that translates the vibrational frequencies of plants into music.

The primary focus of this workshop is to experience the healing effect of plants/trees.

Polycystic Ovarian Syndrome: Herbal Therapeutics and Diagnostics

Krista Dawn Poulton

In this course we will cover how to differential diagnose Polycystic Ovarian Syndrome (PCOS) from other reproductive health conditions utilizing symptoms, lab results, and discussing the botanical and supplemental treatment protocols for PCOS. Focus will be on blood sugar dysregulation, ovarian pain management, and inflammation management along with hormonal modulation.

Stick Our Your Tongue, Let Me Feel Your Pulse

Abrah Arneson

It's time to stick out your tongue. Traditional herbalist from all over the world have examined tongues to understand the state of their patients' health. And after examining the tongue, herbalist pulse for a moment to feel their patient's pulse. During this workshop we will stick out our tongue to see what they say about the health of our body/mind. Then we will feel for the pulse of life. This is a hands on workshop. Be ready to say ahhh and then listen deeply to another's pulse.

The Frequencies in Psychedelic Therapeutics

Kelly Dunn & Josh Sarvis

Come discuss with Kelly & Josh the frequencies in psychedelic therapeutics. Together, they have over 25 years of experience in regenerative farming, cannabis growing and sustainable agricultural practices.

Small Plant Stroll

Sarah Orłowski

This Herb Walk will focus on ground level, local, natural medicines, be they root or aerial part. Haven't you always wondered what is right under your feet? Practice your power of observations and identification of the small, paying attention to details.



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