



KOOTENAY HERB GATHERING

Root, Rest & Renew

June 27-30, 2025

Vallican Whole
Community Centre




Program



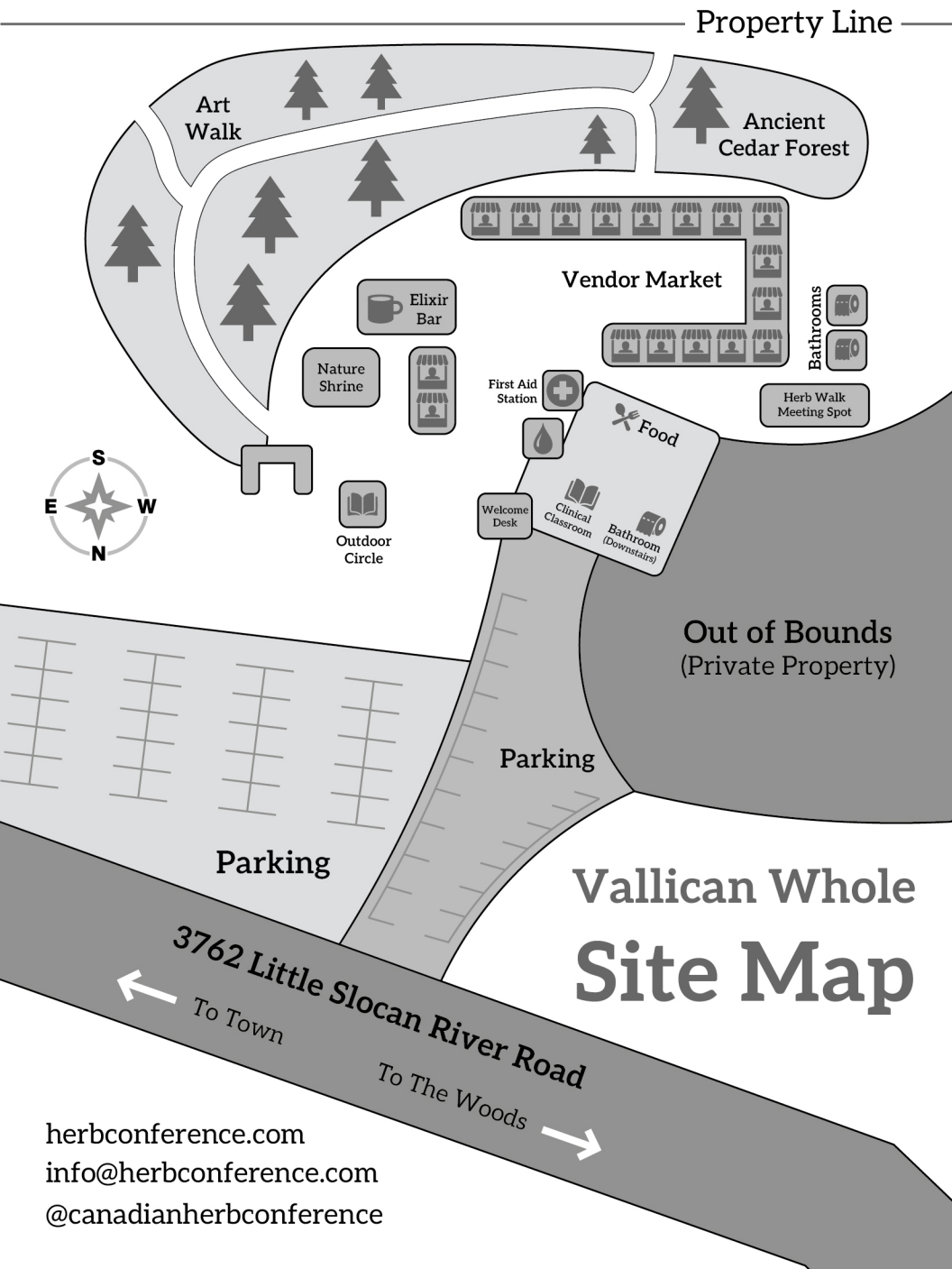
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KOOTENAY HERB GATHERING



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We are honoured to host you here at the 5th biennial Kootenay Herb Gathering, held in celebration of all things herbal. Welcome to this land, held on the traditional, ancestral and unceded **təmxʷúlaʔxʷ** (homeland) of the Sinixt Peoples. This weekend we remember the ancestors who have harvested and hunted here for generations, and we honour 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 Phillips - Executive Director
- Jennifer Gawnes - Chef
- Ashley Emery - First Aid Manager
- Nicole Carere - Kids Herb Club Leader
- Angela Bewick - Welcome Desk Manager
- Freya Emery - Elixir Bar Manager
- Precious LaPlante - Photographer
- Kai Cabödyna - Videographer

Territory Acknowledgment:

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 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

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

Registration & Parking

Parking and Welcome Desk opens at 11:00 am on Friday and 8:00am on Saturday and is located inside the front door of the Vallican Whole Community Centre.

First Aid

Our First Aid station is located at the side of the Vallican Whole. At times where an attendant is not present, a radio will be provided in case of First Aid needs.

Bathrooms & Water

Washrooms are located outdoors behind the building, and downstairs in the Vallican Whole by taking the first staircase to your right once you come into the building.

There is a water tap on the outside of the building by the accessibility ramp.

Smoking & Substances

To keep our shared spaces clean and safe for everyone, smoking is not permitted in the building, on the porches, or on the accessibility ramp. If you need to smoke, please do so at the far end of the parking lot, well away from the building. Be mindful to pack out all smoking waste - let's leave no trace behind.

In alignment with our agreement with the Vallican Whole, alcohol and substance use are prohibited anywhere on the premises, including the building, surrounding grounds, and parking lot.

Pets

Please leave your furry friends at home.

Care & Responsibility

We ask all participants to stay present and respectful throughout the Gathering. If a ticket holder's behaviour disrupts the safety or spirit of the event, they may be asked to leave without refund.

ACTIVITIES

Elixir Bar

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

Elixir Bar Hours

Friday:

11:00 am - 1:30 pm
6-11 pm

Saturday:

8-9:30 am
11:30 am - 1:30 pm
6-11 pm

Sunday:

8-9:30 am
11:30 am - 1:30 pm
3:15-5:15 pm

Kids at the Gathering

Children are welcome at the Gathering when accompanied by a registered caregiver. To help create a respectful and enjoyable experience for everyone, children must be supervised at all times and supported to participate in ways that honour the shared learning space. All children must hold a Kids Pass to attend the Gathering.

Kids Herb Club

Children aged 4-12 are encouraged to join the Kids Herb Club during session times! Held at the beautiful Pharatree Learning Centre, the Club offers nature-based adventures, herbal learning, and creative play. Advance registration

is required, and all Kids Herb Club participants will be issued a Kids Pass for the Gathering.

Babes in Arms

Children aged 0–3 (“babes in arms”) are welcome to attend the Gathering with their parents or caregiver and do not require a pass.

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.

- Times Square Suite Hotel
- Prairie Doctor & Forage and Faire
- Backbone Botanicals & Red Light Ramen Bar
- Mending Roots Herb Farm
- Water Over Leaves Tea Company
- Terese Bowors, Cannabis Wellness Coach
- Blue Lotus Ethnobotanicals
- 13 Moons Herbal Apothecary
- Viva Cacao
- Althaea Herbals
- Elderberry Herbals
- Ru Rose
- Dogwood Botanicals
- Cosmic Earth Apothecary
- BC Medicinal Plant & Seed Project
- Raven Roast

Herb Sniffathon, Plant ID, and Tincture Tasting Challenge

Will you be crowned the ultimate Herb Nerd?

Sharpen your senses and step into the aromatic heart of the Gathering. Test your nose in the Sniffathon Challenge - can you identify herbs by scent alone?

Flex your forager's brain in the Plant ID Quiz, featuring both fresh and dried plant specimens.

And don't miss the **all-new** Tincture Tasting Station - a flavourful experience for your tongue and intuition. Taste, guess, and maybe even discover your new favourite herbal ally.

All three challenges take place in the main hall of the Vallican Whole Community Centre throughout the weekend. Finalists and winners will be celebrated during our joyful 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. After Closing Circle, pick up your pieces to take them home with you.

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.

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 Saturday evening in our outdoor classroom space.

ACTIVITIES

Sinixt Protocols, Plant Harvesting, and Right Relationship with the Land with Marilyn James

Marilyn James will be discussing Sinixt protocols on plant harvesting and use within the **təmxʷúlaʔx**, as well as living in right relationship with the land and green people.

Marilyn James is a Smum iem Matriarch appointed by her Sinixt elders to uphold Sinixt protocols and laws in the Sinixt **təmxʷúlaʔx** (homeland) under the laws of whuplak'n and smum iem. Her work has included the repatriation of 64 ancestral remains from museums and collections back to their rightful places in **Nkʷáwx̌tən**, "a place for praying," (Vallican). She was the appointed spokesperson for the Sinixt Nation in Canada from 1990 to 2013. She continues her work as Smum iem Matriarch and knowledge-keeper for Sinixt. She is an accomplished storyteller of traditional and contemporary Sinixt stories as well as the co-author of *Not Extinct: Keeping the Sinixt Way* (Maa Press, 2018, 2021). Marilyn holds a Masters of Education from Simon Fraser University and has worked extensively in the field of curriculum development. She is an ardent advocate for her ancestors and the land and water of their **təmxʷúlaʔx**.

The Adventures of Burdock and Yarrow – LIVE

Get ready for giggles, learning, and a little herbal magic! The Adventures of Burdock and Yarrow is a joyful live performance created just for kids - happening right on our stage at the Kootenay Herb Gathering. Join Burdock and Yarrow, two lovable characters with a big love for plants and people, as they lead children through fun, interactive storytelling filled with songs, games, and laughter. Along the

way, kids will discover the basics of plant safety, how to recognize helpful herbs, how to be a good friend, and how to care for nature - and each other.

Slocan Streamkeepers

Join us for an insightful session with the Slocan River Streamkeepers, a dedicated non-profit society founded in 2003. Working on the unceded territory of the Sinixt people, this community-driven group focuses on protecting and restoring the aquatic and riparian ecosystems of the Slocan River Valley. This presentation offers a valuable opportunity to learn about grassroots conservation efforts and how collaborative community action contributes to the vitality of the Slocan River ecosystem.

Saturday Night Dance Party ft. DJ Adham Shaikh

Let your roots down and your spirits rise! Saturday night at the Kootenay Herb Gathering is all about celebration — and we're turning up the energy with an unforgettable dance party featuring world-renowned DJ Adham Shaikh.

Adham Shaikh is a Juno-nominated composer, producer, and sonic alchemist whose music has moved crowds on dance floors around the world. With a style that fuses global rhythms, deep bass, and lush organic textures, Adham crafts soundscapes that transport listeners and ignite dancers. His sets are an invitation into a vibrant blend of electronica, world fusion, and ancient-future vibes — perfect for a night of movement, joy, and heartfelt connection. A longtime favourite in the Kootenays, Adham brings the perfect vibe for a community celebration under the stars.

SCHEDULE

FRIDAY

11:00 am – 3:00 pm Registration

11:00 - 1:30 pm Elixir Bar Opens

12:00 - 1.15 pm Opening Circle and
Outdoor Circle Orientation

FRIDAY Session 1 1:30 – 3:30 pm

Indoor
Clinical Classroom Life After Cancer w/
Travis Cartwright

Outdoor
Outdoor Circle Re-Indigenizing Herbal
Practices w/
Tiffany Harper

Outdoor
Herb Walk Native Bee Walk w/
Terrell Roulston

FRIDAY Session 2 3:45 – 5:45 pm

Indoor
Clinical Classroom Case Review and Clinical
Materia Medica w/
Chanchal Cabrera

Outdoor
Outdoor Circle Aligned Hatha Yoga w/
Ellissa Crete

Outdoor
Herb Walk Plant Attunement &
Invasive Plant Walk w/
Diana Munday

6:00 - 11:00 pm Elixir Bar Opens

6:00 - 7:30 pm **Dinner**

7:00 - 8:00 pm Sinixt Protocols, Plant
Harvesting, and Right
Outdoor Circle Relationship with the Land
w/ Marilyn James

8:30 - 9:30 pm Stories from the Front
Inside Line w/ 7Song

9:45 - 11:00 pm Talent Show Hosted by
Inside Yarrow & Burdock

SATURDAY

8:00 - 9:30 am Elixir Bar Opens

9:15 - 9:30 am Announcements
Clinical Classroom

SATURDAY Session 1 9:30 - 11:30 am

Indoor
Clinical Classroom Herbal Analogs:
Hypothesis, Organoleptic
and Empirical Application
w/ Colleen Emery

Outdoor
Outdoor Circle Recovering From
Burnout with Herbalism &
Embodiment w/
Marie Zak

Outdoor
Herb Walk Herbalist Self Care:
Tending To Our Energy
Ecosystem, Through
Connection to Earth's
Wisdom w/
Beverly Gray

11:30 am - 1:30 pm Elixir Bar Opens

12:00 - 1:30 pm **Lunch**

SATURDAY Session 2 1:45 - 3:45 pm

Indoor
Clinical Classroom Integrative Perspectives
on Aging and Longevity
w/ Todd Caldecott

Outdoor
Outdoor Circle The Gentle Art of Flower
Essence w/
Marianne Beacon

Outdoor
Experiential Yoga: Root Into You
w/ Hamsa Woods

SATURDAY Session 3 4:00 - 6:00 pm

Indoor
Clinical Classroom Contextual Treatment
in Herbal Medicine w/
Sarah Orłowski

Outdoor
Outdoor Circle Return to the Earth,
Return to Self w/
Chantal Gagne

Outdoor
Elixir Bar Medicinal Mocktail Magik
w/ Yarrow Willard

SCHEDULE

SATURDAY

6:00 - 11:00 pm	Elixir Bar Opens
6:00 - 8:00 pm <i>Outdoor Circle</i>	Blanket Market: Sell, Swap or Give Away
6:30 - 8:00 pm	Dinner
7:45 - 8:15 pm <i>Clinical Classroom</i>	Adventures of Burdock and Yarrow -LIVE
8:15 - 9:00 pm <i>Clinical Classroom</i>	Slocan Streamkeepers
9:00 - 11:00 pm <i>Clinical Classroom</i>	Dance Party ft. DJ Adham Shaikh

SUNDAY

8:00 - 9:30 am <i>Clinical Classroom</i>	Announcements
6:00 - 11:00 pm	Elixir Bar Opens

SUNDAY Session 1 9:30 - 11:30 am

Indoor <i>Clinical Classroom</i>	Love the Skin You're In: Herbal Skin Cream Class w/ <i>Beverely Gray</i>
Outdoor <i>Outdoor Circle</i>	Revitalizing Traditions to support the Transformation of Birth w/ <i>Tiffany Harper</i>
Outdoor <i>Herb Walk</i>	Experiential Herb Walk w/ <i>Sarah Orlowski</i>

12:00 - 1:15 pm	Lunch
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SUNDAY Session 1 1:30 - 3:30 pm

Indoor <i>Clinical Classroom</i>	Embodied Constitution: An Exploration of Prakṛti in Ayurveda w/ <i>Todd Caldecott</i>
Outdoor <i>Outdoor Circle</i>	Remembering Alchemy w/ <i>Marianne Beacon</i>
Outdoor <i>Herb Walk</i>	Lichen Medicine Walk w/ <i>Patrick Kooyman</i>

3:45 - 4:15 pm <i>Outdoor Circle</i>	Closing Circle
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ELIXIR BAR MENU

Elixirs

Hot- with Coconut Oil or
Iced -with Oat Mylk

Reishi Chai \$7.00

Reishi Extract, Cinnamon, Fennel Seeds,
Ginger Root, Cardamom, Nutmeg, Cloves,
Vanilla Beans.

Matcha Mind \$7.00

Matcha Green Tea, Green Tea Pollen, Mucuna
Pruriens Extract, Lion's Mane and Moringa
Leaf Powder

Raven Roast Mocha Mate [caffeinated] \$7.00

Organic Dandelion root, Organic Cocoa,
Organic Ramon, Organic Chicory, Organic
Yerba Mate, Organic Ashwagandha.

Raven Roast, Cocoa Ramon [uncaffeinated] \$7.00

Organic Dandelion root, Organic Cocoa,
Organic Ramon, Organic Chicory, Organic
Ashwagandha.

Chaga Chai \$7.00

Chaga, Cinnamon, Roasted Chicory, Ginger
Root, Cardamom, Black Pepper, Cloves,
Grains of Paradise.

Kickstart \$7.00

Roasted Dandelion Root, Yerba Mate, and rich
heirloom Cacao.

Passes:

5 Cup
Drink Pass

\$30

ELIXIR BAR MENU

Mocktails

Fir Tip or Berry Powder Rim
[contains salt/sugar]

Eldermore \$7.00

Elderflower Cordial, Bitters, Rose Syrup

Sea Breeze Lemonade \$7.00

Uplifted Spirits, Sea Breeze Tea, Lemonade,
Fir Tip Tincture

Zhinger \$7.00

Turmeric Ginger, Lemon Concentrate, White
Pepper

Root Beer \$7.00

Chaga, Emery Herbals Rooted Tea
[Sarsaparilla, Sassafras, Yellowdock, Burdock,
Cinnamon, Dandelion Root, Anise Seed,
Licorice Root], Wintergreen Essential Oil,
Birch Bark

Cacao & Coffee

Hot- with Coconut Oil or
Iced -with Oat Mylk

5 Mushroom Mocha \$7.00

Coffee, Cacao Powder, Coconut Sugar, and
Harmonic Arts 5 Mushroom Concentrate
(Reishi, Cordyceps, Turkey Tail, Chaga and
Lion's Mane)

5 Mushroom Cacao \$7.00

Cacao Powder, Coconut Sugar, and Harmonic
Arts 5 Mushroom Concentrate (Reishi,
Cordyceps, Turkey Tail, Chaga and Lion's
Mane)

Coffee \$3.50

Organic, Fair Trade, Single Origin

Tea

Emery Herbals Bliss \$3.50

Holy Basil, Gotu Kola, Damiana, Nettle leaf,
Oatstraw, Marshmallow leaf, Violet Leaf and
Flower, Spearmint, Ginger, and Red Rose
Petals.

Emery Herbals Gentle \$3.50

Nettle leaf, Oatstraw, Spearmint, Alfalfa,
Lemon Balm, Rose Petals, Chamomile, and
Lavender.

Snacks

Wholesome snacks for all!

Carrot Marmalade Goji Berry Muffin [gluten-free] \$3.50

gluten free flour, gluten free baking powder,
carrots, marmalade, walnuts, flax seeds
raisins, gou ji berries, oil, sugar, salt

Prairie Fire Cheddar Muffin [gluten-free] \$3.50

gluten free flour, gf baking powder, cheddar
cheese, hot peppers, sage, salt, eggs,
sunflower seeds, flax seeds

Trio of Energy Balls \$3.50

combination of dates, cashews, coconut,
cranberries, cocoa

Chocolate Coconut Chia Cookies \$3.50

Gluten free flour, almond flour, coconut shred,
coconut oil, chia seeds, flax seeds, chocolate
chips, salt

Tamari Almond and Dried Cherries \$3.50

almonds, cherries, tamari

Organic Coconut Rolls \$7.00

Organic Coconut, Organic heirloom rice flour,
Organic cassava flour, Organic cane sugar.

Organic Apple \$1.00

CLASS DESCRIPTIONS

FRIDAY

Case Review and Clinical Materia Medica

Chanchal Cabrera

Drawing from over 40 years of clinical experience, Chanchal Cabrera will guide participants through the art and science of custom herbal formulation using a real-life case study. Together, we'll explore how to build a truly holistic protocol - one that integrates individual herbal actions, tissue-specific affinities (tropisms), synergistic pairings, effective dosing strategies, and essential safety considerations.

This session will also demonstrate how to incorporate both patient-reported experiences and clinical data such as bloodwork and imaging to inform and refine treatment plans. Ideal for advanced students and practitioners, this class offers a rare opportunity to deepen your formulation skills under the guidance of one of the field's most respected herbal clinicians.

Re-Indigenizing Herbal Practices

Tiffany Harper

Humans have an ancestral connection to plants as medicine, as food, for survival and for shelter. To many of the Indigenous peoples of North America that relationship extended to seeing the plants also as relatives. Many nations consider plants to have spirit, they are animate, and humans have had relationships with them since our own creation. Against all adversity the plants continue to be a strong part of our connection to the land, the place in which the ancestors walked before us, and where our connection to our history intersects.

In this experiential circle we will explore un-appropriative ways to bridge traditions, discuss effects of colonialism in health care, including herbalism, and how we can look to guidances such as the Truth and Reconciliation Commission Report and the Calls to Action to support our herbal practices and re-indigenizing our relationships to the plant world.

Native Bee Walk

Terrell Roulston

Join Terrell for this hands-on opportunity to learn how to observe, catch, and identify native bee species while on a walk through nature.

Native bees (and other pollinators) are of fundamental importance in balancing and maintaining native ecosystems and agricultural/horticultural practices. However, many people are not aware of the diversity of bee species in their surroundings—in British Columbia there are 500+ bee species alone, of the more than 40,000 species globally. This perspective is a shift in the conventional paradigm of what a 'bee' is, away from the non-native (and potentially invasive*) Western honey bee (a.k.a European honey bee; *Apis mellifera*). *Context dependant.

Terrell will demonstrate how to properly catch and store bees using the tools of the trade: A bug net, vial, cooler and icepacks. This experiential workshop will inspire environmental stewardship which can actually help save the 'right' bee species in peril (not the managed honey bee... although they are important for agriculture!).

DISCLOSURE: Handling noxious animals is potentially dangerous and bee stings can hurt, participants are responsible for their own safety and allergies.

CLASS DESCRIPTIONS

Life After Cancer

Travis Cartwright

The cancer journey doesn't end when the surgery has been completed or the last chemotherapy session has been administered. Rather, it's a journey that invites one into further healing and provides an opportunity for growth and renewal.

In this class we will discuss how to work with herbal medicines to help with the physical and emotional challenges those who survive cancer experience, and how to build a foundation of a cancer free life. Travis is a cancer survivor and has a lived experience of the challenges, as well as the beauty of life after cancer.

Aligned Hatha Yoga

Ellissa Crete

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. *Please bring your own yoga mat, and if possible, a strap, and blocks.

Plant Attunement & Invasive Plant Walk

Diana Munday

Plant Attunement Walk: where we dive deep into the world of plant energy, connection, and healing. This immersive

practice is designed for those looking to strengthen their bond with the natural world and cultivate a more intuitive relationship with plants. Whether you're a seasoned herbalist or a curious beginner, this experience will guide you on a journey to tune in to the subtle energies of the plant kingdom.

Stories from the Front Line

7Song

Experience herbalism in action with 7Song in Stories from the Front Line. With over 30 years of experience, 7Song will take you on a journey through his work from a young man until now. 7Song believes in resourcing different communities with free medicine and slowly working towards a true integrative model of health care. He will share his experiences including those from the Rainbow Gathering, weekly

SATURDAY

Herbal Analogs: Hypothesis, Organoleptic and Empirical Application

Colleen Emery

Herbalists in this time are faced with the growing reality that certain treasured and well-loved herbs have become increasingly more difficult to source. Climate change, loss of habitat, over harvesting and reduced industry availability all have made direct impact for certain plant medicines that once were abundant and more available.

Ethical practice with herbal medicine demands more emphasis is placed on finding appropriate and meaningful analogs to replace the herbs that are more problematic to source or face a significant impact from industry use. At times this may mean swapping out

CLASS DESCRIPTIONS

a herb with another, but more often it involves finding a combination of readily available and easy to source herbs that can come together to replace a herb that is threatened or has an associated concern to its use.

Join Colleen Emery as she shares several analogs and analog combinations that she works with her in clinical practice while ensuring efficacy of the herbal medicines remain.

Recovering from Burnout with Herbalism & Embodiment

Marie Zak

Burnout is a rock bottom moment. It asks us to do the impossible: pause our world and reevaluate what we're doing, how we're doing it, and deeper still - who we are. As dark and heavy as burnout can feel, it's an invitation from deep within, insisting that we align with a more authentic expression of self.

In this workshop we will explore the stages of burnout and key herbs that can support recovery. We will also discuss the psychology behind burnout (why we push ourselves too hard), and Marie will introduce embodiment tools that will empower participants to listen to the wisdom that is rooted in the body so that they can create healthy, sustainable ways of moving through the world.

Herbalist Self Care - Tending To Our Energy Ecosystem, Through Connection to Earth's Wisdom

Beverly Gray

Plants and trees have been adapting since the beginning of time, and we are being asked to do the same right now. How can we care for ourselves amidst all

the disruption in the world? As herbalists, we are often called upon to use our full capacity as helpers. How do we manage our energy needs?

Self-care is essential. It not only makes our work easier but also enhances our ability to receive subtle plant teachings and better serve those around us. We will explore a variety of ways to connect deeply with ourselves through self-care practices such as movement, meditation, and breath work. We will also discuss and taste adaptogen herbs, smell aromatic essential oils, and explore the subtle art of making plant energetic essences to help support us to root, rest, and renew.

Integrated Perspectives on Aging and Longevity

Todd Caldecott

This class explores aging as a multidimensional process through the lens of modern science and traditional medicine. We will review key mechanisms such as genomic instability, oxidative stress, inflammation, and hormonal decline, alongside traditional frameworks from Ayurveda, Traditional Chinese Medicine (TCM), and Physiomedicalism.

Emphasis will be placed on classical rejuvenative approaches adapted to the modern age, including rasāyana (Ayurveda), yǎng shēng (TCM), and trophorestoration (Physiomedicalism), with discussion of relevant materia medica. Selected pathologies and their treatment, associated with menopause and andropause, will be examined from both a biomedical and traditional perspective.

CLASS DESCRIPTIONS

The Gentle Art of Flower Essences

Marianne Beacon

All elements are on board when making and working with flower essences. The gentle, subtle touch of flower essences can work deeply through the various layers of our energy fields, including the emotional and mental aspects, and even help us on the physical level. Flowers carry messages, which can be interpreted by our bodies. Through working together, we can unravel some of this mystery.

In this workshop, we will learn how to make a flower essence, as well as engage in some discussion on how this type of medicine can help us to heal our nervous system in a world that seems to be in chaos. We will also have the opportunity to learn how to do a 'proving' of an essence. We will learn the steps in making a flower essence, 'prove' it, and everyone will have a chance to take home a small bottle of the essence that we make.

Yoga: Root into You

Hamsa Woods

This workshop offers participants an all-levels somatic and mindful yoga practice. The session will be held outdoors, allowing for a deeper connection with nature. The workshop will begin with a gentle warm-up, designed to prepare the body for movement. Following this, participants will engage in invigorating kriya and breathwork exercises, aimed at energizing and revitalizing the system. The session will conclude with a guided relaxation and meditation, fostering a sense of calm and inner peace. Participants can expect to leave the workshop feeling rested and renewed.

Contextual Treatment in Herbal Medicine

Sarah Orlowski

The focus of this workshop is to ensure that the treatment protocol for the client is in keeping with the specific needs of the individual rather than using a blanket approach to treat what may present as a similar condition in others. Powers of observation and other senses must be used to discern what differentiates the client's needs from a superficial understanding of the symptoms. In this way, we can address the underlying imbalance. From here, we can then proceed to match the health protocol to accompanying factors in the client's environment, be it lifestyle, habitat, latitude, season or climate.

Return to the Earth, Return to Self

Chantal Gagne

Since time immemorial First Nations People have inhabited the Land, tending to all matters of the Earth and her inhabitants in well and reverent ways. As a biracial Anishinaabe Kwe of the Ojibway Nation, I have worked hard to reclaim this aspect of my ancestry and through the ongoing resilient efforts of decolonizing my mind and heart, I have been blessed to find space to root, rest, and renew on the Earth in well and meaningful ways. Through an interactive lens and approach, I will lead an outdoor time of connection and discussion that includes story-telling, ancestral teachings, hands on experience with the lands, waters, and plants around us, and the process of courting and creating a sit spot. Throughout the exploration we will discuss key important ways of being and acting, when working with the Earth and our plant kin, that include reciprocity, gratitude, reverence, authenticity, truth, honesty, and love. Additionally, we will discuss the ancestry that we share with

CLASS DESCRIPTIONS

our plant relatives and how we have become genetically interwoven with one another, despite not being of the same physical form. Amidst the busy-ness of the world around us, this container will invite you into and hold you in a peaceful, calm, and truthful way. The space will usher you into returning within and finding the stillness required to truly connect to Self and the living world that surrounds you. A fitting quote from a Potawatomi woman named Robin Wall Kimmerer, states that, "The land knows you, even when you are lost."

Medicinal Mocktail Magik

Yarrow Willard

Double Double Toil and Trouble, make me a Mocktail with herbs and bubbles!

In this interactive taste tantalizing workshop experience, you will learn a variety of recipe ideas, tips and tricks for crafting your own herb and superfood infused mocktail beverages. We will be making and sampling drinks with tinctures, syrups, sodas, kombuchas, fresh and dried herbs and so much more...

Recipes can be loose, intuitive and natural, but the concepts are specific and methodical. Participants will walk away with new flavours in their mouths and laughter in their bellies.

Join the Herbal Jedi for this mini-intensive and walk away with the knowhow to start craft a variety of health enhancing social beverages for yourself and loved ones.

Love the Skin You're In: Herbal Skin Cream Class

Beverly Gray

In this workshop, you'll step into the Herbal Cosmetic Kitchen, where we'll explore a variety of plants and trees, focusing on their nutrients and suitability

for herbal skin creams. You'll learn the essentials of emulsification, including how to create both oil-based and water-based creams using infused herbs.

We will also cover:

- A variety of carrier & essential oils, hydrosols, butters & natural additives
- Skin cream formulation
- Preservation techniques that ensure longevity and prevent separation

Revitalizing Traditions to Support the Transformation of Birth

Tiffany Harper

In this workshop we will be looking at the traditions of care for birthing peoples, and their partner(s), incorporating modern care practices with Indigenous roots and traditions. We will focus on ways to support the health of the postpartum parent, their partner(s) and child(ren), and talk about longer term perspectives on the health and wellbeing of individuals and families. Birthing and the transition into parenthood is a considered time of major life transformation and the start of a "new ceremony". We will include the importance and ways of honouring that ceremony and the indigenous traditions in the postpartum, including traditional foods and herbal supports.

Experiential Herb Walk

Sarah Orlowski

No matter how much classroom knowledge one gains, nothing can replace getting into nature and using one's organoleptic abilities to get to know our live plant allies on their own turf. This year's themes of rooting, resting and renewal all have their place as we immerse ourselves within the tree canopy and open up to the energy of the natural environment.

CLASS DESCRIPTIONS

Developing our senses as herbalists is important in so many ways. It can help us to recognize possible misidentification in plants that you may not have harvested yourself. We can gain an understanding of why a plant may lean toward healing certain conditions by realizing the type of environment in which the plant grows. We can see the optimum time and season for ideal harvesting of the herb. Ultimately, it can help us understand the nature of the plant itself.

SUNDAY

Embodied Constitution: An Exploration of Prakṛti in Ayurveda

Todd Caldecott

This class introduces the foundational concept of prakṛti—an individual's unique constitutional nature—as an important lens for understanding health, behaviour, and therapeutic approaches in Ayurveda. We will review the essential theories behind prakṛti, including the guṇāḥ (qualities), bhūtaṇi (elements), and doṣāḥ (humors), and examine the role of prakṛti in both diagnosis and prevention. Participants will explore how constitution informs general considerations for diet and lifestyle. Through demonstrations, self-assessment, and practical tools for evaluation, students will learn to recognize constitutional patterns and apply this understanding in both personal and clinical contexts.

Remembering Alchemy

Marianne Beacon

Some of the forgotten aspects of the history of Western Herbalism includes Spagyrics, the herbal branch of Alchemy. In this workshop, Marianne will unveil some of this history, explain the process of how spagyrics are made, how they

work differently than regular herbal tinctures, and offer the opportunity to taste various spagyric preparations.

For Marianne, discovering these roots of herbal medicine, invigorated and ignited her passion for herbal medicine. She will attempt to explain how Alchemy ties all world medicines together with a shared history, and also, how spagyrics have so much potential in helping to address health issues at the root level. Alchemy has preserved ancient knowledge, and we'll discuss how to use it in a modern context.

Lichen Medicine Walk

Patrick Kooyman

Lichens are a diverse group of symbiotic organisms that represent cooperation between fungal, plant and bacterial kingdoms of life. Many lichens have traditionally been used as medicines, and modern scientific research has also examined many interesting medicinally active constituents found in lichens. Lichens are generally difficult to cultivate, are available only from the wild, and are often sensitive ecological indicator species for environmental health.

This workshop is intended for any herbalists wishing to use lichens in their practice, and will cover important topics including how to properly identify and distinguish medicinal lichens, ethical gathering practices to ensure that lichen medicines are not overharvested and continue to thrive, what we know about medicinal applications from perspectives of traditional use, scientific evidence and clinical application, and finally discussion of medicine making techniques to prepare lichens for use in herbal practice.

We will cover five genera of lichens that can be found in the West Kootenay region: The medicinal *Usnea*, *Alectoria*, *Lobaria* and *Peltigera*, as well as the toxic genus *Letharia*.

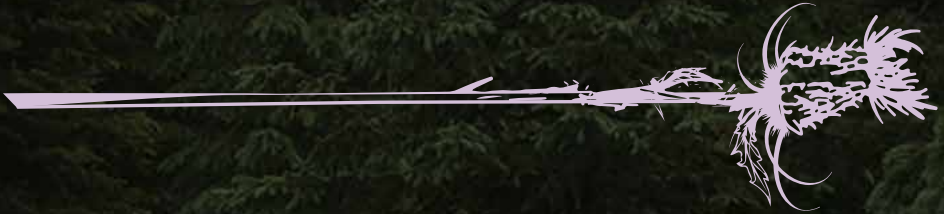
Program Notes

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