

WORKSHOP DESCRIPTIONS

Autumn Plant Walk / *Phyllis D. Light, MS, RH*

Plant walks are a big part of the herbal conference experience, and we look forward to walks with Phyllis every year! We'll learn to identify plants and discuss their medicinal properties while also enjoying stories of tradition and herblore.

Community Tending as a Wisdom Tradition / *Michelle Rigling The Cavewoman Way*

What if one of the reasons that community is so hard to find is because we have forgotten how to tend it? For generations, women carried and passed down traditions that intimately connect us to one another – story, song, nature's wisdom, and the folkways of our ancestors. What might it look like to find our way back to such a way of being together? How might we reclaim some of these practices? Our conference, in its own way, is a community – a temporary village – an opportunity to experiment with different ways of relating, connecting, and being. However, for us to create a community that is rooted in respect, safety, and authenticity, it takes many of us actively building and holding it. This circle-inspired workshop is an invitation to learn about the lost arts of community tending. Informed by eco-village and intentional community philosophies, we will explore how each of us can participate in carrying, protecting, and sharing the things that make community possible.

Crone Wisdom & Plant Archetypes / *Joanna Mann, Walden Farmacy*

The crone is the expression of the feminine archetype at the peak of wisdom. She has lived long enough to know who she is. She unapologetically lives her truth. She knows what really matters. She is moving closer to the otherworld and is anchoring its wisdom into current time. As we approach the colder months of the year we are living in the season of the crone, and there is much for her to teach us. Come tune into the energy of the crone through story medicine, plant archetypes that embody crone wisdom, and a ritual in which we will call on the crone to teach us through the dark half of the wheel of the year.

Fall Tree Medicine: Making Medicine with Roots, Bark and Fruit

Leslie Williams, MS, RH, The Ordinary Herbalist

In this immersive class we will practice peeling tree bark, and discuss sustainable harvesting of tree roots, bark and fruit. There will be a detailed overview of the common medicinal trees that are easy to identify in our region - and how to best process and preserve them into medicine for winter and year-round, using alcohol, oil, vinegar, glycerin, honey, and dehydration. Some trees we will discuss will include pine, cherry, oak, elder, mulberry, pecan, and bay berry.

Good Roots, Bad Roots / *Lisa Bedner, RH, RN, Pipsissewa Herbs*

Which roots are best for women's health and which roots are traditionally avoided? How do we determine dosage? What other special considerations are there for women? A few roots we'll talk about in this class include Dandelion, Burdock, Echinacea, Black Cohosh, Wild Yam, Valerian, and Angelica.

Harvesting Roots in the Native American Way / *Lisa Bedner, RH, RN, Pipsissewa Herbs*

What roots are medicinal? How do we tell if a root is ready to be harvested? What do we do with roots once we gather them? In this workshop, we'll explore the world of root medicine through the lens of Native Traditions and learn lots of ways to work with roots as food and medicine.

Healing the Overwhelmed Woman: A Spiritual & Herbal Approach / *Yolanda Hatch, Herbalist*

Modern women often carry emotional, mental, and spiritual burdens that lead to chronic stress. This workshop explores how combining spiritual practices with herbal support can help restore inner calm, resilience, and healing. This is an opportunity to tend to body, mind, and spirit while connecting with other women who are facing similar challenges and stresses.

Herbal Support for Women Living with Chronic Stress / *Yolanda Hatch, Herbalist*

Many women live in a constant state of stress while balancing work, caregiving, and life transitions. Over time this can lead to "allostatic overload", where the body can no longer recover from chronic stress. This workshop explores how herbs, nutrition, and simple daily practices can support the nervous system. More than a class, this is an opportunity for support, connection, and self-care.

Herbal Medicines for Children: Safety, Remedies & More / *Leah Larabell, High Garden*

Discover how to confidently use herbs to support your family's health with remedies children will actually enjoy taking. In this practical class, you'll learn the fundamentals of herbal safety for infants, children, and teens, including age-appropriate dosing, herbs to avoid, and when herbal care is appropriate versus when medical attention is needed. We'll also cover creative kid-friendly herbal preparations that will make herbal medicine easier for kids to accept. Whether you're a parent, grandparent, caregiver, or beginning herbalist, this class will give you the confidence to offer herbal medicines safely to the wild child in your life.

Making Salves and Oils from the Root / *Leslie Williams, MS, RH*

In this class we will learn how to make very potent salves, ointments, extracted oils and butters from local common plant roots. With a lot of examples to try, we will each make an extracted oil based on your personal medicinal interests. Some common roots we can grow or wildcraft are dandelion, burdock, chicory, sassafras, Solomon's seal, yellow root, elecampane, turmeric, valerian, ginger, yellow dock and more. We will consider best types of oils and types of waxes.

Pizza Medicine / *Heather Holloway, The Cat & The Crow Botanicals*

What if your favorite comfort food was actually a blueprint for a powerful home apothecary? In Pizza Medicine, we're taking a bite into the science behind your favorite toppings as we peel back the cheese and sauce to reveal the ancient botanical healers hiding in plain sight. From the antibacterial punch of Oregano to the stress-relieving magic of Basil, this 90-minute workshop transforms standard kitchen ingredients into a functional medicinal garden. We'll touch on the roots of traditional Italian herbalism, learn how to cultivate these Pizza Allies at home, and get hands-on with traditional remedies like respiratory steams, infused oils, and digestive tonics. Whether you have a sprawling backyard or a sunny

windowsill, you'll leave with the skills to grow, harvest, and craft your own delicious medicine. Learn how to turn culinary herbs into home and clinical remedies. Digestion, immunity, and stress relief—it's all on the menu!

Plantcestors: Reclaiming Herbal Lineage through Blood & Land / *Danielle Galvin, Root&Wander*

The plants remember, even when we don't. This class is for anyone who feels disconnected from their herbal lineage, whether through colonization, silence, displacement, or time, and wants to reweave that connection through relationship with the land and the plants that find us. We'll explore the idea of "Plantcestors", herbs that become kin, teachers, and guides, especially when our human lineage is lost or painful. Through reflection, ritual, and plant story, you'll be invited to remember where you come from, not only through blood, but through the green ones who have walked with you all along. This is not a class about having answers; it's a class about listening, choosing, and rooting into belonging.

Plant Energy Yoga / *Brandy McCann, PhD*

Plant Energy Yoga combines the spiritual discipline of yin-style yoga and the healing energies of plants. The class opens with tasting a tincture or tea, then moves into yin yoga & breath work. Yin yoga is focused on gentle poses, held for about 3 minutes each. Throughout the class Brandy will share plant tidbits on the focal plant and the class will close with a special meditation and reading. Plant Energy Yoga is suitable for beginners and experienced yogis alike.

Root & Flow by The Fire / *Michelle Rigling, PhD*

Join us around the fire on Saturday morning after breakfast for gentle movement, inspiring music and ecstatic dance. If the temperatures are already sweltering, we'll move and groove inside The Hearth.

Rootin' around with Leah: Root Medicine Walk & Talk / *Leah Larabell*

What would an Autumn herbal conference be without a class about root medicines? In this workshop we'll discuss the healing properties of medicinal roots and medicine making with roots. After this discussion, we will head out into the forest and see what we can find. Bring your notebooks and wear shoes for romping around in the woods.

The "Foundations" of Herbal Tea: Synergy, Steeping, and Sipping / *Leah Larabell*

Herbal tea is a well known and easily accessible herbal medicine form, but the deep medicine and complexity lies in the details. What makes a synergistic blend? What is the chemistry in steep times and constituent release? What is proper dosage? What herbs work well in tea? Join Leah Larabell, owner of High Garden Tea, and learn foundational herbal tea concepts while sipping her much loved *Foundations* herbal tea blend. This will not be your normal tea class!

The Leaves Know: The Art of Tea Leaf Reading / *Danielle Galvin, Root & Wander*

Long before oracle decks and pendulums, there were tea leaves, simple, sacred, and full of story. In this class, we'll explore tasseomancy, the folk art of reading tea leaves as symbols and signs, a ritual passed down through grandmothers, witches, and women in quiet kitchens. You'll learn how to prepare a cup,

how to soften into intuitive seeing, and how to read what's left behind once the tea is gone. This isn't just about fortune-telling; it's about listening: to yourself, to the plant, to the wisdom that rises in steam and silence. Whether you're brand new to divination or already fluent in symbolism, this class is a warm, welcoming portal into an old-world practice that still speaks.

The Psysterhood: Psychedelics & The Heroine's Journey / Michelle Rigling, PhD

Our conference comes to a close on *International Psychedelic Mushrooms Day* and we're going underground to explore a topic rarely discussed in modern psychedelic conversations: psysterhood. Michelle uses the word "psysterhood" to honor the lineage of priestesses, medicine women, and female ceremonialists that have tended to these sacred medicine rites for thousands of years as well as the communities of women who come together to engage with these mycelial wisdom-keepers. In this class, we will travel through herstory to discover the traditions, practices and sacred medicines that earth-centered cultures have trusted since ancient times. We will look to *The Heroine's Journey* as a map for understanding psychedelic experiences and we will discuss ways to support safe "travels" and a smooth return. Michelle will share tips and stories from her own experiences with sacred medicines as well as from her work as a Psychedelic Guide and Transpersonal Counselor. Michelle will also be revealing information about the first ever community-based guide training at the end of this talk.

The Shapeshifting Ovary + Herbal Allies for Aging / Phyllis D. Light, RH, MS

Science has recently uncovered that during the years during and after menopause, the ovary takes on a new superpower. In this fascinating class with Phyllis D. Light, created exclusively for our conference, we'll discuss how the ovaries' purpose and function evolve over the lifespan. Just like women, the ovary never loses "purpose," instead it is a shapeshifter and a carrier of wisdom. We'll also discuss herbal support for aging as we honor the seasons and cycles of our bodies. You don't want to miss this!