

THE ROOTED WOMAN SCHEDULE

Subject to changes

CONFERENCE | FRIDAY

Check-in: 12:30pm-6:00pm

2:00pm-3:30pm	The “Foundations” of Herbal Tea: Synergy, Steeping & Sipping (Leah Larabell)	Community Tending as a Wisdom Tradition (Michelle Rigling)	Fall Tree Medicine: Making Medicines with Roots, Bark & Fruit (Leslie Williams)
4:00pm-5:30pm	The Leaves Know: The Art of Tea Leaf Reading (Danielle Galvin)	The Native American Way: Harvesting Roots with Pipsissewa (Lisa Bedner)	Plant Energy Yoga with Goldenrod (Brandy McCann)
6:00pm-6:30pm	Dinner Served		
7:15pm-8:00pm	Rooted in Remembrance Opening Circle		
8:00pm-9:30pm	The Wisdom of Autumn (Leslie Bunt)	Autumn Equinox Fire Ceremony (Lisa Bedner)	Fireside Drumming after Fire Ceremony

CONFERENCE | SATURDAY

Check-in: 8:00am-9:00am (breakfast only served to weekend attendees)

8:00am-8:45am	Breakfast Served		
9:10am-9:40am	Root & Flow by the Fire		
10:00am-11:30am	The Shapeshifting Ovary & Herbs for Healthy Aging (Phyllis D Light)	Plantcestors: Reclaiming Herbal Lineage through Blood & Land (Danielle Galvin)	Making Oils and Salves from the Root (Leslie Williams)
12:00pm-2:00pm	Lunch, Vendors, Free Time		
2:00pm-3:30pm	Herbal Medicines for Children: Safety, Remedies & More (Leah Larabell)	Pizza Medicine (Heather Holloway)	Autumn Plant Walk (Phyllis D Light)
4:00pm-5:30pm	Herbal Support for Women Living with Chronic Stress (Yolanda Hatch)	Crone Wisdom and Plant Archetypes (Joanna Mann)	Good Roots! Bad Roots! (Lisa Bedner)
6:00pm-6:45pm	Dinner Served		
7:30pm-9:30pm	Herbal Dreaming Pajama Party with Joanna Mann		

CONFERENCE | SUNDAY

8:00am-9:00am	Breakfast Served		
9:30am-11:00am	The Psysterhood: Sacred Medicines & The Heroine’s Journey (Michelle Rigling)	Healing the Overwhelmed Woman: A Spiritual & Herbal Approach (Yolanda Hatch)	Rootin’ around with Leah (Root Walk) (Leah Larabell)
11:30am-12:00pm	Closing Circle + Surprises		
12:00pm-12:30pm	Lunch Served		