



## 2023 Midsouth Women's Herbal Conference Program Schedule and Food Menu

### Down to Earth Pre-Conference Program

*\*Pre-registration for Down to Earth Immersion Required\**

### Down to Earth Food Menu

Thursday Dinner: Fiesta Tacos and Churros
Friday Breakfast: Harvest Quiche & Banana Boats
Friday Lunch: Autumn Pizza & Potato Leek Soup

### Thursday Afternoon Schedule

Eastern Time	Workshop/Presenter	Location
3:00-6:30pm	Early Arrival Program Check-ins	Dining Hall Porch
4:30-5:30pm	Yoga in the Meadow (Stephanie Chance)	Moonlight Meadow
5:45-6:45pm	Dinner Served	Dining Hall
7:30-9:30pm	Rites of Autumn Ceremony (Michelle Rigling)	Dining Hall

### Friday Morning Schedule

Eastern Time	Workshop/Presenter	Location
8:00-9:15am	Breakfast Served	Dining Hall
9:30-11:30am	Going to Ground Immersion (Heather Holloway)	Dining Hall Porch
12:00-1:15pm	Lunch Served	Dining Hall

## Weekend Conference Program

### Weekend Food Menu

Friday Dinner: Herb Roasted Chicken & Root Veggies <i>(Vegetarian and vegan options will be available)</i>
Saturday Breakfast: Continental Breakfast + Carrot Cake Oatmeal
Saturday Lunch: Portabella Paninis + Celery Mushroom Soup
Saturday Dinner: Harvest Sweet Potatoes & Salad Bar
Sunday Breakfast: Root Hash, Avocado Toast, Poached Eggs

### Friday Afternoon Schedule

Eastern Time	Workshop/Presenter	Location
12:00-6:30pm	Weekend Conference Check-ins	Dining Hall Porch
1:30-3:00pm	A: Kitchen' Witchin' (Ruth Shelton)	Dining Hall
1:30-3:00pm	B: Autumn Plant Walk (Phyllis D. Light)	Dining Hall Lawn
3:30-5:30pm	A: Mabon Herbs and Rituals (Joanna Mann)	Moonlight Meadow
3:30-5:30pm	B: Poison Plants of Appalachia (Rebecca Beyer)	Dining Hall
5:45-7:00pm	Dinner Served	Dining Hall
7:00-8:00pm	Marketplace Mingle	Green Goddess Pavilion
8:00-9:30pm	Opening Ceremony with The Conundrums	Pavilion
9:30-10:30pm	Drum Circle (bring your drums!)	Moonlight Meadow

### Saturday Schedule

Eastern Time	Workshop/Presenter	Location
7:45-9:00am	Breakfast Served (Special Presentation @8:15am)	Dining Hall
9:00-10:30pm	A: The Gut/Nerve Axis (Phyllis Light)	Green Goddess Pav.
9:00-10:30pm	B: Wild Medicine Plant Walk (Susan Edwards)	Dining Hall Lawn
11:00-12:30pm	A: Roots Revival (Leah Larabell)	Dining Hall Lawn
11:00-12:30pm	B: Folk Astrology and The Signs (Phyllis D. Light)	Green Goddess Pav.
11:00-12:30pm	C: Sacred Mushroom Journeys (Michelle Rigling)	Dining Hall
12:30-2:00pm	Lunch Served	Dining Hall
2:00-4:00pm	Marketplace Mingle & Afternoon Free Time	Green Goddess Pav.
4:00-5:30pm	A: Herbal Skincare (Earcine Evans)	Dining Hall
4:00-5:30pm	B: Grounding from the Inside Out (Lisa Bedner)	Green Goddess Pav.
4:30-5:30pm	C: Kundalini Yoga (Stephanie Chance)	Moonlight Meadow
5:45-7:00pm	Dinner Served	Dining Hall
8:00-10:00pm	October's Eve Herblore Tea & Tell with Rebecca Beyer	Dining Hall

### Sunday Morning Schedule

Eastern Time	Workshop/Presenter	Location
7:45-9:00am	Breakfast Served	Dining Hall
9:00-10:30am	A: In the Pines: Forest Lore & Tree Medicine (Leah Larabell)	Dining Hall Lawn
9:00-10:30am	B: Mycelium Mysteries (Ali Banks)	Dining Hall
11:00-12:00pm	Closing Ceremony	Green Goddess Pav.

## Workshop Descriptions

### PRE-CONFERENCE ACTIVITIES

#### **Rites of Autumn Ceremony**

*Facilitator: Michelle Rigling, PhD, M.Sc.*

Engaging with nature through plant-spirit ceremony is an ancient sacred tradition. Although the descriptions of such practices may sound complex or intimidating, it really comes down to deeply listening to self and spirit. During this special evening of ritual and reflection we will look to the plants and trees for wisdom and guidance. We will explore the medicine of autumn and consider how the themes of grounding, rooting, letting go, mystery, and change are showing up in our own lives. Michelle will facilitate a plant-spirit experience and there will be time to share insights and experiences with one another. Bring a journal, and open mind, and a curious spirit.

#### **Going to Ground Immersion**

*Facilitator: Heather Holloway, The Cat & The Crow Apothecary*

Autumn calls us to burrow within ourselves and pull our energy inward for reflection, rest, and self-nourishment. In this immersive experience, we will commune with nature, connect with our own roots, practice deep grounding, and embody the themes of the season in intimate ways.

### CONFERENCE WORKSHOPS (Titles A-Z)

#### **Autumn Plant Walk**

*Authors: Phyllis D. Light, RH (AHG)*

Let's romp around the field and forest and see what's growing. Fourth generation herbalist, Phyllis D. Light, will teach participants how to identify medicinal plants, roots and trees and discuss the healing properties of these autumn allies.

#### **Folk Astrology & The Signs**

*Presenter: Phyllis D. Light, RH (AHG)*

The Signs in the Heavens and the four elements have served as traditional guideposts for health and prosperity for centuries. The core principle of folk health astrology is based on assignment of the Signs to different parts of the body as illustrated by the Almanac Man. My grandmother use to say, "When the Signs are in the head, folks will be catching colds." Or, "the Signs are in the feet, time to plant potatoes." Understanding the Signs which are assigned to different body parts (based on the Zodiac) can help bring an understanding of constitutional characteristics based on the four elements. These same Signs can also be used in planting and in other aspects of daily life. For example, to make hair grow, get the dead ends trimmed when the Signs are in the throat, gut, and knees. To harvest hay that doesn't mold, cut the hay in the old of the moon. Join Phyllis in a discussion of the body Signs, the four elements and their influence on the body. This is a really fun class!

#### **Grounding from the Inside Out**

*Presenter: Lisa Bedner, RN, RH (AHG)*

Join Medicine Woman and healer of the Tihanama, Lisa Bedner, for a very special class exploring the traditional healing ways of clay, mud, smudges and oils. This rarely offered class will offer an insight into a unique sector of earth healing. Lisa is a Native

American Herbal Practitioner and one of our honored Elders; the chance to learn from her is a special opportunity!

### **Herbal Skincare & Your Right to Know**

*Presenter: Earcine Evans, Pure Ciné*

Twenty-six seconds is all it takes for the chemicals in your personal care products to enter your bloodstream. Many of us believe that the FDA or the CDC maybe the controlling and approving the ingredients in our everyday personal care products, but the truth is far from the belief... personal care products are a part of the cosmetics industry which has been self-regulated since World War II. While there is an oversight board, it is populated with members that profit from the very products that are under scrutiny. As more and more research about the impact of parabens and other ingredients in common personal care products becomes available, we believe it is important to reiterate our deep commitment to informed, educated consumers.

### **In the Pines: Forest Lore & Tree Medicine**

*Presenter: Leah Larabell, High Garden Tea*

Every forest is enchanted and this wander through the woods will prove it. From folklore and forest myths to tree medicine and tree-spirit communication, this experience will change the way you think about a walk in the woods. We will discuss some unique topics such as how to tend to a wounded tree as well as ways to incorporate tree medicine into your remedies and rituals.

### **Kitchen Within': Cooking up Magic and Medicine**

*Presenter: Ruth Shelton, The Empirical Herbalist*

Aside from the garden, the kitchen is the easiest place to discover and use new herbs. In this class we will explore the rich (and delicious) world of Spice Rack Medicine and discuss how to build health through nourishing foods and the easy-to-access herbs. You'll be amazed at how nutritional and medicinal some of the ingredients already in your pantry can be. We will look at traditional ways to use herbs to enhance your food and also get creative with flavor pairings and new combinations. You'll leave this class inspired with new ideas and recipes that you can immediately start using in your daily life! Move over Food Network, here comes Herbal TV! (Food samples included)

### **Mabon Herbs & Rituals**

*Presenter: Joanna Mann, Walden Farmacy*

In this special experience, participants will gather in sacred circle to tune into the autumn energies and share in a telling of Persephone's underworld journey while sipping on a tea specially formulated for this season called "Into the Depths." Once our nervous systems have been lulled into a healing space, we will join our energies to cast a circle and engage in a Fall release ritual to acknowledge the beauty of that which is passing as we release.

### **Making a Wild Medicine Plant Walk**

*Presenter: Susan Edwards, Wolf Lily's Dancing Apothecary*

In this class participants will gather for a plant walk among our beautiful plant friends on the grounds of our conference site. We will craft a wild tea and discuss the plant medicines of some of the herbs, shrubs, and trees that we come across and who might be calling out to us at that time. The knowledge of the collective will be interwoven throughout our time together as we will have the opportunity to share stories of these

plant medicines and our experiences with them along the way. Susan will provide information from her experiences and uses with these plants as well, and together we will craft a wild medicine as a demonstration with some of the plants we have learned about together on our walk. We will also be able to taste some medicinal plant preparations if you so choose, from Susan's own Wolf Lily's Dancing Apothecary, an ever changing selection based on seasons and the natural flow and shifts of life.

### **Mycelium Mysteries**

*Presenter: Ali Banks, Forest Folk Fungi*

In this class we will learn about the medicine and magic of mushrooms native to our southeastern forests with a focus on reishi and lion's mane. We'll cover safe and ethical foraging practices, various preparations and medicine making techniques (tinctures, teas, topicals, and essences), medicinal applications, and energetics. Working with the doctrine of signatures and planetary correspondence will help us integrate our learning and go beyond memorization. Join us for a mystical and magical class infused with practical information and insightful discussions.

### **October's Eve Herblore Tea & Tell**

*Presenter: Rebecca Beyer, Blood & Spicebush*

Join us by the fire for a magical evening of storytelling and herblore. We'll sip on a very special seasonal tea chosen just for this occasion while we listen to herblorest, Rebecca Beyer, share whimsical and fascinating stories about the plants and herbs of autumn. Bring a wrap or blanket for an extra-cozy experience. This event will take place on Saturday evening indoors around the fireplace in the dining hall.

### **Poison Plants of Appalachia**

*Presenter: Rebecca Beyer, Blood & Spicebush*

The Poison Path, first coined by mystic plant man Dale Pendell, is a path of wortcunning that requires knowledge and respect for some of the more dangerous plants in our pantheons. While henbane, datura, mandrake and other Solanaceous plants often dominate these discussions, what bioregional plants occupy similar energies here in the Southern Appalachians? Plants like poke, mayapple and sassafra await us to show us that what can kill can also cure.

### **Roots Below**

*Presenter: Leah Larabell, High Garden Tea*

It's time to go beneath the surface. Let's dig deep into the concept of Rootwork and what it means within the realm of herbalism. We'll uncover the almost lost art of how to make potent root medicine including teas, tinctures and vinegars as well as how to properly harvest the roots doing the least damage to our plant kin. Lastly, we will root down and explore the spirit medicine roots can offer and how it fits with this season of the year. All while sipping on some Roots Below tea and enjoying the presence of the deep ones.

### **Sacred Mushroom Journeys**

*Presenter: Michelle Rigling, PhD, Trauma-Informed Sacred Plant Medicine Guide*

Whether you are curious about the history of sacred mushroom medicine or you would like to know more about journeying with psychedelic plants and mushrooms, this workshop will offer a safe space for learning, sharing, and asking questions. We will discuss mystical experiences, altered states of consciousness, and changes in the brain that occur during these sacred journeys plus explore considerations for safe and

transformative experiences such as set and setting, honoring the medicine, ceremony, and integration.

### **The Gut/Nerve Axis and Herbs for Healing**

*Presenter: Phyllis D. Light, RH (AHG)*

The Gut/Brain or the Gut/Nerve axis is one that's often overlooked though it seems to have great implications for our digestion, our mood, and our attitude. The Enteric Nervous system stretches from the esophagus to the rectum. It influences both sympathetic and parasympathetic nervous systems, the endocrine system, digestion, and our thoughts/intuition. It gives rise to the concept that our gut is our second brain. We'll discuss the physiology of the enteric nervous system, the influence of the microbiome, and foods and herbs to help support this system.