



June 1, 2024

## Class Descriptions

(schedule may be subject to change)

### 8:30-9:15am ~ registration, tea, and opening circle

### 9:30-10:45 ~ Classes

- ⊗ **Healing Trauma and the Psychedelic Rewiring of Disease ~ Dr. Maya Shetreat** (Tent 1)  
Psychedelic Master Plants have long been known in indigenous communities to heal all manner of disease - often miraculously. We have only recently begun to describe through science the connection between early traumatic experiences and the development of physical and mental illness later in life. Join this conversation with neurologist Dr. Maya Shetreat, author of *The Master Plant Experience* and founder of Portal, a training for psychedelic-informed practitioners, to explore how psychedelics can interrupt cellular memory through both a scientific and sacred lens - and in ways you may never have imagined.
- ⊗ **Nothing Simple about Simples! ~Lore McSpadden-Walker** (Tent 2)  
Herbal blends are so much fun: let's not deny it! But sometimes in the fun of exploring the abundant tastes and gifts of different herbal combinations and concoctions, we forget the beauty of preparations that use only one herb (also known as simples). Incorporating more simples into your herbal practice offers many benefits, the foremost of which is a much deeper level of connection with the unique properties of your different plant friends. This workshop will invite attendees to explore ways that working with simples can have a transformative effect upon their relationship with medicinal plants.
- ⊗ **Native Plant Agriculture ~ Isaac Hill** (Barn)  
Join Isaac as we look at some delicious and easy to grow native plants for the permaculture garden. From perennial greens such as Sochan (*Rudbeckia laciniata*) to fruits like pawpaw (*Asimina triloba*) to nuts like shagbark hickory, we will look at some of the most interesting and productive native edible plants, and how best to grow them in a NY climate.
- ⊗ **Sustainable Aromatic Plant Distillation 101 ~ Beth Ward** (Red House)  
This workshop is an introduction to the art of sustainable plant distillation. Learn the basics of responsibly distilling quality essential oils and hydrosols with the plants growing outside your backdoor.
- ⊗ **Radical Foraging Walk Part 1 ~ Marguerite Uhlmann-Bower** (Registration/Outside)  
Join Marguerite herbalist, Plant medicine person and nurse for 2 hour a beginner to intermediate Plant and Tree identification walk on the land that surrounds us. The language of Plants teaches us a relational language. We will explore how that is while learning about their serve us and how we can be of service to them in a commodity-free, collaborative way.
- ⊗ **The Magic of Journaling ~ Bailey Marks** (KidZone)  
Let's talk about how magical creatures can guide us to new discoveries about our bodies and the world around us. Make your own nature journal and learn different techniques to keep track of what you notice. Take part in sit spots with different plants and a scavenger hunt to see who can find the most magical plant friends around!
- ⊗ **Sensual Crones Part 1 ~ Isa Coffey, RN** (Cabin)  
In this time of our growing power, we'll recognize and nourish our perfect, and perfectly aging bodies. We'll make aphrodisiac teas, drinks, and baths; breast/chest balms; lubricants for internal and external touch; and an erotic massage oil. We'll explore pelvic bowl steaming. We'll learn the yummy anatomy of the clitoris and vulva and talk about pleasure!

### 11:00-12:15 pm ~ Classes

- ⊗ **Maintaining Your Center with Chinese Medicine ~ Amanda Lewis** (Tent 1)  
Let's establish new patterns of freedom in our lives by exploring methods that help us ground our bodies, smoothen our breath, and bring equanimity to our minds. Using ancient wisdom techniques from Chinese

Medicine, Qigong, and Tibetan Buddhism, this class will focus on simple things we can do in our daily lives to feel more grounded and at ease.

⊗ **7 Common Medicinal Plants that grow in the Finger Lakes Region ~ 7Song** (Tent 2)

We will look at Boneset, Blue vervain, Japanese Barberry, Catnip, Wild cherry, Witch hazel and Japanese knotweed.

⊗ **Native Ecological Restoration ~ Mike DeMunn** (Barn)

Restoring our lands and forests natural ecology, health, and biodiversity.

⊗ **Zero Waste Food Storage ~ Marita A Orr** (Red House)

In this workshop we will discuss a few ideas about zero waste food storage solutions. We will cover solutions to keep your food fresh longer, save money, and send less waste to landfills. Each participant will take home either: 1 Cotton bread bag. Cotton dishcloth and sewn together by hand. 1 Beeswax food wraps. Cotton fabric saturated in a blend of beeswax, jojoba oil, and pine resin.

⊗ **Radical Foraging Walk *continued* ~ Marguerite Uhlmann-Bower** (Registration/Outside)

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**12:30-2:00pm ~ Lunch, networking, market, and music by Travis Knapp & Annie Sumi**

**2:00-3:15pm ~ Classes**

⊗ **Intro to Polydiaphragmatic Breathing ~Dr. Anjani Teves** (Tent 1)

We will begin this exploration of our body's multiple diaphragms starting with an anatomy lesson on the thoracic diaphragm. This class allows students to experience the power and function of the diaphragms. We'll start with getting to know our own diaphragm in an interactive journey because knowing where it is and what it does will empower you to make better use of it. You will be amazed how quickly a person with no prior training can make radical changes in the ease and satisfaction of breathing. Better Breathing = Better Physiology.

⊗ **Uterine Balancing ~ Andrea Reisen** (Tent 2)

Uterine Balancing is so simple yet so profound! It is the womb of all that we hold dear: self-esteem, our essence, the beginning of life. With this simple technique you can balance your very core for inner and outer wellness!

⊗ **The Basics of Growing Native Berries ~ Shona Ort** (Barn)

In this class we will cover the basics of growing native berries such as aronia, bearberry, blackberries, blueberries, cranberries, elderberries, raspberries, strawberries and more. The topics we will cover will be site selection, fertilizing, pest control, pruning, propagating and others. Level: Beginner.

⊗ **Phytochemistry and Medicine-Making ~ Amanda Croke** (Red House)

Phytochemistry is fun! It's also a great tool for making effective extractions. Learn basic phytochemistry that will help you to make potent medicine and to shop for herbal products that are well-made. We will explore the most common menstruum (alcohol, vinegar, water, etc.) and their properties as chemical solvents — you'll learn which solvents extract which phytochemicals and how to know the phytochemical makeup of herbs. You'll leave class with a basic understanding of phytochemistry that will go a long way toward making potent herbal medicine.

⊗ **Woodchip bed inoculation of wine cap mushrooms: A gardener's best friend ~ Darren Johnson** (Registration/Outside)

Living in central NY as a gardener, building soil while we grow our food is a top priority, so why not layer our systems and do both at the same time? Come join this interactive, hands-on workshop to learn how to inoculate your garden with Wine Cap mushrooms. This fungus quickly breaks down wood chips, eats nematodes, boost plant yields, is deliciously edible. Beginner

⊗ **Making Homemade Paper ~ Eleanor Liebson** (KidZone)

How to make homemade paper that can be decorated with flowers/leaves and seed paper using wildflower seeds the children can later plant at home.

⊗ **The Art of Flower Essence Creation & Use ~ Lizbeth Russell** (Cabin)

Flower Essences are a type of "homeopathic tincture," working on a vibrational level to help bring balance to specific aspects of a person's energy. In this workshop, students will learn the basics of creating a Mother Essence,

as well as blending and preparing personalized essences for self or family. Intermediate level. Appropriate for teens and adults.

### 3:30-4:45pm ~ Classes

- ⊗ **Herbal Support for Mental Health ~ Briel Beaty** (Tent 1)  
Treating Stress, Anxiety and more at all stages of life In this class we will dive into a class of herbal remedies known as "Nervines". These plants support the nervous system and can help reduce stress levels, anxiety and depression. This class is a hands on class and you will have the opportunity to taste, touch, and smell herbs in a variety of forms.
- ⊗ **Breast Wellness from a Traditional Chinese Medicine (TCM) Perspective ~ Shawn Tubridy** (Tent 2)  
Join Shawn Tubridy, MA to talk about ways to apply TCM 5-element theory to your own healing. Practice 7 simple meridian stretches that help to move stagnation and increase the flow of energy through your body. These energy movements can also help to reduce anger, anxiety, depression, PMS and Menopausal symptoms. Learn how to awaken and build your own healing energy! Open to everyone
- ⊗ **Synergistic Connection Between Fungi and Cannabis from Soil to Shelf ~ Nicolette Hallock** (Barn)  
Understanding the benefits of these two master beings and how they work together to create an environment that can support one another through the vegetation/fruited stages both indoors and outdoors-as well as learning how to create medicine by combining the two and the benefits of such formulations. Beginner
- ⊗ **Herbal First Aid ~ Michele Crosta** (Red House)  
As we embrace the joys of Spring and Summer adventures, unforeseen mishaps can sometimes be part of the journey. And sometimes we get caught in the path of a bee or wasp, trip and fall or eat something that upsets our stomachs. In this class, I'll guide you through a curated selection of herbs and herbal products tailored to support you and your loved ones during unexpected challenges. Together, we'll delve into the specifics of each herb and product, and you'll understand why I consider them indispensable travel companions. From salves and tinctures to loose herbs and supplements, we'll explore a range of remedies designed to address minor injuries like bug bites, scrapes, and bruises. By the end of our session, you'll be equipped with the knowledge to assemble your own personalized herbal first aid kit, ensuring that you can confidently turn to nature's remedies during your outdoor escapades and help ease anxiety when accidents happen.
- ⊗ **Walk on the Wild Side ~ Andrea & Matthias Resien** (Registration/Outside)  
The plants have much to share with us. We will discover what plants surround us, not only those under our feet, but in fields and forest. How do we learn to identify them, not only from a botanical perspective but from a physical and spiritual aspect. We will stroll the field and meadows and introduce you to the medicine and healing spirits of the plants. All levels
- ⊗ **Loose Parts ~ Eleanor Liebson** (KidZone)  
We will use various craft items to make wind chimes for your garden, porch, or fort. Bring your most cherished stick or find one here and transform it into a magical fairy wand with bells, charms, and ribbons.
- ⊗ **Breathing Deep: Exploring the Mind-Body Connection Through Nature ~ Laura Peters** (Cabin)  
What can trees teach us about wellness and community? Together, we will explore how mindful connection to nature, community and our own intuition can be gateways to healing. The session will include research by Forest Ecologist Dr. Suzanne Simard, and the practice of Forest Bathing (shinrin yoku); discussion; nourishing earth-centered mindfulness practices; and conclude with Q and A.

### 5:00-6:00pm ~ Classes

- ⊗ **Mushroom Tea Time ~ Emma Gutierrez and Zack Despreaux** (Tent 1)  
Come join us for a sampling of mushroom teas and herbal pairings while we talk about all things mushrooms. This class is geared towards all experience levels, where we truly believe there is no such thing as a dumb question. From finding mushrooms in the woods, home gardening with mushrooms, to complex lab work or tincture preparations, bring any and all mushroom questions.
- ⊗ **Herbs for Women; with a focus on breast health and hormone balance ~ April Hart** (Tent 2)  
A female geared look at holistic methods for managing hormones in all stages of life, as well as specific herbs to use for balance and breast health alike. We will also look into lifestyle and environmental factors, and ways to navigate them, highlighting more than (just) plants. beginner for adult females
- ⊗ **What is Real Immunity? ~ Brion Scimae** (Barn)  
There is a choice in protecting yourself and your family. Discover Homeopathy's 200 year old method of educating the Immune System naturally. Homeoprophylaxis or HP offers energetic medicine for protection

against illness and disease. The goal of HP is to awaken the immune system and further support the body's terrain. This is a tool for your family's natural health tool kit that you won't want to miss.

⚙ **KombuSPA ~ Ayla Rose** (Red House)

Balance the pH of the skin at the KombuSPA! We'll craft and use kombucha-based facial masks, toners, & creams while our feet soak in a kombucha-based detox.

⚙ **Odds and Ends ~ Eleanor Leibson** (KidZone)

⚙ We will use various craft items to make wind chimes for your garden, porch, or fort. Bring your most cherished stick or find one here and transform it into a magical fairy wand with bells, charms, and ribbons.

⚙ **Nourishing the Rose ~ Antonisha Owens** (Cabin)

Participants will delve into the rich history and myriad benefits of incorporating roses into a woman's diet. This class aims to impart essential knowledge on why integrating roses is not only a culinary delight but also a crucial element for promoting overall well-being and vitality. Join us to explore the floral journey to a healthier and more vibrant you.

**6:00-7:00 ~ Community Drum Circle, final chance to shop, hangout and mingle**

⚙ **Community Drum Circle ~ Maria Anderson** (Tent 2)

Join us for a transformative experience that combines drumming, movement meditation, breathwork, singing and the nurturing embrace of a safe, sacred circle. All ages welcome. No previous experience required. *If you have your own drum*, please bring it to the circle. We have a few drums to borrow.