



## Tentative Class Schedule

June 1, 2024

### 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)
- ⊗ Nothing Simple about Simples! ~ Lore McSpadden-Walker (Tent 2)
- ⊗ Native Plant Agriculture ~ Isaac Hill (Barn)
- ⊗ Sustainable Aromatic Plant Distillation 101 ~ Beth Ward (Red House)
- ⊗ Radical Foraging Walk *Part 1* ~ Marguerite Uhlmann-Bower (Registration/Outside)
- ⊗ The Magic of Journaling ~ Bailey Marks (KidZone)
- ⊗ Sensual Crones *Part 1* ~ Isa Coffey, RN (Cabin)

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

- ⊗ Maintaining Your Center with Chinese Medicine ~ Amanda Lewis (Tent 1)
- ⊗ 7 Common Medicinal Plants that Grow in the Finger Lakes Region ~ 7Song (Tent 2)
- ⊗ Native Ecological Restoration ~ Mike DeMunn (Barn)
- ⊗ Zero Waste Food Storage ~ Marita A Orr (Red House)
- ⊗ Radical Foraging Walk *continued* ~ Marguerite Uhlmann-Bower (Registration/Outside)
- ⊗ Sensual Crones *continued* ~ Isa Coffey, RN (Cabin)

### 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)
- ⊗ Uterine Balancing ~ Andrea Reisen (Tent 2)
- ⊗ The Basics of Growing Native Berries ~ Shona Ort (Barn)
- ⊗ Phytochemistry and Medicine-Making ~ Amanda Crooke (Red House)
- ⊗ Woodchip Bed Inoculation of Wine Cap Mushrooms ~ Darren Johnson (Registration/Outside)
- ⊗ Making Homemade Paper ~ Eleanor Liebson (KidZone)
- ⊗ The Art of Flower Essence Creation & Use ~ Lizbeth Russell (Cabin)

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

- ⊗ Herbal Support for Mental Health ~ Briel Beaty (Tent 1)
- ⊗ Breast Wellness from a Traditional Chinese Medicine (TCM) Perspective ~ Shawn Tubridy (Tent 2)
- ⊗ Synergistic Connection Between Fungi and Cannabis from Soil to Shelf ~ Nicolette Hallock (Barn)
- ⊗ Herbal First Aid ~ Michele Crosta (Red House)
- ⊗ Walk on the Wild Side ~ Andrea & Mattias Reisen (Registration/Outside)
- ⊗ Loose Parts ~ Eleanor Liebson (KidZone)
- ⊗ Breathing Deep ~ Laura Peters (Cabin)

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

- ⊗ Mushroom Tea Time ~ Emma Gutierrez and Zack Despreaux (Tent 1)
- ⊗ Herbs for Women ~ April Hart (Tent 2)
- ⊗ What is Real Immunity? ~ Brion Scimae (Barn)
- ⊗ KombuSPA ~ Ayla Rose (Red House)
- ⊗ Odds and Ends ~ Eleanor Liebson (KidZone)
- ⊗ Nourishing the Rose ~ Antonisha Owens (Cabin)

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

- ⊗ Community Drum Circle ~ Maria Anderson (Tent 2)