

*The Second Annual MidAtlantic
Women's Herbal Conference*

Saturday, October 6th, 2012

Kempton, PA

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www.redearthfarm.org/whc

Herb, Heart and Hand

Schedule of the day:

8am - 8:45am: **Registration** ~ **Vendor booths open.** Coffee, tea and snacks available for purchase from Pure Blend Tea and Global Libations.

9am: **Opening Circle** ~ All meet in the Great Tent. This is a prayerful moment to begin the day's journey with mindfulness, connection and joy. Bring drums or other instruments if you would like to join the drumming circle. Vendors closed until 10:15.

9:30am: **Morning Keynote Speaker** ~ All meet in the Great Tent
Herb, Heart and Hand ~ **Donna Bryant Winston**

"To be successful, the first thing to do is fall in love with your work." ~ *Sister Mary Lauretta*. Join us as we discuss the Art of Caring for our family and community. We will explore the insight of listening to our hearts as we deliver compassionate care. Sharing stories of the numerous ways to manifest healing using our hands and the meaningful role that herbs play in our practice.

10:15am: **Break** ~ **Vendor booths open.**

10:30am: **Classes begin**

**Great Tent: Stress, Adrenal Fatigue, and the Female Endocrine System:
~ Mary Bove**

This lecture will cover naturopathic and botanical tools used for building optimal health in the female endocrine system cultivating wellness, optimal endocrine function and the treatment of endocrine complaints. Learn to put the pieces of the puzzle together in creating an effective treatment plan to minimize the stress on the adrenal system during the female lifecycles. Botanical medicines along with physical modalities of lifestyle, diet, nutrition, and wellness counseling will be discussed in a holistic perspective for addressing adrenal health.

Tent A: The Seasonal Journey of Women: ~ Deb Soule

Women innately carry the rhythm of the seasons in their reproductive physiology, both in their monthly cycles and in a larger perspective as they move from menarchy through their fertile years and finally into menopause. This class will honor this journey and focus especially on herbal support for a graceful transition from perimenopause to menopause.

Tent B: Healing the Heart: ~ Pam Montgomery

This most important organ in the body has been extolled for centuries as the place from which love springs and yet we are heartsick with lack of love in our lives and on the planet. Join us for a heartfelt look at putting the heart in its rightful place as the primary organ of perceptions and keeping it healthy physically, emotionally, and spiritually. Herbs, flower essences and plant spirits will be incorporated.

Red Clover Field: Beginner's Herb Walk: (Teacher TBA) Meet in the field near the Great Tent. Learn how to identify and use many common herbs that grow in the Pennsylvania region. Discussion of the some of the different ways to prepare herbs for medicine will be included as we walk.

Noon - 1pm: LUNCH break ~ Vendor booths open. Select from a variety of vendors offering vegetarian and vegan options for purchase. Time to walk, shop, relax, socialize.

1 pm: Afternoon Classes Begin

Great Tent: The Secrets of Soap-making: ~ Donna Bryant Winston
Note: **This class starts early at 12:30** to allow ample time for soap making.

Join Donna in this delightfully fun, hands-on, workshop as we discuss the history of soap and go through every step of the soap-making process, sharing tips and techniques along the way. Participants will learn how to incorporate herbs, essential oils, and natural ingredients into their luxurious handmade soaps. A goat's milk soap will be made in class and participants will leave feeling confident about making soap on their own. Class includes handouts, recipes, and a sample of soap!

Tent A: Joyful Mind, Peaceful Heart: ~ Deb Soule

Explore gentle, nourishing herbs which ease stress, insomnia, heartache and assist in life transitions which can be unsettling. Hawthorn, linden flower, lavender and rose are just a few of the herbs to be discussed...and sampled!

Tent B: Plant, Animal and Soul Allies: ~ Kerry Smith

In this world there are countless hidden resources that we can draw on for support and guidance. In this class we will take a look at how we can access vital energies from the plant and animal kingdoms, and retrieve fragmented or stolen aspects of our own self in order to heal and enter more fully into our life purpose.

Red Clover Field: Drumming Class: Power of the Drum:~Kristen Arant
meet in the Potato Patch, or in case of rain, meet in the Pack House.

Learn how to play the West African djembe drum through easy rhythm patterns that open the heart and leave everyone feeling successful. Cultivate the inner voice, strength, self confidence and focus while melting away feelings of isolation, depressions and anxiety. Song, chants and women in circle with cultivate unity, deep healing and empowerment. \$5 drum fee (unless you bring your own djembe).

2:30pm: Break. Vendor booths open.

2:45pm: Mid-Afternoon Sessions begin

Great Tent: Learn Directly through Plant Communication: ~ Pam Montgomery

Plants and people have evolved together for eons and are in deep symbiosis with each other which provides the ability to easily communicate. Come join us to learn how we are "hardwired" to bond with plants while having an opportunity to practice moving into communion. This is an experiential class.

Tent A: Kitchen Medicine: ~ Donna Bryant Winston

In this class participants will become familiar with the many remedies that are available in the kitchen to help keep their families healthy. It may be surprising to learn that many food items as well as kitchen spices have medicinal properties. Their secrets will be revealed as we use cinnamon, cacao, cayenne, garlic, ginger, lemon, thyme, sage, and rosemary to create exceptional "kitchen medicine."

Tent B: Kid's Health: the Digestive / Immune Connection: Mary Bove

The first several years of a child's life is essential for establishing immune system health, cognitive development, allergic predispositions, skin health, and digestive health. Proper digestive function is directly related to immune health via several mechanisms including a healthy thriving microbiota. Look at the role of botanical medicines for supporting optimal digestive system development and colonization of the microbiota to encourage healthy immune system development. Some of the botanical medicines discussed include astragalus, althea officinalis, ulmus falva, glycyrrhiza glabra, chamomile, larch, and calendula flower

Red Clover Field: Yoga for Body, Mind and Spirit: (Teacher TBA) Bring a mat or towel, or just use the good brown earth.

4:15pm: Break: Vendor booths open

4:45pm: Evening Keynote Herb, Heart and Hand: ~ Mary Bove

The herbalist's journey as the world turns through the seasons offers so many possibilities to the student of herbs. Herbs reach into our lives in multiple dynamics weaving threads that touch many nooks and crannies. Opening the heart to the teaching of the plants allows us to gaze with wonderment upon the healing power of nature. The role of the herbalist as a steward in assisting the blossoming and seeding of plant knowledge and in the preservation of plants in the natural world is an intricate part of the healing cycle. Where might this journey take the herbalist?

5:45: Closing Circle

6pm: Celebratory Dinner: Dinner available for purchase from Balasia, including vegan options, Good Eats, including gluten free options, Wanamaker's General Store. **All vendors open for shopping!**

7-8pm Evening Drum Circle: Join in with your own drum, or instrument of any kind, or come dance, clap, sing, sit with your eyes closed, whatever moves your spirit is welcome. Help us end the day with celebration!

New this year! KIDS' CAMP! Ages 3-12 are invited to participate in projects and activities geared for FUN and LEARNING! 9:30 am until noon and then 1 pm until 5:45pm. Little ones must be fully potty trained. Advance registration required: space is limited!

Vendor space may still be available. We are especially looking for handmade crafts, herbal products, clothing made from local or sustainable sources. To receive a vending application, please send an inquiry to mawomensherbalconference@gmail.com