

SCHEDULE

WISE WOMAN WORKSHOP AT ELDERBERRY'S IN PAONIA

THURSDAY - SUNDAY, JULY 26-29, 2018

7/26 Thursday Afternoon	Arrive at Elderberry's, set up your tent (or settle in to your room, tiny house, Air BnB or motel - see list provided). Have a look around - gardens, meadows, trails ... Welcome to Paradise!
7/26 Thursday Evening 6 pm 7:30 pm	Dinner/Potluck and Welcome at the farm, meet your fellow participants Opening Circle, Talking Stick, and Intention Setting
7/27 Friday 7 am ...	Join us for a short walk to sing up the sun, welcome the new day, and give thanks to Mother Earth! ... a great way to energize and set intention for the day We'll also share Vitalist practices: movement, barefoot walking, gratitude meditation — these are designed to wake up our Vital energies, relax the mind, and connect us with the natural world
Breakfast bar - organic, local food - allergen-free - vegan and paleo choices	
7/27 Friday 9:30 am-12:30 pm	Getting to Know the Plants: Observing and sketching, looking deeply and listening ... documenting the plants in their natural settings and relationships in a weekend journaling exercise with intuitive arts
Lunch and Siesta - organic, local food - allergen-free - vegan and paleo choices Time to sit by the water, take a walk, play in the gardens, be with the mountains and relax	
7/27 Friday 2:30 pm – 5 pm	Traditional plant communication — learn to translate the medicines and messages of the plants directly by using your senses and intuition. We'll practice the traditional “scratch, snort, savor and spit” method of learning directly from the plants themselves and cultivate your intuition with plant spirit medicine – journey with the plants to find your allies and learn to incorporate the consciousness of plants into your

	herbal practice
7/27 Friday Evening 6 pm 8 pm	Dinner Fire Circle Join us around the fire for ancestral stories, Earth-honoring songs, celebration ... bring instruments, drums, your wild self ...
7/28 Saturday 7 am ...	Join us for a short walk to sing up the sun, welcome the new day, and give thanks to Mother Earth! ... a great way to energize and set intention for the day We'll also share Vitalist practices: movement, barefoot walking, gratitude meditation — these are designed to wake up our Vital energies, relax the mind, and connect us with the natural world.
Breakfast bar - organic, local food - allergen-free - vegan and paleo choices	
7/28 Saturday 9:30 am-12:30 pm	Medicine Making in the Wise Woman Tradition - Learn to harvest and craft your own local herbal medicine; Working with wild and garden herbs, we'll make tinctures, vinegars and nourishing herbal infusions and decoctions, and learn how to use them for everyday ailments and supporting health
Lunch and Siesta - organic, local food - allergen-free - vegan and paleo choices Time to sit by the water, take a walk, play in the gardens, look at the mountains and relax	
7/28 Saturday 2:30pm - 5pm 7/28 Saturday Evening: Dinner Class 8 pm	More Medicine-Making: Oils and Salves – meet and craft with our skin-healing allies including Comfrey, Plantain, Calendula ... and learn about the effective use of oils, salves, and other forms of skin medicine. Food as Medicine: We'll make a nourishing, health-enhancing medicinal meal together. Fermented foods included! Fire Circle Join us around the fire for ancestral stories, Earth-honoring songs, celebration ... bring instruments, drums, your wild self ...

<p>7/29 Sunday 7 am ...</p>	<p>Join us for a short walk to sing up the sun, welcome the new day, and give thanks to Mother Earth! ... a great way to energize and set intention for the day</p> <p>We'll also share Vitalist practices: movement, barefoot walking, gratitude meditation — these are designed to wake up our Vital energies, relax the mind, and connect us with the natural world.</p>
<p>Breakfast bar - organic, local food - allergen-free - vegan and paleo choices</p>	
<p>7/29 Sunday 9 am-12 pm</p>	<p>Weed walk with sketching, organoleptics, and traditional methods of plant ID. We'll practice our new skills as we meet more green allies from Elderberry's grounds and gardens. Learn special tricks to ensure positive plant ID and observational/drawing skills to help us always remember them! We'll also discuss ways to work with our new herbal friends.</p>
<p>7/29 Sunday, 12:15 pm</p> <p>Afterwards: Elderberry's "Potluck and Fabulous Left-Overs" casual lunch for folks who don't need to leave right away.</p> <p>Campers and tiny house people are welcome to stay over Sunday night.</p>	<p>Closing Circle – sharing messages from the plants, our journals, and what we've learned with each other. Setting our intentions for carrying the teachings out into the world. Together we'll learn and sing the traditional "Leaving and Coming Home" round – a beautiful way to wrap up our weekend.</p>