

## 2019 PWHC WORKSHOP & CAMP SCHEDULE

Locations	Misty Mountain Lodge	Priscilla White	Bird Cage	Outdoor Shelter 1	Fire Circle	WoHeLO	Holiday House
<b>FRIDAY</b>		<b>WELCOME</b>	<b>ALL</b>	<b>YOU</b>	<b>BEAuTIFUL</b>	<b>WOMEN</b>	
<b>Registration and Orientation 12-4pm</b>				<b>Registration &amp; Orientation</b>			
<b>SESSION 1: 3:00pm-4:30pm</b>	<b>Herbal Happy Hour</b>  <i>Susan Evans</i>	<b>The Ritual of Autumn</b>  <i>Julie Charette Nunn</i>	<b>Growing 7 Herbs Seed to Harvest</b>  <i>Tina Glaessner</i>			<b>Sacred Movement &amp; Breath-work</b>  <i>Tiffany Renee</i>	<b>Self Care: A Holistic Approach to Well-being</b>  <i>Jackie Levin</i>
<b>OPENING SPIRAL 5:00pm-6:00pm</b>				<b>Opening Spiral</b>			
<b>DINNER Rounds Hall 6:15pm- 7:15pm</b>							
<b>WELCOME: EagleSong 7:45pm-8:15pm</b>					<b>Strong Earth Medicine</b> <i>EagleSong</i>		
<b>FIRE CIRCLE 8:15pm- 9:15pm</b>					<b>Storytelling at the Fire Circle</b>		
	Storytellers:	Harvest Moon	Jane Valencia	Laurie Quisenberry	Lucinda Herring		
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Locations	Misty Mountain Lodge	Priscilla White	Bird Cage	Outdoor Shelter 1	Fire Circle	WoHeLO	Holiday House
<b>SATURDAY EARLY MORNING ACTIVITY 6:15am-7:15am</b>				<b>Hiking Meet-Up</b>	<b>Walking Meet-Up</b>	<b>Yoga Meet-Up</b>	
<b>BREAKFAST Rounds Hall 7:15am - 8:15am</b>							
<b>SATURDAY  SESSION 2: 8:30am - 10:00am</b>	<b>Healing the Heart -Mind Mental Health and the Fire Element</b>  <i>Thea Summer Deer</i>	<b>Women's Cycle Strategies for Menstrual Pain, PCOS &amp; Endometriosis</b>  <i>Christine Harrington</i>		<b>Earthgym: Musing the Earth's Song through Sticks &amp; Stones</b>  <i>Karen Joy Fletcher</i>		<b>Nettle Gateway to Transform- ation</b>  <i>Jennifer Sundstrom</i>	<b>Hildegard of Bingen's Herbal Energetics for the Family Herbalist</b> <i>Jane Valencia</i>
<b>SESSION 3: 10:15am - 11:45am</b>	<b>The Herbal Pantry: Preserving, Enhancing &amp; Storing Herbs</b>  <i>Susan Evans</i>	<b>Fertility, Hormones and the Menstrual Cycle</b>  <i>Mary Maloney</i>		<b>Walking with Ancestral Wisdom</b>  <i>Rachel Witt</i>	<b>Legend of the Longhouse</b>  <i>Harvest Moon</i>	<b>Building Healthy Lungs: Asthma, Smoke and all that Jazz</b> <i>Denise Joy</i>	
<b>LUNCH Rounds Hall 12:00pm-1:00pm</b>							Page 2

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<b>SATURDAY</b> <b>SESSION 4:</b> <b>1:15pm - 2:45pm</b>	<b>Herbal Medicine Making Part 1</b>  <i>EagleSong Gardener</i>	<b>Community Post- Partum Care</b>  <i>Ceci Cordava</i>	<b>Reimagining Death</b>  <i>Lucinda Herring</i>	<b>There's Always Room for an Herb Garden</b>  <i>Tina Glaessner</i>			<b>Women's Songs, Women Drumming</b> <i>Jennifer Sundstrom</i>
<b>SESSION 5:</b> <b>3:00pm - 4:30 pm</b>	<b>Herbal Medicine Making Part 2</b>  <i>EagleSong Gardener</i>	<b>Tales of a Digger Journey from Poacher to Steward</b> <i>Laurie Quisenberry</i>	<b>Reimagining Death</b>  <i>Continued</i>	<b>Tree Secrets: A Walk into a PNW Ogham</b>  <i>Jane Valencia</i>		<b>Songs of the Garden</b>  <i>Mosa Baczevska</i>	
<b>My Best Herbal Creation Rounds Hall 4:30pm-5:45pm</b>		<b>Herbs</b>	<b>Are</b>	<b>People's</b>	<b>Medicine</b>		
<b>Dinner Rounds Hall 6-7:15pm</b>							
<b>PWHC Talent Show Rounds Hall 7:45pm - 9:00ish</b>		<b>Time</b>	<b>To</b>	<b>Reveal</b>	<b>Your</b>	<b>Talent</b>	
<b>SUNDAY</b>							
<b>EARLY MORNING ACTIVITY 6:15pm-7:15pm</b>				<b>Hiking Meet-Up</b>	<b>Walking Meet-Up</b>	<b>Yoga Meet-Up</b>	Page 3

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<b>SUNDAY BREAKFAST</b> Rounds Hall 7:15pm - 8:15am							
<b>SESSION 6:</b> 8:30am - 10:00am	<b>Sacred Intuitive Wild Gathering</b>  <i>Laurie Quisenberry</i>	<b>Changing Woman Goes through the (gasp) Menopausal Portal</b>  <i>Mary Maloney</i>	<b>Backyard Herbs for Healing</b>  <i>Christine Harrington</i>			<b>Meditation w/ Your Ancestral Plant Guides</b>  <i>Tiffany Renee</i>	<b>Antioxidant Herbs + Mindfulness = Protection from Free Radicals</b>  <i>Jackie Levin</i>
<b>SESSION 7:</b> 10:15am - 11:45am	<b>Traditions of Herbal Vinegar</b>  <i>Rachel Witt</i>	<b>Cultivating Resilience with Herbal Healing &amp; Connection in Nature</b>  <i>Julie Charette Nunn</i>	<b>Hidden Treasure: Kidney Yin Adrenal Burnout &amp; Water Element</b>  <i>Thea Summer Deer</i>			<b>Emerging Healers</b>  <i>Ceci Cordova</i>	<b>The Magic of Mugwort and Moxibustion</b>  <i>Karen Joy Fletcher</i>
<b>LUNCH</b> Rounds Hall 12:00pm-1:00pm							
<b>CLOSING SPIRAL</b> 1:15pm - 2:15pm				<b>Closing Spiral</b>			Page 4