

WISE WOMAN WEEK AT ELDERBERRY'S IN PAONIA

THURSDAY - MONDAY, AUG 29 - SEPT 2, 2019

SCHEDULE – UPDATED

<p>8/29 Thursday Afternoon</p>	<p>Arrive at Elderberry's, set up your tent (or settle in to your tiny house, Air BnB or motel - see list provided). Have a look around - gardens, meadows, trails ... Welcome to Paradise!</p>
<p>8/29 Thursday Evening 6/7 pm</p> <p>After dinner:</p>	<p>Dinner/Potluck and Welcome at the farm, meet your fellow participants. Our potlucks are always open to the public, bring friends! Men & kids welcome to attend this event. Please bring a dish with ingredients labeled for our friend with food intolerances.</p> <p>Free talk for the public about the Wise Woman Tradition and Vitalism in Western Herbalism</p> <p>Opening Circle, Talking Stick, and Intention Setting</p>
<p>8/30 Friday Sunrise</p>	<p>Join us for a short walk by the water 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>8/30 Friday Morning Session (9-12)</p>	<p>Getting to Know the Green People: Observing and intuiting, looking deeply and listening ... understanding the plants in their natural settings and relationships ... learning the fine art of deep seeing and plant identification.</p>
<p>Lunch and Siesta (12-2) - organic, local food - allergen-free - vegan and paleo choices</p> <p>Time to sit by the water, take a walk, relax in the gardens, be with the mountains and relax</p>	

8/30 Friday Afternoon Session (2-5)	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 (scientific name: organoleptics) 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.
8/30 Friday Evening 6 pm 8 pm	Dinner Red Tent – New Moon We'll gather in the beautiful yurt sanctuary to celebrate the powers and mysteries of Maiden, Mother and Crone. Healing and empowerment through sharing our stories, chanting, toning, truth-telling ... connecting with our inner wisdom ... drumming, dancing ...
8/31 Saturday Sunrise	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	
8/31 Saturday Morning Session (9-12)	Medicine Making in the Wise Woman Tradition - Learn by harvesting and crafting 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 to build health.
Lunch and Siesta (12-2) - organic, local food - allergen-free - vegan and paleo choices Time to sit by the water, take a walk, relax in the gardens, look at the mountains and relax	
8/31 Saturday Afternoon Session (2-5)	More Medicine-Making: Oils and Salves – meet and craft with our skin-healing allies including Comfrey,

<p>8/31 Saturday Evening: Dinner</p> <p>8/9 pm</p>	<p>Plantain, Calendula ... and learn about the effective use of oils, salves, and other forms of skin medicine.</p> <p>Food as Medicine: We'll make a nourishing, health-enhancing medicinal meal together. Fermented foods included! With Alicia Michelsen, Wise Woman herbalist, natural chef & midwife</p> <p>Fire Circle</p> <p>Special ceremony and celebration to welcome all into our herbal healer's circle! Dress up, paint faces, wear feathers & herbs ... dance, drum, sing ... celebrate the dark starry night!</p>
<p>9/1 Sunday Sunrise</p>	<p>** Sleep in, it's Sunday and we stayed up late! **</p>
<p>Breakfast bar - organic, local food - allergen-free - vegan and paleo choices</p>	
<p>9/1 Sunday Morning Session (9-12)</p>	<p>Field trip to the Aspen forest with sketching, organoleptics, and traditional methods of plant ID. We'll practice our new skills as we meet more green allies from the mountains near Elderberry's. Learn special tricks to ensure positive plant ID and observational/drawing skills to help us always remember them! We'll also discuss more ways to work with our wild green friends.</p>
<p>Lunch and Siesta - organic, local food - allergen-free - vegan and paleo choices - we'll pack it with us</p>	
<p>9/1 Sunday Afternoon Session (2-5)</p>	<p>Field trip / woods walk to the Aspen forest with sketching, organoleptics, and traditional methods of plant ID. We'll practice our new skills as we meet more green allies from the Wild Lands around Elderberry's. Practice our observation skills to ensure positive plant ID and observational/drawing skills to help us always remember them! Blessing for our wild green allies.</p>
<p>8/30 Sunday Evening Back at the farm ... when we get there (7-ish?)</p>	<p>Dinner</p> <p>Yoni Steam in the Red Tent ... join us for a traditional women's healing event! Bring a privacy wrap/blanket</p>

	to create your own personal herbal steam temple as we sit in circle and receive the deep womb blessings of aromatic herbs. Facilitated by Tanya Blacklight.
9/2 Monday Sunrise	<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>
Breakfast bar - organic, local food - allergen-free - vegan and paleo choices	
9/2 Monday Morning Session (9-12)	Finish up any medicine-making projects we started, and/or do an infused honey project. Harvesting herbs to take home. Saying farewell to our green allies in the gardens & grounds. Reading cards to crystallize and carry forward our experiences. Weaving the Web.
9/2 Monday Lunch and Rest (12-1:30)	Elderberry's "Potluck and Fabulous Left-Overs with Wild Foods" lunch
9/2 Monday 1:30 pm	Closing Circle – talking stick circle to share 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.
9/2 Monday Afternoon	<p>If you don't need to leave right away, please stay to help us tend our medicine-making projects, clean up, help with the gardens, etc. Tending the Earth and her gifts takes lots of hands, hearts & time!</p> <p>Campers and tiny house people are welcome to stay over Monday night.</p>