

SCHEDULE

EXPERIENCE NATURE CURE WEEKEND AT ELDERBERRY'S

OCT 4-6, 2019 WITH LISA GANORA & FRIENDS

10/4 Friday Afternoon

Arrive at Elderberry's, set up tent (or settle in to your room, Air BnB or motel / hotel - see list provided). Have a look around - gardens, meadows, trails ... Welcome to Paradise!

10/4 Friday Evening

6 pm Casual Potluck and Dinner at the farm (open to all registrants including locals), meet your fellow students; 7:30 pm: Opening Circle, Story and Talk: Roots of Vitalist Nature Cure with [Lisa Ganora](#)

10/5 Saturday Sunrise (~ 7:30)

Welcome the day and wake up your Vitality with traditional movements, sounding, and energy-building exercises. Singing up the Sun!

10/5 Saturday 8:30-9:30 am

Breakfast buffet at the farm. Vegan, vegetarian and paleo choices, allergen-free.

10/5 Saturday 9:30 am – 12:30 pm

Making a traditional Medicinal Mushroom/Nettles /Rooty tonic soup to strengthen the immune system and build deep/sustained energy in the body. We'll eat our creation during lunch today!

12:30: Lunch at Elderberry's - awesome organic, local food - allergen-free – vegan, vegetarian and paleo buffet. Restorative rest after lunch. Napping or resting in Nature encouraged, or enjoy one of our outdoor swings or hammocks! Feeling bold? Jump in the creek!

10/5 Saturday 2 pm – 5 pm

Learn the medicine of the Fall roots: how to make a prebiotic inulin-rich root decoction to feed your friendly microbes; local living ferments for health & vitality. Learn Dandelion, Burdock & Yellow Dock.

Playing in the Clay – our creek has brought a lovely bank of clay-mud down from the mountains. During the heat of the day, we'll experience the grounding and detoxifying power of a Vitalist clay-pack!

Saturday Dinner: You're welcome to bring or cook your own here in our commercial kitchen at the farm, or visit one of our excellent restaurants in town. [The Living Farm Café](#) has exceptional local, organic food. We encourage you to explore Paonia this evening.

Saturday Night, dark (~ 8-10 pm): Fire Circle with stories, singing, music, etc. at the creek-side fire pit. Join us for some later-night fun!

10/6 Sunday Sunrise (~ 7:30)

Welcome the day and wake up your Vitality with traditional movements, sounding, and energy-building exercises. Vitalist morning exercises.

10/6 Sunday 8:30-9:30 am

Breakfast buffet at the farm. Vegan, vegetarian and paleo choices, allergen-free.

10/6 Sunday 10 am – 12 pm

Learning about, & creating tonic foods (wild and domestic), lactic ferments, and seasonal recipes for building life energy and vitality as we move into the Fall and Winter.

12 – 1 pm: Lunch at Elderberry's - awesome organic, local food - allergen-free – vegan, vegetarian and paleo buffet

10/6 Sunday 1 pm – 3 pm

Fall herb walk at Elderberry's. Meet the local wild and garden herbs, practice learning directly from them as teachers by using your senses to understand their medicine!

10/6 Sunday, 3 pm

Closing Circle with Talking Stick – share our experiences of the weekend and give thanks to our Green Teachers and the Elements of the land at Elderberry's.

Sunday Evening

You are welcome to stay and enjoy the land and camp over one more night. Skip the I-70 traffic circus and gaze at our lovely Stars or warm yourself by the Fire instead! Please leave a \$10 donation in the jar on Lisa's desk if you can ... Thanks for visiting Elderberry's!