

## 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 7:30pm-8:00pm</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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<b>EARLY MORNING ACTIVITY</b> 6:15pm-7:15pm		<b>Sacred Anatomy Chi Gung &amp; Plant Sensing</b>  <i>Jeannie Makenzie</i>		<b>Hiking Meet-Up</b>	<b>Walking Meet-Up</b>	<b>Yoga Meet-Up</b>	
<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