

# Gaia Schedule of Classes

Arrival – Any time after 5pm

## Friday Evening

7pm – 8pm **Opening Circle and Introduction of Teachers**

8pm – 9pm **Circle Performance by Rain**

## Saturday

6:30 – 7:30am **Yoga with Michele White in the Lodge**

## Breakfast 7:45 – 8:45am

### Morning Classes: 9am – 10:20am

#### Herb Walk

Rain will lead a walk meeting the common wild plant community and sharing ways to integrate them into everyday meals and your home apothecary. **Rain**

#### Digesting Food, Thoughts and Experience

Good digestion is the key to balance in physical, mental and spiritual health. In this class we'll explore Ayurvedic, Traditional Chinese Medicine and mainstream allopathic concepts of digestion. We'll discuss simple ways to incorporate these ideas into your daily life. **Mary Michaud**

#### The Sacred in Everyday

Every moment is a gift, every day becomes an opportunity to honor ourselves and all that surrounds us. Join us as we explore the power and purpose of simple, daily ritual, altar building, prayers and offerings. Each intentional act, no matter how small has a profound effect on the healing of our precious Gaia. Come light the fires that are we. **Beth Le Grand**

### Mid – Morning Classes: 10:40am – 12:00

#### The Medicine of the Drum

Drumming is your heartsong made audible for the world to hear. In this empowering workshop we will not only learn some of the intricacies of drumming in a group, we will also explore the drum as a healing extension of the spirit. This class is appropriate for all skill levels. Please bring your own hand drum. **Suzanna Stone**

#### Children's Herbals

We'll explore 7 amazing plant allies for children, many of which are probably already in your yard, garden, or spice rack. We'll make a syrup, taste an herbal honey, and even sing an herb song or two. From childhood ailments and first-aid to those essential little "tricks" every mama needs to know to get the herbs into those little tummies—we'll cover it. **Heather Umberger**

#### Smudge Making

Come learn the art of making your own smudge from local sacred plants. We will also go over the basis of working with plants to clear energy and becoming a vehicle to bring peace and healing to an area. **Kate Knott**



## Lunch 12:30 – 2:15pm

### Afternoon Classes: 2:30 – 4pm

#### Plant Walk

Join Kathleen as we stroll the woods and edges of fields to learn plant allies for food and medicine.

**Kathleen Maier**

#### Respiratory Wellness and Earth Allies

How is it that our Respiratory System is 85% responsible for our internal homeostasis and well-being?

We'll have fun discovering the how's? and why's? of our "breathing apparatus", and how we can use it optimally to regain and maintain our health. Along the way, we'll touch upon respiratory allies:

herbs, essential oils, fungi and whole "medicinal" foods. Respiration - to Re-Inspire - as we willing re-imagine our perfect Well-Being! **Dorisse Neal**

#### The Art of Fermentation

Learn to make delicious lacto-fermented foods in this hands-on workshop. Fermentation is a traditional way of food preparation that not only preserves the harvest but also yields greater nourishment, a healthier digestive system and thus increased vitality. We will sample an array of fermented foods and beverages and you will leave with the skills necessary to begin fermenting foods at home.

**Suzanna Stone**

## Dinner 5:30 – 7:00pm

### Beltane Celebration 7:30 – 10pm

## Sunday

6:30 – 7:30am **Yoga with Michele White in the Lodge**

### Breakfast 7:45 – 8:45am

### Morning Classes: 9am – 10:20am

#### Cordials & Elixirs

Herbal elixirs are the sustenance for a walk on the green path, honoring the Divine Feminine. Come and drink elixirs from the chalice of self empowerment and feel rejuvenated! Tasty sweet herbal beverages used to support health, tone organs, boost vitality and open our hearts to the divine pleasures of life. We will explore the uses of some amazing herbs which can easily be made into elixirs of life to support Self Empowerment, Rejuvenation and the Sacred Chalice. **Teresa Boardwine**

#### Reclaiming the Dying Process

Taught by a midwife who knows the Wise Woman way to help a family begin life, this workshop will discuss the tools needed to help a loved one die at home, as well as how to care for your beloved after death occurs. We will also look at how to go have a green & sustainable funeral.

**Martha Hughes**

## **Modern Homesteading**

What is the modern homestead and what role does it have in today's life? Join Rachel as she explores what it means to her and how her story can help you create your own "homestead". She will share her experience with growing food, raising livestock, preserving the harvest and most importantly, doing this co-creatively with nature spirits, devas, and one's higher self. **Rachel Willis**

## **Mid – Morning Classes: 10:40am – 12:00**

### **Medicine Making for Beginners**

This class is an introduction to the wondrous world of medicine making. We will make a fresh & dried plant tincture, oil and a salve. We will also discuss other preparations such as decoction, infusion, compress and poultice. **Kathleen Maier**

### **Greening Your Life**

Terry will share the techniques and practices she and her family utilize to live more sustainably. We will explore low impact, low cost, low tech ways to lessen our impact on the land. **Terry Lilley**

### **Sacred Handwork**

For countless generations, women have used handwork as a way to bring the sacred into the daily routines of life, their hands connecting the spiritual world to the physical. Come prepared to embrace your inner artist with needle and thread and a circle of sisters. This time will be hands-on with the sacred task of creating together. All skill and comfort levels welcome. **Summer Anderson**

## **Lunch 12:30 – 2:00pm**

**Closing Circle** 2:15 – 3:00pm

## **Guest Teachers and Performers**

**Summer Anderson** is an artist, trained Waldorf teacher and mother of two young children with a deep love of handwork in all its forms. She has taught children and adults alike over the last ten years.

**Teresa Boardwine** As teacher, medicine woman and clinical herbalist, Teresa Boardwine has been co-creating her herbal lifestyle for 17 years. After attending the California School for Herbal Studies she worked at Smile Herb Shop and then co-founded Dreamtime Center for Herbal Studies with Kathleen Maier. Green Comfort Herbal Apothecary and Herb School in Rappahannock County, VA is her current center for the mixing and brewing of knowledge with life skills.

**Cybil, aka Mary Jo Ramsey-Smith**, is a passionate seeker and visionary who expresses herself through music, writing and storytelling. She discovered the profound link between the spiritual and the physical through her journey as a home-birthing mother. As part of a community of wild and willful women, she encountered the realms of Goddess, plants and healing. She says, "What we call the good old days were a time when the world was younger, when magic was closer to the surfaces of the everyday. The stories and songs from the younger world hold clues and invocations to a deeper relationship to the unseen dancing all around us." Coming to Gaia is coming home to the Circle of Women who love the Great Mother and her body, the Earth

**Martha Hughes** is a Virginia licensed Midwife and also an RN who is currently working as a hospice nurse in beautiful Fauquier County. She is infusing Hospice with the "Midwife's Model of Care" while trying to gently teach sustainability at the time of death. She lives in Rappahannock County with 2

out of her 4 home born daughters and her baboliscious husband. They live in a house that they constructed out of compressed dirt blocks made on their land.

**Kate Knott** is a local to Nelson County. Her passion in life is connecting with this amazing living earth we all call home. She loves learning from the plants and animals of the Blue Ridge Mountains and learning what this bioregion has to teach. She is co-founder, along with her husband, of The Living Earth School, now in its seventh year, offering summer camps and programs that give children direct experiences with the natural world and reconnecting with nature. LES specializes in nature programs, primitive living skills, and tracking for both children and adults.

**Beth Le Grande** My life's journey has sent me along many paths and provided me with many tools to help in my work. I have worked with and learned from the plants for 25 years, as a gardener and the owner of Jefferson Greenhouses, in the Eastern Panhandle of West Virginia. My Spirit life has been nurtured and enhanced by my 27 year connection with The Sun Temple, a spirit group founded by the late Cherokee teacher Mellow Rye. As a group we explore the many facets of the Spirit and celebrate through ritual our collective power as well as the beauty and many gifts of our Mother, Gaia.

**Terry Lilley** has been practicing sustainable gardening since 1998. She received her certificate in Permaculture Design in 2007 and played a role in the Healing the Lands garden at Sacred Plant Traditions. Her home was featured in the July 2007 "green" issue of C'Ville Weekly's Abode.

**Kathleen Maier, AHG. PA** has been a practicing herbalist for over twenty years. She was co-founder and Director of Dreamtime Center for Herbal Studies and has taught at nationally known herb schools and centers for the last ten years. Her studies of plant medicines began as a Peace Corp volunteer and have included the wisdom of Stephen Buhner, Rosemary Gladstar, Susun Weed, and Matthew Wood. Her training as a Physician's Assistant allows her to translate the language of medicine we know today and ground it in the wisdom of earth-centered practices known for millennia. She is very active locally with United Plant Savers and the restoration of native plants and the preservation of fragile ecosystems

**Mary Michaud** holds a Master's degree in nursing from the top ranked family nurse practitioner program in the U.S. – a program she stumbled into because she wanted to be an FNP and live in San Francisco – oops. Fortunately she loved almost every @#!-kicking minute of it. After graduating in 1997, Mary dedicated her work to delivering health care to people with limited access and resources: women inmates, the elderly in nursing homes, the homebound, and people of all ages in free clinics and general practice.

**Dorisse Neale** is a registered nurse, green witch, dancer, mother, wellness educator, and Buteyko Breathing practitioner, with an extensive medical background. As a self-proclaimed Respiratory Educator, she is passionately involved in developing new health care models based the ancient Wise Woman Tradition, and is the founder of Breathdance ~ Wellness Through Breathing, in Asheville, NC. [www.breathdance.org](http://www.breathdance.org)

**Rain** For the past 10 years, Rain has been weaving traditional lifeways. She currently lives in the Blue Ridge on an intentional community with her man and their five children where she has been reclaiming her Wild-Wombyn Self while Re-Membering the Ancient Skills of Wombyn-hood. Her current threads are hunting, gathering, midwifery, plant medicine, wild foods and tribal culture.

**Suzanna Stone** has always been a student of the Earth. Her passion for the drum led her to Senegal where she studied traditional West African drumming and dancing. She has performed and led workshops in Virginia public schools with Dance Africa Live, and has most recently facilitated drumming

and ritual at the 2007 SE Women's Herbal Conference. Her chants can be found on her CD "Songs From The Spiral". She has a BFA from Virginia Commonwealth University and her work has been in Surface Design magazine and the We'Moon '08 date book. She was raised with an awareness of whole foods and for the past eight years has focused on learning from the plants themselves. Her other teachers include Susun Weed, Kathleen Maier, Matthew Wood and Stephen Buhner. She is completing her Three Year Community Herbalist training at Sacred Plant Traditions where she serves as a guest lecturer.

**Heather Umberger's** deep love and respect for the Earth started early in the fields and woods of her family's farm in Northern Pennsylvania. In her thirties, she experienced the profound healing powers of the plants during a period of health challenges in her family and that began her work with herbal medicine. She studies at Clayton College of Natural Health and at Sacred Plant Traditions where she works in the apothecary and is a third-year student herbalist. She has a Master's degree in education and finds sharing and teaching others about herbs a natural niche and passion. Heather lives in Charlottesville, VA with her husband and two daughters. She recently founded Heather's Herbals where she teaches, consults and handcrafts herbal remedies.

**Michele White** My yoga story began in 1996 as I began my studies under the guidance of Anna Pittman. Over the last decade, I have witnessed an amazing change in my own physical wellness, as well as a great lightening of spirit. I feel so fortunate to continue to expand my practice through Thai yoga massage and Reiki so that I may continue to connect with people in such a soulful way. I have opened a yoga studio in Scottsville, which can be found at [www.theyogallery.com](http://www.theyogallery.com). I also am co-founder of the SPACE (Scottsvillians Promoting Arts, Community, and Education) web-site soon to follow, [www.theuspace.com](http://www.theuspace.com).

**Rachel Willis** After 20 working as a classically trained chef, Rachel has left the commercial kitchen to co-create a life, lifestyle and lively hood centered around her home and family. Her passion for food has taken her back to the source, growing her family's food and raising a meat and fiber flock of sheep on a mountain top in the Blue Ridge. She lives with her husband Andy, her son Isaac, many working dogs, renegade chickens and a whole lot of sheep.