

4th Annual Gaia Gathering for Women

Schedule of Classes

Arrive/Registration After 5:00

Friday Evening

7pm – 8pm **Opening Circle and Teacher Introductions**

8pm – 9pm **Element Dance**

9pm - 10pm **Open dance and Song Time**

Saturday

6:30 – 7:30am **Yoga in the Lodge with Ursula Goadhouse**

Sitting Awareness Meditation with Kate Knott-meet in tent

Plant Walk with Kathleen Maier - Meet in front of lodge

Breakfast 7:45 – 8:45am

Morning Classes: 9am – 10:20am

The Medicine of the Drum (Pavillion)

Drumming is your heartsong made audible for the world to hear. In this empowering workshop we will learn some of the intricacies of drumming in a group and 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

The Sacred in Everyday (Tent)

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 Grande**

Caring for Your Face-Herbal Spa Facial Class (Lodge)

\$5 donation appreciated to cover supplies and ingredients. Participants are asked to bring a clean towel and wash cloth. Participants will pair up for pampering each other with the following:

- 1) Herbal Facial Steam
- 2) Facial Cleans
- 3) Floral Facial Scrub massage/application
- 4) Toner application
- 5) Divine Face Crème massage/application

We will discuss the importance of caring for your face with these 3 phases, some herbs and essential oils best suited for your skin type, organic vs synthetic ingredients on your face, and then proceed to make the facial steam tea and the facial scrub products. **Chin Velasquez**

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

Earth Basketry (Pavillion)

Learn the ancient craft of basketweaving with local materials: honeysuckle, grapevine, cattails

Janet Kerig

"Going with the Flow: Traditional Asian perspectives on the "menstrual window" to your health" (Tent)

The menstrual cycle provides a "window" into a woman's state of balance - we will explore the diagnostic relevance of the relative ease or difficulty of the flow, its regularity, its responsiveness to stressors, and the woman's relationship to conscious conception/contraception within the construct of the Traditional Asian Medicine paradigm. **Sheila Guarnagia**

Basic Medicine Making (Lodge)

What could be more sustainable than homemade herbal preparations that support your family's health? In this basic medicine making class you'll learn how to make tinctures and medicated oils. We'll also cover how to make medicinal strength teas and other remedies from what's likely on hand in your kitchen, garden and yard. From handy tools to have for medicine making to the process from step one to the finished product, you'll learn the basic and time tested ways to use plants as healers. **Heather Umberger**

Circle Within a Circle: A Class for Young Girls

(Meet on Lodge Porch)

For maidens age 9 - 13. We are excited to offer a class to our younger sisters this year! Come and be a part of this Sacred Circle. Explore what it is that you would like to bring into your life at this powerful Spring Equinox. We will sew together red leather pouches that will hold your chosen object that helps your intention unfold. We will also provide help, ideas and beads to decorate your special satchel. \$5 material fee. **Teresa Miller and Lory Bedotto**

Lunch 12:30 – 1:30pm

Afternoon Classes: 1:40 – 3pm

The Earth Heart (Pavilion)

We are not separate, we are a fully living and connected part of this Earth. Let go of oneself and open to your deeper inner knowing self- your "Earth Heart". What keeps us separate, but our minds. This is a down and dirty workshop, where participants will tap into their heart felt self, deepen their awareness and get MUDDY! Mud is an amazing transformer, it immediately connects us with our Earth Mother and drops us into our Earth Heart. Come try it, honor your beautiful body temple, honor your self and be an Earth Goddess with other lively woman. Sure to be a FUN experience you'll never forget. **Kate Knott**

Gardening with Perennials (Tent)

Terry Lilley will share how to cultivate perennial vegetables and fruits to obtain a long term harvest with less inputs and maintenance. This class will cover topics such as edible forest gardens, perennial polycultures and guilds, designing for perennials, and perennial vegetable and fruit varieties specific to our region. **Terry Lilley**

Rituals and Plants to Sustain Us (Lodge)

Who is taking care of you? What rituals and plants have become a part of your self sustaining practices? Every woman has the capacity to bond with nature and nurture herself. How we choose to do so influences our major relationships with family, friends and lovers. Using plants as our teachers and resource helps to balance, fortify, nourish and yes, sustain us. Let's explore the many ways plants can play a role in our lives to sustain ourselves. **Teresa Boardwine**

Keynote Address with Rachel Bagby (Lodge)

3:15 – 5pm

Dinner 5:30 – 7:00pm

Beltane Celebration 7:30 – 10pm

Sunday

6:30 – 7:30am *Yoga in the Lodge with Ursula Goadhouse*
Plant Walk with Suzanna Stone - Meet in front of lodge

Breakfast 7:45 – 8:45am

Morning Classes: 9am – 10:20am

Watercolor Painting as a Meditative Practice (Pavillion)

Care of the inner life is essential in the fast paced materialism of our times. How to keep our creative center nourished, to feel balanced, upright and focused when the world asks us to multi-task and to accept constant interruption as a normal human condition. This class touches into body and mind before delving into the joys of pure liquid color and human gesture. We will paint and listen to the intuitive artist yearning to be voiced. **Marca Maria Boggiano**

Sacred Pipe Ceremony (Tent)

An important part of tending to one's self is to tend to one's spiritual needs. In my own life, the sacred pipe ceremony is an important component of my spiritual path. The sacred pipe was given to the original peoples of North America as a means to communicate in prayer with the Creator and "all our relations." I believe the pipe belongs to not one people; but to all the inhabitants and spirits of this place where we live, Turtle Island. Please join me in an introduction to and exploration of the sacred pipe concluding with the ceremony itself. **Lena Welker**

The Gift of Emotions (Lodge)

Emotions can guide us to deep wellbeing physically, mentally, and spiritually. Learn how to decipher these valuable cues, and explore time-honored techniques to find sustainable balance in your world. This class will draw from the wisdom of traditional nutrition and herbal practices, and mind-body exercises. **Mary Michaud**

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

Journey Into the Wonderful World of Wild Foods (Pavillion)

Grown by the Mother in its own time, wild food offers optimal nutrition, vitality and deep spiritual connection. This class will focus on bringing these wild delights into your kitchen. Let thy food be thy medicine. **Rain**

Moxibustion (Tent)

Moxibustion is the application of heat by way of burning "moxa-wool". Applied to specific areas of the body, it is used to treat and prevent disease. We will learn when moxibustion may be appropriate, methods of application for self-care, as well as areas of the body treated for certain conditions. This is a hands-on workshop. Caution is advised for those who have smoke or moxa allergies.

Famous

Reclaiming the Dying Process. (Lodge)

This workshop will focus on the legal and practical aspects of after death care and home funerals. We will explore the creation of sacred space and specific considerations for home burial as well as the physical care of our loved ones at the end. **Martha Hughes**

Lunch 12:30 – 1:30pm

Closing Circle 2:15 – 3:00pm - Merry Part and Merry Meet Again

Guest Teachers and Performers

Rachel Bagby (Keynote Speaker), J.D., founder of Choral Earth and co-founder of Bagby, Davidson & Associates, World Perspectives, and Singing Farm in Nelson County, is an author, composer and an award-winning performing artist, specializing in art and social healing. For over 20 years, Rachel has integrated her diverse skills and talents to facilitate individuals and groups to a common purpose, attain conflict resolution, and provide training and mentoring to social innovators. A member of the California Bar, she is also a graduate of the Virginia Natural Resources Leadership Institute, a former Board Director or Green for All, and a member of the Advisory Council of the Center for Contemplative Mind in Society.

In 1989, Rachel joined the International Tour with Bobby McFerrin's Voicestra, performing audiences in venues around the world. After this powerful experience, Rachel combined her considerable business acumen with her inspirational singing voice to lead workshops and trainings for businesses and communities seeking transformational outcomes.

Using her voice as an instrument of change, Rachel is a sought-after speaker at conferences and meetings. Over the years she has keynoted or presented in hundreds of venues on topics ranging from "Writing Lives, Writing Activism" for journalists to "Spirit in Action: The Heart and Soul of the Advocate" for lawyers, to "Voice Blessings," part of Women, Love and Power with Oprah Winfrey.

Rachel Bagby is a unique voice in the world, harnessing her extensive experience and vibrant being on behalf of positive social change.

Lory Bedotto CMT, Mother, Artist, first studied the art of beading in the late 80's and it has been her longest and most loved form of art. She has been drawn to native american beadwork and functional pieces. It is with great excitement that Lory will be working with the young women and sharing what she has learned. Her wish is to help them nurture their own creativity in the process.

Teresa Boardwine has been teaching herbal wisdom since completing the California School of Herbal Studies in 1991. She loves teaching women about issues unique to the female body. Her Green Comfort Herbal Apothecary is located in beautiful Rappahannock County, VA among the plants and holds classes and consultations in the yurt. Teresa is a registered herbalist with the American Herbalist Guild and loves to share the herbal wisdom of our ancestors to empower women to take charge of their own health and wellness.

Marca-Maria Boggiano is an Arts Practitioner who earned a certificate in Biography and Social Art from Sunbridge College. She maintains a studio in Scottsville where she paints and offers accessible art processes as methods for exploring the lifestories of participants. When we explore the lifestory through biography work, we find that there are threads of destiny that we can trace and consciously take up. Her studio in Scottsville is called the Inner Gym and is housed in The Space. innergymstudio@yahoo.com.

Famous is a Licensed Acupuncturist and Western Medical Herbalist practicing in New York City. A graduate of Tri-State College of Acupuncture, she follows the teachings of Kiiko Matsumoto. She graduated from the Dreamtime Center for Herbal Studies in 1998, followed by private study with William LeSassier. In addition to her clinical practice, she provides acupuncture and wellness services to homeless youth at Streetwork Lower East Side Drop-in Center. She has worked as a volunteer street medic since 2000 providing medical support for demonstrations and protests and carries a New York State EMT-B certification. She is a mother, activist, squatter, soon-to-be crone.

Ursula Goadhouse, RYT, teaches Hatha Yoga classes that are focused on alignment, flexibility, strength, breath and the opening of the spiritual heart.

Ursula is a graduate of the 200 hour teacher training course through Charlottesville Yoga School. Ursula has been actively practicing meditation since 1993 and Hatha Yoga since 1995. Please see her website www.SpiritJoy.us. All levels of students are welcome. Please bring your mat and dress comfortably.

Sheila Guarnagia holds a B.A. in Biology from Smith College, a Master of Acupuncture from the New England School of Acupuncture, and completed a three year program in Traditional Chinese Herbal Medicine with renowned Master Herbalist Sharon Weizenbaum, L.Ac. After working and publishing in the fields of ecological and biomedical research she completed over 4 years as an apprentice home birth midwife in Arizona . She holds an acupuncture license in Virginia and has her practice in Roanoke. Sheila's area of specialty is the holistic approach to women's health care, with a particular emphasis on providing support for menstrual disorders, fertility and preconception issues, healthy pregnancy, natural childbirth, post- partum rejuvenation and lactation, and healthy menopause.

Martha Hughes: With a background in homebirth, Martha has applied the principles of Traditional Midwifery from the Womb to the Tomb, helping families care for their own before, during and after death. Martha is a Certified Professional Midwife (CPM), currently in practice as a home based Hospice RN. She lives in beautiful Rappahannock county with her husband and 2 out of 4 of their daughters. Gardening and pursuing a more sustainable lifesyle are her passions. She is a resource for families and communities that choose to provide after death care to their loved ones and is available to consult about green and home based funerals.

Janet Kerig, BA University of Maryland, Fiber artist, percussionist, an active teacher, organic grower, specializing in Earth Basketry, Wheat weaving , Papermaking with Botanicals and Natural Dyes. Janet brings Magic to all her events and honors Mother Nature in co-creating art with Natural Fibers keeping alive ancient Wise woman traditions honoring the harvest and fertility.

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 TheLiving Earth School, now in its ninth 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 is a long time ecological gardener and farmer. She works as the organizer for the Blue Ridge Permaculture Institute, has been involved in environmental and social justice activism, farms on 1 acre as part of the Borrowed Ground Farm Collective in Covesville, VA and writes a monthly gardening article for In The Kitchen magazine. Terry is a new resident of Shannon Farm Community in Afton, VA where she lives with her partner Brian and two wonderful children, 12 year old Isaiah and 2 year old Maeve.

Kathleen Maier has been a practicing herbalist for over twenty years. She has taught at nationally known herb schools and centers for the last ten years and was co-founder and Director of Dreamtime Center for Herbal Studies. Her studies of plant medicines began as a Peace Corp volunteer and 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. She is very active locally with United Plant Savers.

Mary Michaud, RN, FNP is an herbalist, a nurse practitioner, and an artist. A roamer of the woods since a child and a clinician for over 19 years, Mary has found the synthesis of her explorations in the holistic practices of Ayurveda, Traditional Chinese Medicine and Western herbalism. She loves to guide people to reconnect with joy and health in her clinical herbal practice. Be, in Charlottesville, VA. Mary offers group classes, individual consultations, and the identification of medicinal plants on your land.

Teresa Miller CMT, Polarity Balancing and Mother of two
I have been actively engaged in my artwork for 20 years. I have used a wide variety of mediums, some of which include beads/jewelry making, doll making and most recently children's dress up clothes. I feel compelled to create and give form to the Magic and Sacred I experience in this life.

Rain: For the past 11 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 re-claiming 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 is a graduate of the Three Year Community Herbalist training at Sacred Plant Traditions where she is on staff and serves as a guest lecturer. She founded Owlcraft Healing Ways in Scottsville, VA where she offers clinical herbal consultations and classes in plant medicine, traditional foodways, and drumming. Her passion for the drum led her to Senegal where she studied traditional West African drumming and dancing. She has a BFA from Virginia Commonwealth University and her work has been in Surface Design magazine and the We'Moon '08 date book.

Heather Umberger Heather's deep love and respect for the green world began early on her family's farm in remote northern Pennsylvania. She earned her herbal certifications from Clayton College of Natural Health and Sacred Plant Traditions where she serves as staff herbalist and apothecary manager. Heather practices energetic herbology to support women's and children's health. But with a master's degree in education from the University of Virginia, teaching is also a comfortable niche and she offers herb classes in Charlottesville and Northern Virginia through her practice Heather's Herbals.

Chin Velasquez is a certified herbalist and owner of Soothing Herbals, a local herbal company dedicated to providing true, unadulterated, pure and organic herbal products and essential oils. Chin became a Certified Herbalist in 1996, after studying Western herbalism at the Rocky Mountain Center for Botanical Studies in Boulder, Colorado. She has also studied Integrative Ayurvedic Herbalism with Candis Hope Cantin and Sacred Plant Medicine with Stephen Buhner and Kathleen Maier at Sacred Plant Traditions in Charlottesville, VA. Chin is a member of United Plant Savers and has an established UpS Botanical Sanctuary at her home in Goshen, VA.

Lena Welker has been privileged to apprentice with Kathleen Maier and Teresa Boardwine at the Dreamtime School of Herbal Medicine. From there she completed Rosemary Gladstar's Sage Mountain correspondence course and most recently, the apprenticeship in Sacred Plant Medicine with Stephen Buhner, Julie McIntyre and Trishuwa. She and her husband David are caretakers of Wildcroft Hollow Botanical Sanctuary in Amherst, VA where they run the Blue Heron Outdoor School and offer courses in primitive skills and earth-based ceremony. (www.wildcrofthollow.com)