

NorthWest Herb Symposium

Schedule of Classes and Events

Thursday ~ August 23, 2018 (Exhibitor Set-Up After 12:00 pm)

12:00 pm – 1:00 pm ~ Lunch in Classroom Building B (Included with Paid Intensive Registration)

1:00 pm – 5:00 pm ~ Four-Hour Afternoon Intensives

Paul Bergner ~ Botanicals, Biofilms and Chronic Infection

Mary Bove ~ Restoring Healthy Day/Night Adrenal Circadian Cycles with Botanical Agents

EagleSong Gardener ~ Fermentation: Cultivating the Wild

Hands-on Workshop/ Making Fermented Foods in Your Own Kitchen

Participants please bring \$5.00 supply fee, 1 quart canning jar with lid, 2 heads cabbage and dress for a mess!

Christopher Hobbs ~ Mushroom Medicine: Latest News, Product Controversies and Uses

6:30 pm – 7:30 pm ~ Thursday Night Salmon Dinner in BOQ Dining Room (\$25.00 Pre-Paid) ~ Advanced Reservation Required

Friday ~ August 25, 2017

6:30 am – 7:30 am ~ Daybreak Yoga Class with Rachel Fleming

(Bring Your Mat to the BOQ Meeting Room)

7:30 am – 8:30 am ~ Breakfast in BOQ

8:30 am – 9:00 am ~ Jay D. Johnson ~ Welcome to the 2018 Symposium

8:30 am – 10:30 am ~ Low Tide Beach and Shore Walk with Ryan Drum
(*Meet Outside of Bachelor Officers' Quarters (BOQ) After Breakfast*)

9:00 am – 10:30 am ~ Workshop Classes

Paul Bergner ~ Powerful Herbal Pairs

Chanchal Cabrera ~ **Detoxification and Tissue Cleansing: An Ancient Art for Modern Times**

10:30 am – 11:00 am ~ Visit Exhibits and Vendors

11:00 am – 12:30 pm ~ Workshop Classes

EagleSong Gardener ~ **Strong Earth Medicine**

Suzanne Tabert ~ **Healing from Chronic Inflammation**

12:30 pm – 1:30 pm ~ Lunch in BOQ

2:00 pm – 3:30 pm ~ Workshop Classes

Christopher Hobbs ~ **Treating Infections with Natural Medicine: An Integrative and Cross-Cultural Approach**

Denise Joy ~ **A Basic Soap Making Class Hands-on Workshop**

Participants please bring \$5.00 material fee

**A Plant Walk in the Woods of Whidbey Island with Rosalee de la Forêt
(Meet Outside of Bachelor Officers' Quarters (BOQ) After Lunch)**

3:30 pm – 4:30 pm ~ Visit Exhibits and Vendors

4:30 pm – 6:00 pm ~ Workshop Classes

Mary Bove ~ **Compliance Issues When Using Herbal Medicines with Finicky Adults and Kids**

Ryan Drum ~ **Macro and Micro Hysteria: Herbal Therapeutics Enhancement of the Wound Response**

6:30 pm – 7:30 pm ~ Dinner in BOQ

8:00 pm – 9:30 pm ~ Herbal Night at the Movies in Auditorium A

Saturday ~ August 26, 2017

6:30 am – 7:30 am ~ Daybreak Yoga Class with Rachel Fleming

(Bring Your Mat to the BOQ Meeting Room)

7:30 am – 8:30 am ~ Breakfast in BOQ

8:30 am – 9:00 am Jay D. Johnson ~ Local Land and Plant Preservation

9:00 am – 10:30 am ~ Workshop Classes

Christopher Hobbs ~ Diabetes, Obesity and Inflammation

Rosalee de la Forêt ~ The Language of Herbs

Low Tide Beach and Shore Walk with Ryan Drum

(Meet Outside of Bachelor Officers' Quarters (BOQ) After Breakfast)

10:30 am – 11:00 am ~ Visit Exhibits and Vendors

11:00 am – 12:30 pm ~ Workshop Classes

Denise Joy ~ Herbal Nervine Tonics

Julie Charette Nunn ~ Introduction to Shamanic Herbalism

Tea Tasting with Will Sullivan of B. Fuller's Mortar & Pestle ~ *(In Staff Quarters A ~ Advanced Reservation Required)*

12:30 pm – 1:30 pm ~ Lunch in BOQ

2:00 pm – 3:30 pm ~ Workshop Classes

Mary Bove ~ Differential Application of Botanical Immunomodulating Agents in Light of Pharmacological Activity

Netta Zeberoff ~ Herbal Hot Pot Salves Hands-on Workshop, Part I

Wild Medicinal Plant Walk with Suzanne Tabert

(Meet Outside of Bachelor Officers' Quarters (BOQ) After Lunch)

3:30 pm – 4:30 pm ~ Visit Exhibits and Vendors

4:30 pm – 6:00 pm ~ Workshop Classes

Paul Bergner ~ Herban Legends and Clinical Pearls

Netta Zeberoff ~ Making Lotions and Potions Hands-on Workshop, Part II

6:30 pm – 7:30 pm ~ Dinner in BOQ

8:00 pm – 10:00 pm ~ "Wildcraft!" Herbal Adventure Board Game

Sponsored by Learning Herbs Tonight in BOQ Meeting Room

(Everyone is Invited to Play)

Sunday ~ August 27, 2017

6:30 am – 7:30 am ~ Daybreak Yoga Class with Rachel Fleming

(Bring Your Mat to the BOQ Meeting Room)

7:30 am – 8:30 am ~ Breakfast in BOQ

8:30 am – 10:00 am ~ Workshop Classes

Rosalee de la Forêt ~ Herbs for Smokey Skies

EagleSong Gardener ~ Healthy Heart: How to...

Julie Charette Nunn ~ Wildcrafting

10:00 am – 10:30 am ~ Visit Exhibits and Vendors

10:30 am – 12:00 pm ~ Workshop Classes

Christopher Hobbs ~ What's Bugging You? The Human Microbiome and Probiotics

Chanchal Cabrera ~ Polysaccharides and Mucilage: The Healing Power of Slime

12:00 pm ~ Pick Up Sack Lunches in Classroom Building B

12:30 pm – 2:00 pm ~ Auditorium A ~ CLOSING KEYNOTE PRESENTATION:

Exploring the Therapeutic Values of Aromatic Plants

Mary Bove, ND, RH (AHG)

2:00 pm – 2:30 pm ~ Closing Circle Led by EagleSong and Say Goodbyes