

## **2026 WILD MEDICINE CONFERENCE STANDARD WORKSHOPS**

*Alphabetized by title, A-Z*

### **A Crash Course in Herbal Medicine**

*Presenter: Leah Larabell*

What is the difference between an infusion and a decoction? How do you make a tincture? What do words like astringent, adaptogen, and tonic mean? When we first start learning about herbal medicine and foraging, it is easy to feel overwhelmed by the language of herbalism and all the different types of medicine. Having an understanding of these terms and practices will give you the foundation needed for getting the most out of other classes at the conference. In this crash course we will:

- Discuss the differences between teas, tinctures, infusions, decoctions, glycerites, oxymels, and salves;
- Demonstrate how to make a tincture;
- Review commonly used terms such as *astringent*, *adaptogen*, *bitter*, *nervine*, and *tonic*;
- Consider the ethics of foraging and sourcing herbs and mushrooms; and
- Share ways to infuse intention, reverence, and respect into your own practices.

Consider this class a crash course in herbal medicine making, terminology and philosophy!

### **As the Resin Flows**

*Presenter: Howl*

In this unique class we'll explore the historical and modern uses for resins such as frankincense, myrrh, pine, spruce and many more. Stories, personal experiences, and fascinating lore will be weaved into discussions about how to work with the resins of the land, spiritual practices, and resin medicines for the body.

### **Earth's Melody: The Magic + Medicine of Plant Song**

*Presenter: Jane Mayer*

This gathering invites us to receive, remember, and channel the songs of the plants all around us. For thousands of years, shamans, green witches and oracles have safeguarded the power of plants—for our personal and collective healing. Many of us, even now, are well-versed in their medicinal uses, but have forgotten the majesty and mystery of their songs. For almost a decade, Jane has studied with the indigenous elders in Peru, whose skill at channeling icaro (plant song) in medicine ceremonies, has been passed down to her, and woven with her own soul's gift of song. In this workshop, we will explore the history and context of plant song, practice opening our ears and hearts to the melodies and harmonies of our local plants, and remember how to channel their songs for joy, healing and awakening. Together, we will allow the plants' songs to bring our bodies, hearts and voices fully alive!

### **Edible Forest Gardening**

*Presenter: Trevor Mann*

Once upon a time, most of the Americas were intensely managed forest gardens. Forest gardening is an indigenous agricultural technique adopted by permaculture. Forest gardening is mimicking the structure, function and evolution of natural forest

ecosystems to yield food, fiber, fodder, habitat, farmaceuticals, fuel, fertilizer and fun. In this class, we will talk about the history, art and science of edible forest gardening. We will demystify the subject and go through the practical steps that one can take to design and plant their own edible forest garden. Forest gardens age like a fine wine; with time, they become less labor intensive, take less input and produce more and more!

### **Finding Your Soil Mate: Herbs for the Nervous System**

*Presenter: Leah Larabell*

Join us to learn in-depth concepts about sedative, nervine, and adaptogenic herbs while having a great time playing in your mind's garden. We will discuss clinical level aspects of herbalism as it relates to the nervous system and how to best aid those dealing with anxiety and sleep issues but we will also play a little game. The matchmaking game. Herbs are as individual as people and should be treated as such. Therefore, an herb and person relationship is very individual to the chemistry they share at a specific time. We will look into characteristics helping us make thoughtful choices toward finding beautiful plant-person matches and even find who may be your match today! Your soil mate is waiting.

### **Fireside Storytelling**

*Presenter: Howl*

Join Howl by the fire for demonstrations of ancestral fire making & fire tending followed by one of the oldest vocations -- storytelling. Howl will share stories and open the floor for other to share personal or mythic stories. Our time together will conclude with a "feeding the story" practice and we'll discuss how spoken stories are sitting within our bodies and minds. Come experience the magic of fireside storytelling!

### **Folk Medicine Woman: Reclaiming the Role of the Southern Healer**

*Presenter: Yolanda Hatch*

Before credentials and clinics, there was the folk medicine woman - often a mother, midwife, rootworker or wise elder - who carried the knowledge of plants, prayers, poultices and practical care. This workshop is a journey into the heart of folk healing traditions rooted in Southern culture, spirituality and resilience. We'll explore:

- Past and present roles of a folk medicine practitioner
- The legacy of Black, Indigenous and Southern Appalachian folk healers
- Remedies born from gardens, kitchens and front porches
- How folk medicine centers the community, the spirit and the land
- The difference between folk medicine, clinical herbalism and spiritual healing - and how they intersect
- Steps to reclaim your role as a community healer

Yolanda will also share one or two traditional folk remedies such as a cleansing tea, a poultice or a spiritual bath, and discuss how to practice with respect for lineage, land and lived experience.

### **Happy Nature Hour**

*Self-Guided*

Happy Nature Hour is a Wild Medicine Signature Event! We'll take a brain break and spend an hour immersed in nature wandering, observing, connecting, and listening.

Nature Hour is a chance to make a new tree friend, get in some barefoot time, journal in nature, or take a hike. Whether you choose a mindfulness practice or an outdoor activity, Nature Hour encourages us all to get into the woods and connect with the wild medicine within and around us.

### **Herbal Medicine of Spring with Pipsissewa**

*Presenter: Lisa Bedner, RH (AHG), Tihanama Nation Medicine Woman*

In this class we'll discuss the wild medicine of late Spring and early Summer - weeds, flowers and grasses that support us as we move through the seasons. We'll discuss medicinal properties, identification, wildcrafting, and ways to connect with these plants and herbs in traditional ways.

### **Mutual Aid and Herbal Disaster Relief**

*Presenter: CoreyPine Shane*

Natural disasters are becoming more common, while assistance from the outside becomes less reliable. Mutual Aid is a powerful tool to create resilience at the community level, and herbalists have a lot to offer. Drawing on lessons from Hurricane Katrina to Hurricane Helene, from Standing Rock to California wildfires, we'll learn how to plug in and what herbs can be used for both short-term and long-term recovery.

### **Mythic Mushrooms: Lion's Mane and Reishi**

*Presenter: CoreyPine Shane*

Lion's Mane and Reishi are steeped in centuries of myth and lore, and both have unique medicinal powers in the human body. We will dive into the esoteric lore around these fungi, and from there see how that helps understand how they heal our mind and our body.

### **Myths of Wild Herb Toxicity (and how to Debunk Them)**

*Presenter: Jesse Akozbek*

Every day wild food and herbs that have been used for thousands of years are villainized as being dangerous or toxic. Where do these myths come from? Why are they here? And, more importantly, how can we sift through the noise to separate fact from fiction? In this class, we'll do exactly that by investigating some notoriously "dangerous" plants that are perfectly safe to use. Together, we'll build a toolkit for discovering the truth about these wild species that we can take with us wherever our foraging journey goes! We'll explore historical accounts, modern medical studies, and phytochemistry - giving you the skills to evaluate any plant's safety profile on your own.

### **Once Upon a Weed: A Mythic Materia Medica**

*Presenter: Joanna Mann*

When plant medicine has so thoroughly woven itself into the fabric of your life that your stories become one, then you have begun to tap into the depth of what these beings have to offer. Some classes may tell you dandelion is cooling and drying; an alterative, bitter, cholagogue, digestive tonic, diuretic, and hepatoprotective. And maybe you will walk away feeling like you have some knowledge of dandelion. But in this class, I will share how dandelion is a harbinger of hope that appeared to me at my grandmother's passing to fill my heart with lightness. Or about how violet befriended me as a child, offering me

solace in my first major loss. Or how plantain teaches us what relationships are poison to our spirits and need drawn out and which relationships could use mending. Because weeds aren't just items to be used in a quest for physical wellness, but archetypes and powerful spirits that have coevolved with us and are ready to bring us back into wellness- mind, body, and spirit.

### **Plant Synergy & Relational Herbalism**

*Presenter: Mo Judith*

Sometimes the way we talk about plants can reduce them to isolated constituents and singular actions: anti-inflammatory, sedative, antimicrobial. This class invites a deeper, more relational reframing. Plants do not “do” one thing. They participate in relationship to the body. Through the lens of relational phytochemistry, we will explore how herbs engage in dynamic call-and-response with the human body. In this class, we will explore how phytochemical matrices interact with terrain, constitution, dose, preparation, and timing, and why reductionist models fail to capture the intelligence of whole plants. This is an invitation into a more intimate, responsive way of practicing herbal medicine—one that honors plants as participants, not products.

### **Reclaiming Our Native Ginseng**

*Presenter: Phyllis D. Light, MS, RH*

In this class Phyllis will discuss American ginseng (*Panax quinquefolius*), an herb that her family has had an intimate relationship with for generations. We'll also explore the reasons why so many herbalists stopped using American ginseng — and what it would mean to welcome it back?

### **Rhythm of Mycelium**

*Facilitator: Michelle Rigling, PhD*

Did you know that mycelium growth is stimulated by sound waves? And that's not the only overlap between mycelium and music! Each morning we'll meet fireside after breakfast for 15-minutes of music, movement, and breath before heading off to class.

### **Southern Roots, Southern Remedies: Herbal Medicine Practices for the Health of the South**

*Presenter: Yolanda Hatch*

From muggy summers to fried food traditions, from high rates of chronic illness to the rich legacy of Black, Indigenous, and Appalachian healing—Southern health has a unique rhythm. This workshop explores herbal medicine practices that speak directly to the physical, emotional, and cultural needs of Southern communities. We'll cover:

- How climate, soil, and foodways shape health in the South
- Common Southern health issues (diabetes, high blood pressure, inflammation, liver/gallbladder imbalances, respiratory issues, heat-related stress)
- Traditional Southern herbs like poke, sassafras, mullein, passionflower, yellowroot, and wild cherry bark Culturally relevant healing practices from Southern Black, Indigenous, and Granny Herbalist traditions
- Herbal preparations: infusions, vinegars, poultices, or community foot soaks

Participants will leave with recipes, plant knowledge, and a deeper understanding of how to reclaim herbal healing rooted in Southern soil and soul.

## **Stories as Teachers and Legends of the Native Americans**

*Presenter: Lisa Bedner, RH (AHG), Tihanama Nation Medicine Woman*

Traditional cultures around the world tell Stories to teach children and adults. This includes songs, legends, poems, dances and more. These traditions began before the common use of writing and the invention of paper and continue through the first printing presses and the Gutenberg Bible, and the creation of the Cherokee alphabet and the first Native American texts. In this class, we'll connect with the art of storytelling and learn ways to keep this teaching tradition alive. Lisa will share some of these stories as well as take requests for stories of your favorite plants!

## **The Evolving Herbalist**

*Presenter: Leah Larabell*

The world is different than it was hundreds of years ago, plants are different, and we are different. Leah is an ecoherbalist who finds it essential for herbalists to take a new, old approach with herbalism. Not one that is simply reliant on traditional use, but also a practice of herbalism that knows the plants as living beings and knows them deeply - their stories, how to communicate with them, how to evolve with them and how we can tend to their needs. Join us as we look at a few bioregional herbs in a different way, not only focusing on their medicinal or edible properties passed down from generation to generation, but also, deeper stories and insights into these beings so we can better understand them the way our ancestors did. Which plants have adjusted to deal with glyphosate, microplastics, radiation and more? Leah has some insight, but the plants hold even more.

## **The Magic Elixir**

*Presenter: Michelle Rigling, PhD*

As we return to our everyday lives carrying the magical elixir we've found, how will we share our wisdom, stay connected, and hold the vision amidst the challenges that we will inevitably face? Inspired by The Hero's Journey, this offering provides the opportunity to reflect and integrate. There will be poetry, discussion questions, mythic medicine, and time for sharing moments from the weekend that were medicine in and of themselves.

## **The Night Sky: Stars, Myths and Movement**

*Presenter: Mo Judith*

Explore the night sky as a living map - how stars are born, how constellations move, and how humans have read their stories for millennia. We'll weave together astronomy, myth, and astrology to reconnect with the heavens.

## **The Talented Turkey Tail**

*Presenter: Gina Rivers*

This sexy saprobe is found throughout the country, reportedly found in all 50 states. But just because it's common, doesn't mean it's simple. This deep dive into the talented turkey tail will be an exploration of potential! We'll discuss how to identify true turkey tail, it's possibilities in mycoremediation and land management, and explore the unique compounds found in this complex species. We will discuss clinical applications of this versatile mushroom, as well as cover common preparations of extraction. Attendees will

leave with the knowledge of how to easily identify true turkey tail and prepare their own turkey tail extract.

### **Wild Medicine Plant Walk**

*Presenter: Phyllis D. Light*

If you've never been on a plant or foraging walk with Phyllis, don't miss this! With four generations of wisdom guiding her plus a lifetime of working intimately with wild plants, weeds, trees and herbs Phyllis always teaches us something new.

### **Wild Yoga**

*Teacher: Christy Miu*

Take time to connect with the wild within and around you during this special yoga class. This class is open to all levels, including first timers. Please bring a yoga mat or blanket if you have one.