

This schedule is subject to minor changes.

Class Levels: **GEN** – All Levels, **INT** – 1 year or more herbal studies, **ADV** – 1 year or more of clinical practice

Friday - August 14					Pre-Symposium Intensives: Separate registration required to attend				
Pre-Symposium Intensives 1:00PM - 5:00PM		Healing Connections: Plant Forward Protocols for the Hypermobility Syndromes & their Co-Morbidities Lauren Eadline (Chapel Classroom)			Hands-On Reishi Double Extraction Workshop Gina Rivers (Robertson 2)				
6:00PM - 6:45PM		Dinner - Blue Ridge Center Cafeteria							
7:00PM - 8:00PM		Maypop Mixer - Heaton Auditorium							
8:00PM - 9:00PM		Keynote: Honoring Our Legacy, Embracing the Future: 37 Years of the AHG - Patricia Kyritsi Howell - Heaton Auditorium							
Saturday - August 15									
		Heaton Auditorium		Chapel Classroom		Weatherford Lobby		Plant Walks & Tech Free Meet outside BRC Lobby	
7:00AM - 8:00AM		Qi Gong for Health & Vitality - Location TBD							
8:00AM - 8:45AM		Breakfast – Blue Ridge Center Cafeteria • Registration & Info Desk Open 8:00AM - 4:30PM							
Session I 9:00AM - 10:30AM		Herbal & Nutritional Approaches to Autoimmune Disease & Allergies- ADV David Winston		POTS in Practice: A Clinical Framework- INT Camille Freeman		Shame, Inflammation & Our Herbal Allies- GEN Erika Galentin		Shrubs, Trees, & Woody Vines - GEN Adam Bigelow	
10:30AM - 11:00AM		Vendor Fair, Herbal Elixir Bar & Tea Break - Washburn Hall							
Session II 11:00AM - 12:30PM		The How & Why of Gut Healing- GEN Maria Noel Groves		Botanicals & Nutrition in the Management of Endometriosis- ADV Betsy Miller		Beyond Suppression: Fungi & Botanical Strategies for Autoimmunity & Inflammation- GEN Lindsay Chimileski		Relational Herbalism in Practice: Clinical Outcomes Through Plant Connection- GEN Lupo Passero	
12:30PM - 2:00PM		Vendor Fair: Washburn Hall 12:30-2:00 • Lunch: 12:30-1:15							
Session III 2:00PM - 3:30PM		Immunomodulating & Amphoteric Materia Medica- GEN Sajah Popham		Deep in the Tissues: Autoimmune Disease- GEN Kat Maier		The Healer Must Also Heal: Herbal Regulation, Burnout Prevention & Spiritual Restoration for Practitioners- GEN Iya Angelique "Sobande" Greer		Medicinal Plants of Southern Appalachia- GEN Janet Kent	
3:30PM - 4:00PM		Vendor Fair, Herbal Elixir Bar & Tea Break - Washburn Hall							
Session IV 4:00PM - 5:30PM		Making Sense of Mast Cell & Histamine Presentations: Differentiating Complex Reactivity- INT Dave Meesters		Herbal Pairings in Chronic Disease Formulas- GEN Feather Jones		Ritual is Regulation: Herbal & Ancestral Approaches to Nervous System Care- GEN Lyani Powers		Plant Family Patterns The Key to See- GEN Marc Williams	
6:00PM - 6:45PM		Dinner – Blue Ridge Center Cafeteria							
7:15PM - 8:30PM		Panel Discussion- Accessibility in Herbal Care: The Free Clinic Model: Thomas Easley, Kat Maier, Lupo Passero, Janet Kent & Dave Meesters							
8:30PM - 11:00PM		Sassafras Soiree - Washburn Hall • Fireside Chat - BRC Patio 9:00PM-12:00PM							
Sunday - August 16									
		Heaton Auditorium		Chapel Classroom		Weatherford Lobby		Plant Walks & Tech Free Meet outside BRC Lobby	
7:00AM-8:00AM		Healing Sounds & Smiling Organ Meditation - Location TBD							
8:00AM-8:45AM		Breakfast – Blue Ridge Center Cafeteria • Registration & Info Desk Open 8:00AM - 4:30PM Check out of all lodging by 10AM, unless you've booked through Monday							
Session I 9:00AM - 10:30AM		Herbal & Holistic Support for Hypothyroid & Hashimoto's- INT Maria Noel Groves		Bitter Medicine & Sacred Digestion: Traditional Herbal Approaches to Inflammation, Gut Health & Emotional Holding - GEN Iya Angelique "Sobande" Greer		Medicines That Shift Perception: Psychedelics, Consciousness, & the Mind-Body Interface in Autoimmunity & Inflammation- GEN Lindsay Chimileski		A Walk on the Wild Side- GEN David Winston	
10:30AM - 11:00AM		Vendor Fair, Herbal Elixir Bar & Tea Break - Washburn Hall							
Session II 11:00AM - 12:30PM		The Medical Astrology of Autoimmunity- GEN Sajah Popham		Dance of the Hormones: Navigating PMOS- INT Betsy Miller		The Five Spirits in Chronic Disease: Bridging Emotional & Physiological Outcomes- GEN Erica Macrum		Woody Ethnobotany Walk- GEN Marc Williams	
12:30PM - 2:30PM		Vendor Fair: Washburn Hall 12:30-2:30 • Lunch & RH Updates Info Session: 12:30-1:15							
Session III 2:30PM - 4:00PM		Systemic Inflammation & Chronic Pain Management- GEN Feather Jones		The Common Denominator: Understanding Postpartum Through a Global Herbal Lens- GEN Lyani Powers		Autoimmunity IRL: Stories from the ESHM Clinic- INT Thomas Easley			
4:00PM - 4:30PM		Vendor Fair (Last Call!), Herbal Elixir Bar & Tea Break - Washburn Hall							
Session IV 4:30PM - 6:00PM		Botanical Allies for the Post Menopausal Landscape- GEN Mimi Hernandez		The Horn of the Forest: Devil's Club & Oregon Grape as PNW Root Medicines- GEN Duncan Lynch		Care for the Caregiver: Addressing Burnout in Care Work- GEN Janet Kent		Herbaceous Perennial Wildflowers- GEN Adam Bigelow	
6:00PM - 6:45PM		Dinner (for overnight guests only) – Blue Ridge Center Cafeteria							
Monday - August 17					Post-Symposium Intensive: Separate registration required to attend				
9:30AM - 5:30PM		The Body Is Not at War With Itself - Thomas Easley • A Daylong Autoimmune Intensive for Clinical Herbalists							
12:30PM - 1:15PM		Lunch Break (for remaining guests only) – Blue Ridge Center							