

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 Registration & Info Desk Open 12:00PM - 6:00PM - Blue Ridge Center Lobby				
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: with Elixirs by The MerTails - 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 - Robertson #2 or Outside - TBD			
8:00AM - 8:45AM	Breakfast – Blue Ridge Center Cafeteria • AHG Registration Desk in BRC Lobby 8:00AM-2:00PM			
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 Hall, NOHM Herbal Elixir Bar & Traditional Medicinals 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 Hall, NOHM Herbal Elixir Bar & Traditional Medicinals 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 - Robertson #2 or Outside - TBD			
8:00AM-8:45AM	Breakfast – Blue Ridge Center Cafeteria • AHG Registration Desk in BRC Lobby 8:00AM-12:00PM 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 Hall, NOHM Herbal Elixir Bar & Traditional Medicinals 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!), NOHM Herbal Elixir Bar & Traditional Medicinals 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 - Chapel Classroom				
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			