

GREEN NATIONS GATHERING

September 24-26, 2010
Rowe Conference Center
Rowe, Ma.

Intensive Registration

Participants must pre-register. Cost \$35.00 per intensive.

Intensives are 4 hours in length. They run concurrently with other workshops.

This sheet can be copied and sent to Rowe Center via email retreat@rowecenter.org.
When registering with Rowe add an additional \$35 for each intensive you would like to take.

Saturday, 8:30 am – 12:30 pm

_____ INTENSIVE 1: Karyn Sanders - Light Falling from the Stars

Karyn will talk about her traditional training in Chata, and Mexican herbal traditions. She will discuss what is medicine from a native perspective, hear stories about the plants and animals, look at energy as the source of balance and health and cover many aspects of spirit and traditional medicine doctoring and much more.

Saturday, 2:00 pm- 6:00 pm

_____ INTENSIVE 2: Susun Weed – Your Green Ally

Your green ally is the keeper of the mysteries of the green nations. Your green ally is a guide and a translator for you as you explore the magic of herbal medicine from the heart. Your green ally is a friend and a mentor, a touchstone and a security blanket. We will touch briefly on finding a green ally, but most of our time will be spent in solo and group exercises - including a shamanic trance - that will connect you more deeply with your green ally. Please come to this class with a green ally. This can be any medicinal or edible plant that you love. To get the most from this intensive, you will want to bring with you: a picture or photo of your green ally, a pad or book of blank paper, a pen and a pencil, and some colors (markers, crayons, watercolors).

Sunday, 8:30 am – 12:30 pm

_____ INTENSIVE 3: Rosemary Gladstar Herbs for Winter Health

Winter is Saturn's season, a time for reflection and inner creativity. In this intensive, we'll evoke the spirit of wellbeing so that we can embrace the beauty and reflective nature of this wonderful season. Do you wonder what to do for flu? What is the best approach for colds and coughs, sore throats and head congestion? Or Seasonal depression? Better yet, what to do to prevent the malady's that often come with the long months of winter. In this eminently practical hands-on Intensive, Rosemary will share her favorite recipes, remedies and herbs for winter health. Our focus will be first and foremost on prevention, then remedies for wellness and, finally, what to stock in a winter pantry to be fully prepared for the health concerns of winter. We'll make, sample and share recipes. Bring your favorites recipes for winter health to share.

Name: _____

Total Paid _____