

## Midsouth Women's Herbal Conference

### Pre-Conference Itinerary

#### Thursday, October 3

Time	Activity
4:00pm-6:00pm	Pre-Conference Attendee and Presenter Check-in
6:00pm-7:00pm	Dinner Served
8:00pm-10:00pm	Roots Below Tea Party (Leah Larabell)

#### Friday, October 4

Time	Activity
8:00am-9:00am	Breakfast Served
9:30am-12:30pm	Herbs, Ritual & Sacred Ceremony (Robin Rose Bennett)
12:30pm-1:30pm	Lunch Served

### Pre-Conference Activity Descriptions

#### **Roots Below: The Deep Medicine of Autumn**

*Presenter: Leah Larabell, High Garden Tea*

It's time to go beneath the surface. Let's dig deep into the concept of Rootwork and what it means within the realm of herbalism. We'll uncover the almost lost art of how to make a potent root medicine including teas, tinctures and vinegars as well as how to properly harvest the roots doing the least damage to our plant kin as possible. Lastly, we will root down and explore the spirit medicine roots can offer and how it fits in with the season of the year. All while sipping on some Roots Below herbal tea and enjoying the presence of the deep ones.

#### **Herbs, Ritual, and Sacred Ceremony**

*Presenter: Robin Rose Bennett*

Do you long to find ritual practices to help you become more centered in your authentic self, and for ways to be in communion with all that is sacred as you go about your daily life? You are not alone!

Meaningful ritual is vital to our healing and to our sense of connection. In this immersion we'll dive into an experiential ritual or two and we'll delve into an exploration of essential facets of crafting your own rituals and ceremonies: developing relationship with the four elements and seven directions, creating a safe container for group and solo work, the use of symbol and metaphor, and common medicinal, magical plants will guide us every step of the way.

Building in Spirit is sacred and energy is as real as the chair you are sitting in or the roof over your head. You can learn to work with ritual to guide your own spiritual journey, uncovering ever more freedom and joy. Ceremonies can help us engage in spiritual activism in our world to very real effect, and also enhance our community celebrations!

Learn to tune in to the invisible world in a grounded way, and you will feel connected to the magic alive in every moment.