

| NWHF 2022 Workshop Schedule <i>updated 08/18/22</i> | Sky Lodge 1 | Sky Lodge 2 | Song Temple 3 | Song Temple 4 | Song Temple 5 | Song Temple 6 | Plant Walk |
|---|--|---|---|--|--|---|---|
| Workshop Period A Friday 8:00-9:00 | | Rose Blair Biodynamic Breathwork & Somatic Release | | | | | |
| Workshop Period B Friday 10:00-12:00 | Erin Yeake Community Herb Tasting: Understanding Herbal Actions as a Student Community | Heather Luna Regenerative Herbalism | Morgan Brent Deep Herbalism & the Gaian Folk Perspective | Michelle Mahler Essential Remedies for Mental & Emotional Balance | | Taylor Eaton Holistic Vitality & Reproductive Health for Men | |
| Workshop Period C Friday 2:00-4:00 | Jenn Dazey Seaweeds & The Changing Sea | Natasha Clarke Invasive Plants Meditation: A Self-Reflection on the Colonization of Territory | Elisa Moon Earth-Based Medicine & Ancestral Integrity | Elise Higley Herbalism As Activism | Katey Rissi Natural Dyeing with Medicinal Herbs | Drea Moore Sacred Ayurvedic Self-Care Tools & Practices for Total Health & Beauty | Natalie Hammerquist Plant Adventure |
| Emergent Offerings Friday 7:00-8:30 | | EagleSong Gardener Women's Moon Lodge | | | | | |
| Workshop Period D Saturday 8:00-9:00 | Julia Buggy Heart-Based Manifestation Flow Yoga | Hayley Shannon Herbal Embodiment | MaryGold McNutt Anatomy of Posture | Janet DeHart Self-Care Sovereignty: Somatic Integration | Morgan Brent Human Flowering Creation-Song Circle | Dave Hoover Sacred Sound, Sacred Wisdom | |
| Workshop Period E Saturday 10:00-12:00 | EagleSong Gardener Nourishment: Weaving Life with Earth | Reishi Strauss Microdosing & Medicinal Mushrooms | Mark McNutt Drawing On the Moon: Persons, Plants, & Planets | Denise Joy Asthma & Other Lung Conditions | Anna Derrer Making Potent Herbal Oils | Justin Duncan Soil Remineralization | |
| Keynote Address Saturday 12:30-2:00 | Keynote Address 12:30 Jenn Dazey - "The Awake Herbalist: Treating the Nature Deficit Disorder" 1:00 Sajah Popham - "Transformational Healing & the New Paradigm of Herbal Medicine" | | | | | | |
| Workshop Period F Saturday 3:00-5:00 | Kimberly Gallagher Aphrodisiac Herbs for Sensual & Sexual Empowerment | Chiyokten Wagner & Elisa Moon Re-Indigenizing & Settler Responsibility | Sea Thorpe Reciprocity: Practical Skills for Giving Back to the Earth | Sean Croke Herbs for Harm Reduction: Working With Clients Who Take Drugs | Laura Doctor Strengthening Your Intuition | Atlanta Duncan Lunatick: Herbal Protocols for Lyme from the Epicenter | Natasha Clarke First Aid Plant Walk: How To Treat From the Wild While In the Wild |
| Workshop Period G Sunday 8:00-9:00 | MaryGold McNutt Dance of Creation | Eve Farwell Vagus Exploration Through Movement, Breath, & Herbal Tea | Rose Blair Hypno-Meditation for Deep Relaxation & Healing | Emily Joy Sewell Happy Feet, Happy Body | | | |
| Workshop Period H Sunday 10:00-12:00 | Michael "Skeeter" Pilarski Using Medicinal Plants in Ecosystem Restoration Projects | Reishi Strauss & Elisa Moon Deep Mycology: Fungi As Teacher & Ancestor | Denise Joy The Herbal Rose | Naia LeDain Pollens of the Northwest | Reisha Beck Plant Propagation for Field & Forest | Sean Croke Taking Care of Our Precious Hearts: Herbal Support for the Cardiovascular System | |
| Workshop Period I Sunday 1:00-3:00 | Scott Kloos Shaking Plant Medicines | Alan Seid & Tess Burke How to Discover Your Purpose & Create the Vision For Your Ideal Life | Logan Keister Plants & Planets: Introduction to Medical Astrology | Natalie Hammerquist Basic Plant Taxonomy for Herbalists | Fern Tallos Managing Chronic Pain with Herbal Medicine | Susan Marie Nourishing Your Nervous System | |
| Emergent Offerings Sunday 5:30-7:00 | Dave Hoover The Bardic Arts: The Ancient Technology of Music, Story & Ancestral Lineage | Heyona Cho Pranayama, Yin Yoga & Sound Immersion | | Finn Lingard Men's Council | | | |