

2008 Cultivating Wellness Conference
D Acres of New Hampshire
September 13 & 14, 2008

Schedule of Events

Saturday, September 13th

8am – 8:45am Registration and Continental Breakfast (Big Tent)

9am – 9:30am Opening Circle, Guided Meditation with Corey Calaiso and Susan Lucas (Big Tent)

9:40am – 11:10am Session 1

1. The Herbal Kitchen with Maria Noel Groves (Craft Room)

Get inspired to turn your garden herbs into fantastic treats you can use year-round or give away as gifts. We'll discuss techniques (and demonstrate a few!) to make herbal vinegars, oils, honeys, butter, cheese, cordials, pastes, spice blends, sugars and salts.

2. Homesteading for Health and Happiness with Bob St. Peter (Yoga Room)

Bob will present the strategies and lessons learned from personal examination of physical and mental health on a subsistence homestead in coastal Maine.

3. The Permaculture Kitchen with Julia and Charles Yelton (Big Tent)

Discover ways that you can use permaculture methods and plant synergy to promote soil rehabilitation while sustainably producing food for your family and neighbors.

4. Vinyasa Yoga with Katie Carola (Small Tent)

Katie will lead a moderately paced vinyasa (movement linked with breath) style yoga class including meditation and relaxation. Dress comfortably.

11:15am – 12:30pm Session II

1. The Garden of Your Soul with Lynn Durham (Craft Room)

To cultivate true wellness, you need to use the interconnectedness of mind/body/spirit to your advantage. There are all sorts of possibilities for your life. In order to produce what you want, there are certain gardening techniques that will help. Join Well Being Coach Lynn Durham to consider preparing the soil in your life and raising your awareness as to what to plant and what to pull so your life's harvest is in keeping with your heart's desire.

2. Transformation, Quantum Physics, and Ourselves with Jahnay Pickett (Yoga Room)

This workshop entails the investigation of the authentic self, the mind-emotion-ego loop, and "who's running the show" in light of the on-going and intensifying transformation of

all life and matter as we know it! Where do we fit in, and how we can make a difference by transforming our own lives and our world?

3. Herbal Remedies and Your Animals with Carol Lizotte (Big Tent)

This workshop will cover the safe use of herbs and will as help you build an herbal apothecary for the everyday occurrences in your animals' lives. We will also discuss natural remedies for treating Lyme disease, fungal conditions, and much more.

4. Essentials of Aromatherapy with Joann Vollmer (Small Tent)

Ancient history is steeped with lore of the mystery and healing power of plant fragrances. Through the ages, essential oils have been found to be highly effective in treating many common health problems. Bring aromatherapy into your home medicine chest by exploring the healing properties of specific oils and learning the various applications for enhancing wellness of body, mind, and spirit!

5. Chair Massage with Suzanne Schwartz (Sun Room)

Conference participants can pre-register for one private 15 minute massage session during the weekend; this is included in your registration fee! Massage sessions are available on a first-come, first-served basis; sign up at the registration desk.

12:30pm – 2:00pm Lunch (Big Tent)

2:00pm – 3:30pm Session III

1. The Art of Fermentation with Louise Turner (Craft Room)

Lacto-fermentation was used before the days of refrigeration, pasteurization, freezing, and canning as a means to preserve food. A first, easy step to incorporating lacto-fermented foods into your diet is to observe the preparation of old-fashioned sauerkraut and to learn how it benefits your health and wellbeing.

2. Nutrition Botany with Barbara McCahan (Yoga Room)

This workshop is designed to provide basic information on the distribution of nutrients throughout the various anatomical parts of plants that we consume. By knowing something about basic plant anatomy, and the botanical functions being carried out by different plant parts, we can have a better understanding of how to build our cuisines for nutritional balance and adequacy. Knowing about energy storage in roots and seeds, the abundance of various types of dietary fiber and the best sources of vitamins, minerals and antioxidants found in foods will empower participants with information for enhanced personal nutrition.

3. Knowing Your Intuitive Self with Corey Calαιο and Susan Lucas (Big Tent)

This session is based on learning how to recognize your intuitive voice and understand the connection between your higher self and your connection to the Universal Light. Corey and Susan will present exercises and literature to help you listen to your intuitive self, so that it may aid you in your daily life.

4. Eat Your Weedies with Joann Vollmer (Outdoors, meet in Garage)

Nourishing and delectable weeds are abundant in our yards and gardens, providing us with vitamin and mineral rich food. Join us on this outdoor walk to discover some of these weeds and sample delicious wild weed recipes.

3:40pm – 5:10pm Session IV

1. Mushroom Food, Mushroom Medicine with Terry Anya Hayes (Yoga Room)

Mushrooms are good food and better medicine! Meet mushroom allies that please the palate as they boost the immune system, lower cholesterol, strengthen respiratory function, and fight cancer. Discover how to stalk, buy, store, and prepare a variety of delicious and healthful fungi! We will sample Chaga Chai and- if the Mushroom Goddess smiles- fresh Shiitakes cultivated right here at D Acres!

2. Medicinal Uses of Fruits and Fruiting Plants with Michael Phillips (Big Tent)

Modern research reveals just why an organic apple a day holds so much healing potential. We'll discuss the antioxidant qualities of many tree fruits and berries, the making of real cider vinegar and its use as an acetous menstruum for mineral-rich herbs, the tonifying powers of hawthorn, and the healing enchantment of elder. Growing tips for fruiting plants will fit in along the way.

3. Break-Through Ceremony with Karen Lacharite (Small Tent)

We will, as a group in a supportive and encouraging environment, perform exercises and experiences that will assist us in breaking through some of the barriers that hold us back in life. Come ready to transform your self and your life!

4. Esalen Massage with Natalia Singh (Sun Room, 3:45-5:00pm) *Conference participants can pre-register for one private 15 minute massage session during the weekend; this is included in your registration fee! Massage sessions are available on a first-come, first-served basis; sign up at the registration desk.*

5. Massage with Rachael Cohen (Library, 3:45-5:00pm) *Conference participants can pre-register for one private 15 minute massage session during the weekend; this is included in your registration fee! Massage sessions are available on a first-come, first-served basis; sign up at the registration desk.*

5:15pm – 6:30pm Session V

1. Massage with Rachel Cohen (Library) *Conference participants can pre-register for one private 15 minute massage session during the weekend; this is included in your registration fee! Massage sessions are available on a first-come, first-served basis; sign up at the registration desk.*

2. Massage with Natalia Singh (Sun Room) *Conference participants can pre-register for one private 15 minute massage session during the weekend; this is included in your*

registration fee! Massage sessions are available on a first-come, first-served basis; sign up at the registration desk.

3. Yoga with Melissa Brothers (Yoga Room) *Join Melissa to experience the ancient art and healing practice of yoga. Dress comfortably.*

4. Vinyasa Yoga with Katie Carola (Small Tent)
Katie will lead a moderately paced vinyasa (movement linked with breath) style yoga class including meditation and relaxation. Dress comfortably.

5. Dowsing Instruction and Practice with Suzanne Schwartz, Linda Clave, Sheila Williams, and Steve Hooper (Big Tent) *Dowsing means “to seek, to divine.” In this hands-on workshop, Suzanne, Linda, Sheila, and Steve will demonstrate basic dowsing technique and assist you in working with various dowsing devices in order to welcome this divination tool into your daily life and healing practice. Famous for its usefulness in locating water, dowsing can also help you decipher anything from which healing plants and flower essences are appropriate for your body to the best location to plant your garden.*

6. Tour of the D Acres Integrated Farm System with Tyler Durham (Outdoors, meet in the Garage) *Over the past eleven years, D Acres has continued to evolve toward a sustainable farm system that includes annual vegetables, medicinal herbs, and fruiting forest gardens influenced by permaculture, biodynamic, and organic gardening principles. Home to humans, animals, bees, and wildlife, D Acres continues to strive toward modeling ways to provide a sustainable, healthy existence for all. Dress appropriately for the outdoors.*

6:30pm – 7:30pm Dinner (Big Tent)

8pm – 10pm Circle Dance with Jenny Dupree and Kayla Dauphine (Big Tent)
Based on traditional dances from villages in our agricultural past, circle dances consist of both traditional folk dance steps and modern choreographies done to music from around the world. We dance in a circle, no partner or dance experience is necessary. All dances are taught and practiced before the music is started. The purpose is fun, community bonding and celebration!

9pm Bonfire and 10pm Drum Circle (Upper Fire Pit)

Healers throughout history have relied on the spirits and energy of the fire to aid them in healing and transformation. Drumming, likewise, has been used as a healing tool for centuries. Discover your own ancient connection to fire and drums...bring congas, djembes, rattles, shakers, and more! Instruments welcome, dress for the weather.

Sunday, September 14

7am – 9 am Breakfast (Big Tent)

8am – 9:15am Session I

1. Massage with Bri Carpenter (Library) *Conference participants can pre-register for one private 15 minute massage session during the weekend; this is included in your registration fee! Massage sessions are available on a first-come, first-served basis; sign up at the registration desk.*
2. Massage with Natalia Singh (Sun Room) *Conference participants can pre-register for one private 15 minute massage session during the weekend; this is included in your registration fee! Massage sessions are available on a first-come, first-served basis; sign up at the registration desk.*
3. Vinyasa Yoga with Katie Carola (Yoga Room)
Katie will lead a moderately paced vinyasa (movement linked with breath) style yoga class including meditation and relaxation. Dress comfortably.
4. Yoga with Melissa Brothers (Small Tent)
Join Melissa to experience the ancient art and healing practice of yoga. Dress comfortably.
5. Reiki with Darlene Nadeau (Craft Room) *Relax and enjoy a complimentary hands-on Reiki healing session. This gentle energy work benefits many physical, emotional, spiritual, or mental conditions. Reiki treatments often increase the flow of energy to balance, soothe, and relax individuals. Reiki has no harmful side effects and is suitable for all ages and conditions. Conference participants can pre-register for one private 15 minute Reiki session during the weekend; this is included in your registration fee! Reiki sessions are available on a first-come, first-served basis; sign up at the registration desk.*

9:30am – 11:00am Session II

1. Mycological Landscaping with Dave Wichland (Yoga Room)
Explore the relationship between mushrooms and garden plants, and discover the positive role mycelium has on the garden ecosystem. Working together with mushrooms and garden plants, you can cultivate a richly nutritious and medicinal ecosystem in your own backyard!
2. The Garlic Connection with Michael Phillips (Big Tent)
If you understand the uses of garlic, you understand 50% of all herbal medicine. Come learn how to successfully grow great garlic, and then how to use this healing plant for effective medicine and delectable eating. Michael hasn't met a gardener yet who doesn't derive profound satisfaction from homegrown bulbs.

3. CranioSacral Therapy: What is it, and how can it benefit you? With Kathy MacKay (Small Tent) *Kathy will explain what craniosacral therapy is, how it affects the body, and why it is a useful healing tool for a variety of conditions. The workshop will also include a demonstration!*

4. Gardening for Health with Bill Errickson (Outdoors, meet in Garage)
How can you bring healthier food into your life and household? In a time of rising food costs coupled with increasing incidence of illness, disease, and healthcare costs, there is hope! Bill will discuss simple ways that you can develop a home garden to provide fresh, local and organic food to your family and neighbors, reliably and affordably!

11:10am – 12:40pm Session III

1. Hands-On Soapmaking with Karen Lacharite (Craft Room)

Discover delightfully healthy alternatives to commercially available body care products. Karen will demonstrate and assist as we make our own handmade soap using all-natural and/or organic ingredients and pure essential oils.

2. Apitherapy: Health and Healing with Products from the Hive with Ross Conrad (Big Tent) *The honeybee and hive products have historically played a large role in disease care and prevention. Today science is finally catching up to what naturalists, herbalists, and acupuncturists have known for years. Covered are the healing properties of Honey, Pollen, Propolis, Royal Jelly, Beeswax and Honeybee Venom.*

3. Herbs for Dental Care with Sandra Lory (Small Tent)

Let's demystify our teeth and gums! Take home a protocol to follow for general dental health maintenance, and discover supportive treatments for common oral health issues!

4. Wild Edibles of the Northeast with Jim Merkel and Gayle Giovanna (Outdoors, meet in Garage) *Join Jim and Gayle to identify, and perhaps sample, wild edible plants that grow in the field and forest landscape of the northeast...many are likely to be found in your own backyard Dress for the outdoors.!*

5. Massage with Bri Carpenter (Library) *Conference participants can pre-register for one private 15 minute massage session during the weekend; this is included in your registration fee! Massage sessions are available on a first-come, first-served basis; sign up at the registration desk.*

12:40pm – 2pm Lunch (Big Tent)

1:15pm – 2:15pm Session IV

1. Yoga with Melissa Brothers (Small Tent)

Join Melissa to experience the ancient art and healing practice of yoga. Dress comfortably.

2. CranioSacral Therapy with Kathy MacKay (Sun Room, beginning at 1pm) *Conference participants can pre-register for one private 15 minute session; this is included in your registration fee! CranioSacral therapy sessions are available on a first-come, first-served basis; sign up at the registration desk.*

3. Garden Medicinal Plant Walk with Lauren Buyofsky (Outdoors, meet in Garage) *Tour the D Acres medicinal gardens, meeting common, and some not-so-common, annual and perennial plants that you can grow and use for family medicine.*

4. Woodland Trails Hike with Kevin Wall (Outdoors, meet in Garage) *Experience the wonder and beauty of the northern forest through an interpretive hike on the D Acres trails! Dress appropriately for on-trail hiking.*

5. Reiki with Darlene Nadeau (Yoga room, beginning at 1pm) *Relax and enjoy a complimentary hands-on Reiki healing session. This gentle energy work benefits many physical, emotional, spiritual, or mental conditions. Reiki treatments often increase the flow of energy to balance, soothe, and relax individuals. Reiki has no harmful side effects and is suitable for all ages and conditions. Conference participants can pre-register for one private 15 minute Reiki session during the weekend; this is included in your registration fee! Reiki sessions are available on a first-come, first-served basis; sign up at the registration desk.*

2:30pm – 3:30pm Keynote Address: Wellness Through Simplicity with Jim Merkel

Perhaps you've heard a friend say, "I can't afford to be sick." For many Americans, car payments, mortgages, and college loans are piling high while grocery and gas prices continue to rise. Unpaid sick time away from work can be detrimental to a struggling family and, coupled with the rising costs of medical care, prevents many people from seeking help. Simplicity offers the antidote to "affluenza" and related stress, illness and disease. Jim Merkel, author of Radical Simplicity, will speak about how to detangle yourself from the stranglehold of the American dream while having more time to exercise, eat healthy, local, organic foods, learn about healing herbs and permaculture, and quiet the all-too-busy "monkey mind." Simplicity helps us to focus our attention on a life with room around the edges, a life where we take charge of our wellness. The crown jewel is material simplicity, inner peace, and an outward purpose that benefits all life on planet earth.

3:30pm – 4:00pm Closing Circle

Join us as we gather together to celebrate and give thanks for a healing weekend! May we part ways refreshed, rejuvenated, and inspired to continue the work of healing ourselves, our communities, and our world.

**Please note: this schedule is subject to minor changes.*