

# Alberta Herb Gathering Schedule

Friday, August 18th

9:30am	Vendor Registration & Setup		
11:00am	Guest Registration Opens		
12:00-1:00pm	Grab & Go Lunch / Marketplace Opens		
	Outdoors (Front of Main Lodge)	Teaching Kitchen (Basement of Pallesen)	Theatre Room (Namiyi)
1:00-2:30pm	Ethical Foraging Techniques - Julie Walker	The Importance of Digestive Fire in TCM - Brenna Bouchard	Liza & Rylie of PRCO - Tea Ceremony
3:00-4:30pm	The Future of Functional Fungi - Robert Rogers		
5:00-6:00pm	OPENING CEREMONY (Front of Main Lodge)		
6:00-7:00pm	Dinner		
7:30-8:45pm	Keynote Speaker: Brenda Holder Zoopharmacognosy - Traditional Knowledge of Plants from the Wild Horses of Sundre		
8:45-9:30pm	Scavenger Hunt / Metis Artifacts - Market Closes at 9:00PM		
10:00pm-6:00am	Quiet Time		

Saturday, August 19th

7:00-8:00am	Breakfast		
8:00-9:30am	Plantwalk with a Master Interpretive Guide - Julie Walker	Cultivating Medicinal Native Plants for People, Pollinators & Wildlife - Latifa Pelletier Ahmed	So You Want to Start a Herbal Practice? Tips from a Clinical Herbalist - Bree Nabholz
9:30-10:00am	Break		
10:00-11:30am	Metis Plant Medicines - Kalyn Kodiak	Cooking with Edible Flowers - Meagan McKinney & Claire Hitchcock	Basic Concepts of Tibetan Medicine - Karma Rapchoe
11:30am-12:30pm	Lunch		
1:00-2:30pm	Eating Herbs Seasonally with TCM - Brenna Bouchard	A Step-by-Step Guide to Making Elderberry Syrup - Bree Nabholz	Introduction to Iridology - Judith Cobb
3:00-4:30pm	Medicine Walk: Plants, Mushrooms & Lichens - Robert Rogers	Medicinal Chocolate - Malcolm Sanders, The Light Cellar	Formulating Oleogels & Aquagels - Brenda Holder
4:30-6:00pm	Medicine Wheel Teachings - Cheryle Chagnon Greyeyes	Skincare from the Forest - Ruby Martin	Know the Nature of Your Body According to Tibetan Medicine - Karma Rapchoe
6:00-7:00pm	Dinner		

# Saturday, August 19th

7:30-9:00pm	Drum Circle	Koonteur, Keema Kiiyaashkishkiw ? Fireside Storytelling
9:00-10:55pm	Campfire Memories - Late Night Snacks - Fireside Jam	
11:00pm-7:00am	Quiet Time	

# Sunday, August 20th

7:00-8:00AM	Breakfast		
	Outdoors (Meet in Front of Main Lodge)	Teaching Kitchen (Basement of Pallesen)	Theatre Room (Namiyi)
8:00-9:30AM	Dying Fabrics with Plants - Ruby Martin	Taste as Medicine: Organoleptic Experience with Herbs - Bree Nabholz	The Lymphatic System: What Clinical Herbalists Need to Know - Robert Rogers
9:30-10:00AM	Break		
10:00-11:30AM	Identifying Native Plants - Latifa Pelletier-Ahmed	Elixirs - Claire Hitchcock & Meagan McKinney	Women's Hormonal Health - Judith Cobb
11:30AM-12:30PM	Lunch		
12:00-1:00PM	Annual General Meeting of the AHA AHA Members Only - Attendees are welcome to bring their lunch into the AGM		
1:15-2:45pm	Bear Medicine - Kalyn Kodiak	Natural Perfume Making - Brandon Warren	Tibetan Medicine: External Applications - Karma Rapchoe
2:30-3:30pm	Swap, Shop & Trade		
3:35pm	CLOSING CEREMONY		
4:00-5:00pm	Camp Clean-up: Leave No Trace		

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