

Symposium Activities Include

Over 90 Workshops for all levels of experience & interest

~ Summer Solstice Celebration ~

Herbalist's Ball ~ An Evening of Dance and Entertainment

Herbal Market Place ~ Products, Plants & Books

The Greatest Ever Herbal Product Contest ~ Enter your favorite home made products

Herbal Art Display by Several Well-Known Artists

Book Signing by Herbal Authors

Massage & Body Work Offered

Free Facials and Henna



WHEATON COLLEGE ~ SYMPOSIUM FACILITIES

The excellent facilities of this lovely, ivy covered campus, 200 acres of adjoining woodland, a rural New England atmosphere and close proximity to Boston (35 miles) make Wheaton College the perfect meeting place for the International Herb Symposium. Inexpensive Lodging is available on campus and delicious meals with vegetarian options are served at reasonable rates.

And Wheaton College is easy to get to.....

Located in Southeastern Mass. in the small town of Norton, Wheaton College is 35 miles south of Boston, Ma. and 15 miles north of Providence, RI. The College is accessible by car from Interstate RT 95 and RT 495, and train, bus or taxi from Boston's Logan Airport.

Further information and directions to Wheaton College will be sent upon receipt of deposit.

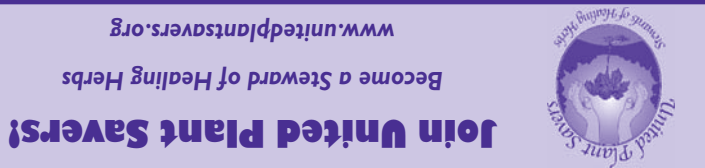
*"Amazing group of teachers;
so knowledgeable and
available to everyone."*

*"Had a wonderful time;
was well worth the money,
time and effort to come."*

Web: www.unitedplantsavers.org

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*United Plant Savers
Stewards of Healing Herbs*



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Registration Form

Name (First) _____ Last _____

Address: _____

City: _____ State _____ Zip _____

Phone No: _____ Cell Phone: _____ Email: _____

MAIL TO: IHS, P.O. Box 420, E. Barre, VT 05649 or register online at www.internationalherbsymposium.com

Symposium Tuition

\$255 Early Bird Registration until March 30th

(must include full payment for lodging, meals and intensives to qualify for EBR)

\$ _____

\$295 after March 30th

\$ _____

\$125 One day Registration with Meals

___ Fri ___ Sat ___ Sun

\$ _____

\$100 One day Registration without Meals

___ Fri ___ Sat ___ Sun

\$ _____

Teens & Children

\$195 Teen(s) age(s):

Name(s): _____ Age(s) _____ \$ _____

\$95 Children 2-12:

Name(s): _____ Age(s) _____ \$ _____

Lodging and Meal Package

2 nights Basic Lodging & Meal Package

\$155 pp for Double/Triple Occupancy \$ _____

\$175 Single Occupancy \$ _____

2 nights Deluxe Lodging & Meal Package

\$195 pp for Double Occupancy \$ _____

\$235 for Single Occupancy \$ _____

Extra night(s) lodging for Thursday or Sunday nights

Basic Lodging extra night = \$35 pp per night \$ _____

Deluxe Lodging extra night = \$65 pp per night \$ _____

Please indicate which 'extra' night(s) are needed:

___ Thur ___ Sun \$ _____

\$75 Meal Option Only

\$ _____

Symposium Proceedings Book

\$12 each when ordering at time of Registration.

\$12 x _____ of copies: \$ _____

Nurses Path & VBMA Vet Track

Nurses Path: \$120 processing fee for CNE Credits \$ _____

VBMA Vet Track: \$35 \$ _____

PRE-CONFERENCE INTENSIVES

(\$35 each; pre-conference intensives are scheduled at the same time)

- ___ (1) Spiritual Bathing & Healing Ceremonies w/Rocio Alarcon
- ___ (2) Cupping for Herbalists w/Julia Graves
- ___ (3) Developing the Plant/Person Relationship w/Isla Burgess
- ___ (4) Wild Plant and Botan-Eyezing Walk w/Cascade Anderson Geller.
- ___ (5) **VET TRACK:** Vaccinosis: The Disease & Treatment w/Cindy Lankenau

WORKSHOP INTENSIVES

(Check each Intensive you wish to take. \$35 each)

- ___ (1) Talking Leaves; an Indigenous Language of Plants w/David Winston
- ___ (2) The Practices of Southern & Appalachian Medicine w/Phyllis Light
- ___ (3) Hawaiian Spirituality as Way of Life w/Raylene Ha`alelea Kawaiie`a
- ___ (4) A Grower's Invitation for the Cultivation, Harvesting and Drying of Medicinal Herbs w/Reisen's & Carpenter's
- ___ (5) **VET TRACK:** TCVM Treatment Strategies for Tongue Quality Abnormalities in Animals w/Dr. Bruce Ferguson
- ___ (6) Healing Traditions & Plants from the Medicine Basket of Zapotec Grandmother w/Grandmother Enriqueta Contreras
- ___ (7) Pulse & Tongue Diagnosis w/Michael Tierra
- ___ (8) The Secrets of Soapmaking w/Donna Winston
- ___ (9) Herbal Preparations 101 w/Nancy Phillips
- ___ (10) Natural Cosmetics and Herbal Skin Care w/Kate Rakosky
- ___ (11) Cancer Care and Support the Herbal Way w/Kate Gilday

___ Total Intensives Total Number of Intensives x \$35 \$ _____

Total Amount Due \$ _____

We accept payment by PayPal, Credit Cards (Visa & Master Card) and Check.

PayPal: go online to register through PayPal

Credit Card Payment:

please call Sage MT at 802.479-9825 or fill out form below.

___ Master Card or ___ Visa

Card number: _____

Expiration Date: _____

Name on Card if different than above: _____

Billing address if different than above: _____

Signature on card: _____

Payment by Checks:

make payable to IHS and mail to P.O. Box 420, E. Barre, VT 05649

REGISTRATION CONFIRMATION

A Registration Confirmation Package with Directions, Schedule, and Updates will be emailed upon receipt of your Registration. If you prefer to have your Confirmation Package mailed to you, please check here:

___ Yes, please mail my Confirmation Package to the above address.

Additional Lodging Information Needed

Please fill this form out when registering as it will assist us in assigning the room of your choice:

___ Male ___ Female (so we can assign you to the right dorm floor)

___ Couple (we reserve some of the dorm floors for couples)

If requesting a double/triple room, do you have a request for roommate(s)?

Room mate request(s) (1) _____

(2) _____

Please include the name of your roommate(s) when registering as it's very difficult to change rooms later. It makes our job so much easier if you can let us know at the time of registration your roommate request.

First floor necessary due to health reasons: _____

IHS Registration Information

Registration Fees

The Symposium Registration Fee includes all workshops, activities, & entertainment, except for the Intensive Classes which are an additional \$35 for each Intensive.

\$255 Early Bird Registration Fee if registered before March 30th. In order to qualify for the Early Bird discount, **ALL FEES** including lodging, meals and intensives must be paid in full by March 30th.

\$295 Registration Fee if registering after March 30th.

One Day Registration w/out meals: \$100

One Day Registration w/3 meals: \$125

All Inclusive Meal and Lodging Package

Delicious vegetarian and fish/chicken options. Meal package includes Friday Dinner thru Sunday Lunch. Lodging includes bedding, pillow, towels

2 nights Basic Lodging & 6 Meal Package (Fri & Sat nights).

'Basic lodging' is in older college dorms w/shared bathrooms.

\$155 pp for Double/Triple Occupancy

\$175 pp for Single Occupancy

2 nights Deluxe Lodging & 6 Meal Package (Fri & Sat nights lodging; Friday Dinner thru Sunday lunch). 'Deluxe lodging' is in newer dorms w/air conditioning in rooms.

\$195 pp for Double Occupancy

\$235 pp for Single Occupancy

Meal option only (no lodging) Fri. Dinner thru Sun Lunch: \$75

Extra night(s) lodging for Thursday or Sunday night(s);

Basic Lodging extra night = \$35 pp per night

Deluxe Lodging extra night = \$65 pp per night

If arriving on Thursday evening, Friday Breakfast (\$7) and Lunch (\$9) will be served. Pay at the door.

Teens & Children

Registration for Teens; \$195 plus lodging/meals/intensives

Children 2-12: Younger children are also welcome to attend the IHS with their parent(s). However, we are unable to provide childcare at the IHS. If bringing your child(ren) please do so with the understanding that your children will need to be with you at all times and will need to be quiet and respectful during classes. We will have some planned activities for the young children to participate in. See website for details. **Registration for children 2-12 is \$95 plus lodging and meals.**

Symposium Proceedings Book

\$12 per copy when pre-ordered, (order when registering)

\$18 if purchased at the Symposium

The Nurses Path ~ CNE

We are happy to be able to provide up to 13.5 hours of CNE for nurses. The processing fee for CNE's is \$120. For more details please go to the IHS website.

VBMA Veterinary Track

Brand new this year is the VBMA Veterinarian Track. There is an additional fee of \$35 if registering for the Vet Track with money going toward VBMA (Veterinary Botanical Medicine Association). For details please go to the IHS website.

Intensive Classes

Intensive workshops offer participants the opportunity to delve deeper into subjects of particular interest and to work more closely with individual teachers. Intensives are 3 ½ to 4 hours in length and are an additional \$35 each. Space is limited and intensives fill up quickly.

Symposium Cancellation Policy

All refund requests must be in writing and received in our office at the designated times noted below.

Please email sage@sagemountain.com or write to IHS/Refund, P.O. Box 420, E. Barre, VT 05649.

6/1: All fees except for a \$75 processing fee are fully refundable until June 1st.

6/2 – 6/10: until June 10th, the IHS will refund 1/2 of the total fees paid minus a \$75 processing fee (1/2 of total fees paid - \$75 processing fee = refund)

After 6/10: No refunds available

Please observe this cancellation policy. There will be no exceptions to the refund policy.

"Great Conference! Best Ever! I'll be back!"



THE 10TH INTERNATIONAL HERB SYMPOSIUM PROCEEDINGS BOOK

- A valuable resource containing all of the IHS class notes and handouts.
- Over 250+ pages of class notes, handouts, and herbal resources.
- Symposium Proceedings Books are treasured resources used long after the Symposiums.

\$ 12 when pre-paid • \$18 at the Symposium

**International Herb Symposium
P.O. Box 420, E. Barre, VT 05649
(802) 479-9825 • Fax: (802) 476-3722
sage@sagemountain.com**

**Or register online at
www.internationalherbsymposium.com**

**Make a copy of the Registration Form for your records.
A confirmation package will be emailed and/or mailed to you.**

Workshop Intensives

Workshop Intensives are approximately 3 1/2 to 4 hours in length. The Intensives offer participants an opportunity to study specific topics in greater depth and to work closely with individual teachers. The fee for each intensive is \$35. Space is limited in Intensives. Register early if you want to ensure your space. **Please note:** intensives listed together are offered simultaneously.

Friday 2:30 - 6:00 - Herbal Intensive

1. **Talking Leaves; an Indigenous Language of Plants with David Winston.**

The Cherokee and other indigenous peoples have long known the best way to learn about plants is from the plants themselves. We will explore the three languages of plants (the physical, symbolic and subtle/intuitive) and learn how the green nation can guide us in personal and planetary health. By understanding these basic concepts, you will be able to simply taste, smell, touch and look at any plant and gain profound insights into their uses for physical, emotional and spiritual healing.

2. **The Practices and Principles of Southern & Appalachian Folk Medicine with Phyllis Light.**

In this Intensive, Phyllis will discuss the traditional causes of health problems, seasonal patterns and influences, spiritual/magical influences, and the influence of the land upon the medicine. The class will explore the Southern blood types as a way of assessing constitutional imbalances. The principles of SAFM provide a practical method of viewing health and constitutional imbalances and offer a common sense approach for achieving or regaining health. **Intermed.**

Saturday 9:00 - 12:30 - Herbal Intensives

1. **Hawaiian Spirituality and Hula as Way of Life with Raylene Ha`alelea Kawaiie`a (Hawaii).**

Join Raylene as she shares the beauty and grace of the Hawaiian culture and its healing traditions. This Intensive will focus on Hula, a Hawaiian way of experiencing life through dance, songs, chant and storytelling. We will be learning about the traditions, practices and rituals of Hawaiian healing and hula. E Komo Mai, E Hula Kakou! *Come, let's dance hula!*

2. **A Grower's Invitation for the Cultivation, Harvesting and Drying of Medicinal Herbs with Matthias & Andrea Reisen and Jeff & Melanie Carpenter.**

Learn special techniques for the production of medicinal herbs and how to preserve the integrity and spirit of the plant. Experienced and successful herb farmers/growers will share soil building protocol, plant specifics, wildcrafting-growing dos and don'ts, drying techniques and marketing insights about herb production. *All welcome but geared toward Intermed/Adv.*



3. **VET TRACK - Characteristics and TCVM Treatment Strategies for Eight Basic Tongue Quality Abnormalities in Animals with Dr. Bruce Ferguson.**

Tongue diagnosis has long been an integral part of Traditional Chinese Medicine. In this intensive we will review these tongue qualities which indicate an excess or deficiency of Yin, Blood, Yang, and Qi. Pattern differentiation is based upon these tongue qualities and lead to rational treatment strategies. Acupuncture and herbal treatments for animals based on these tongue qualities will be discussed.

Saturday 2:00 - 5:30 - Herbal Intensives

1. **Healing Traditions & Plants from the Medicine Basket of Zapotec Grandmother Enriqueta with Grandmother Enriqueta Contreras (Oaxaca) and Maria Margarita (Texas).**

In this inspiring Intensive, Grandmother Enriqueta will share her profound knowledge and wisdom of the traditional medicine plants and healing ways of the Zapotecan people of Oaxaca, Mexico. Grandmother Enriqueta is a respected and renowned herbalist and midwife with over 60 years of experience and she generously shares her powerful teachings with others. She will give an over view of important medicinal plants of her tradition and share how to do 'energetic adjustments' using the 'limpia' with herbs, flowers, candles and copal.

2. **Pulse & Tongue Diagnosis with Michael Tierra.**

In this intensive, Michael will focus on Tongue and Pulse diagnosis for the practitioner. Pulse diagnosis has always been regarded as the confirming aspect of Traditional, Western, Chinese and Ayurvedic herbal medicine. This course will provide techniques and tools to empower your ability to make an accurate pulse reading. We will also discuss and demonstrate Tongue diagnosis and its importance as a vital part of differential diagnosis. Learn how to recognize various tongue characteristics, what they mean, and how to treat them. **Intermed/Adv.**

Sunday 9:00 - 1:00 - Herbal Intensives

1. **Natural Cosmetics and Herbal Skin Care with Kate Rakosky of Sage Wood Herbs.**

In this wonderful and delightful hands on Intensive, discover how to create exquisite natural skin care products using herbs and flowers from your garden and common kitchen ingredients. This is a hands-on participatory, fun opportunity to make moisturizing facial/body creams, facial scrubs and masques, bath salts, toners/spritzers and a luscious lip balm. Handouts, recipes and samples included.

2. **Cancer Care and Support the Herbal Way - Safe Herbal Support for Those Receiving Radiation or Chemotherapy with Kate Gilday.**

Many people face the decision and challenge of receiving aggressive treatments for cancer. These treatments often severely compromise the person's immune system. We will speak of medicinal mushrooms, herbs, foods, essential oils and supplements that have been used by cancer patients with excellent results to safely build and support the immune system during and after these medical treatments.

**For Full Intensive Descriptions and Teacher Bio's
Visit the IHS website: www.internationalherbsymposium.com**

Over 90 Classes offered for Every Level of Experience & Interest

The IHS offers a wide selection of classes, hands on demonstrations, and herb walks for all level of interest and experience. There are **Nine Workshop Sessions** with at least 10 workshop/class topics to select from at each session. The hardest decision you'll likely make the entire weekend is deciding which of the workshop(s) to attend. We've included a wide diversity of herbal subjects for the beginner/novice to the experienced practitioner, from hands-on craft classes to thought provoking discussions on health and healing. In addition there are a host of wonderful activities and events planned from Summer Solstice Celebrations, Music & Dancing, Botanical Art Exhibit, Teacher's Book Signing, and The Herbalist Ball. *The IHS is more than just a grand educational event, but is also a celebration of the healing power of herbs and the joy of green living.*

**All classes & activities except for Intensives are included in your registration fee.
For class topics & descriptions visit the IHS website.**

Friday 8 a.m. ~ 12 p.m. ~ Pre Conference Intensives

We are offering this special series of Pre Conference Intensives for those who wish to make the most of their experience at the IHS. Each of these intensives promise to be life enriching, offering special skills for personal and planetary healing. These intensives are scheduled on Friday morning 8 a.m. – 12 p.m. and don't overlap with IHS classes. Fee for each Pre Conference Intensive is \$35.

1. **Spiritual Bathing, Massage and Healing Ceremonies of Ecuador with Rocio Alarcon (Ecuador).**

Rocio will guide people through the experience of 'spiritual bathing & massage' using herbs, water, flower, and oils. Ancient healing ceremonies of the Andes will also be shared. Rocio is a gifted healer and is renowned throughout Ecuador & England for her healing gifts. Class will be hands-on/experiential.

2. **Cupping for Herbalists with Julia Graves (Germany/France).**

Almost lost from the Western tradition of herbal and holistic treatment, Julia offers a hands-on cupping training from the Western and TCM point of view. Once a household staple for common household problems in traditional society's world-wide, cupping is eliciting renewed interest. Julia teaches cupping as an integral part of what was once a holistic Western system of medicine.

3. **Developing the Plant/Person Relationship in Healing with Isla Burgess (New Zealand).**

Do we each have a plant ally? A plant that restores and maintains health? In this engaging Intensive we will explore a new theory on healing through understanding the role Chaos and Complexity Science has in health and how our perception of the qualities that plants possess can assist us in finding our plant 'ally'. It is where a shamanistic view of the world meets Quantum physics.

4. **Wild Plant and Botan-Eyeing Walk with Cascade Anderson Geller. (This Intensive ends at 1 p.m.)**

There's never enough time for herb walking and/or botanizing at herb events, so we've added a 5 hour intensive with Cascade, one of the best botanizers/herbalists around. There are many famous herbs, trees, and shrubs to be found growing on the Wheaton campus and surrounding 200 acre woodland. Emphasis will be on developing your botan-eyes and the details about how to harvest and prepare the plants in a reverent and sustainable manner.



5. **VET TRACK – Vaccinosis: The Disease and its Herbal Treatment with Cindy Lankenau, DVM.**

The practice of annual vaccination has created a plethora of new disease syndromes and auto-immune conditions. We'll review the historical recognition of Vaccinosis and investigate the development of chronic disease. The use of botanical medicines and minute doses of botanical medicines will be discussed in the treatment of the tangled web of dis-ease.

* Saturday 4 - 7p.m. ~ Special Playshop Intensives *

These hands-on playshops are offered for respite from a heady weekend. All materials, samples, and handouts are included. Register with Intensives (\$35 fee). **Playshops do not conflict with other workshops, but do conflict with Saturday afternoon Intensives.**

(1) **The Secrets of Soapmaking with Donna Winston.**

Join Donna in this delightfully fun, hands-on, workshop as we discuss the history of soap and go through every step of the soap making process, sharing tips and techniques along the way. Participants will leave feeling confident about making soap on their own. We'll make a goat's milk soap in class. Class includes supplies, handouts, recipes, and samples.

(2) **Herbal Preparations 101 with Nancy Phillips.**

This hands-on class will jump start you into making excellent quality herbal infused oils, salves, medicinal strength teas, tinctures, liniments, herbal pills, and capsules. This will be a 'hands-on-learn-by-doing' class. Lots of samples, recipes, and step by step instructions. **Great class for beginners!**



**"Every aspect of this Symposium was A+, from the teachers to the topics to the participants.
And the venue and food were excellent as well."**

You are joyfully invited to attend this outstanding event

10th INTERNATIONAL HERB SYMPOSIUM

Celebrating the Healing Power of Plants

JUNE 24 ~ 26, 2011



A symposium to touch your heart and soul as well as mind and spirit, this gathering is for all people enraptured by the healing essence of herbs. The **International Herb Symposium** offers herbal enthusiasts an incredible opportunity to learn from the world's leading experts in botanical medicine and herbal lore.

**Keynote address with Paul Stamets
of Fungi Perfecti, author of
*Mycelium Running –
How Mushrooms Can Help
Save the World***



Learn from an extraordinary gathering of herbal teachers, elders, and healers from around the world representing diverse backgrounds and experiences. Over 40 highly respected teachers including Dona Enriqueta Contreras (Mexico), Rocio Alarcon (Ecuador), David Hoffmann, Rosemary Gladstar, Mark Blumenthal, Dale Pendell, Christopher Hedley (England), Michael Tierra, Donna & David Winston, Cascade Anderson Geller, Chris Kilham, Paolo Luzzi (Italy), Isla Burgess (New Zealand), Kathleen Maier, Phyllis Light, Dr. Juan Almendares (Honduras), Raylene Ha`alelea Kawai`e`a (Hawaii), Brigitte Addington (Germany), Carol Gagnon (Canada), Julia Graves (France), Herbal Ed Smith, Doug Elliott, Kate Gilday, Greg Tilford; Nancy & Michael Phillips, Matthais & Andrea Reisen, Aaron Jenks, Dr. Michael Freidman, Guido Mase, Bevin Clare, Chris Marano, Jim McDonald, Corey Pine Shane, Todd Elliott, Timothy Scott, and **Wholistic Veterinarians:** Dr. Bruce Ferguson, DVM, MS, Dr. Hubert Karreman DVM, Dr. Liz Hassinger DVM, Dr. Cindy Lankenau, DVM

*** INSPIRING * EDUCATIONAL * ENTERTAINING ***

The Symposium Features:

- * An Extraordinary selection of Speakers from 12 countries**
- * Over 90 Workshops for all levels of interest & experience**
- * Herbal Intensives for in depth study, panel discussions & case studies**
- * Hands on Demonstrations & wild plant identification walks**
- * An Herbal Marketplace, Evening Entertainment & Dancing**
- * CNE for Nurses and Wholistic Veterinary Track**

***Held at beautiful Wheaton College, Norton, MA
A Benefit Conference for United Plant Savers***

Sponsors of The International Herb Symposium

Traditional  Medicinals.



**HERBALIST
ALCHEMIST**
Magick

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Meaning of Tea