

Om Woods

Thursday

Know Your Weeds Plant Walk with Ed & Maya Skopal (4:30-5:30 PM)	Stories, laughs, and a mindful walk of the festival grounds pointing out various herbs/plants/trees and their medicinal folk uses, safety, parts used, how to.
---	--

Friday

Mindful Outdoor Nature Connection w/ ShirleyAnn Burgess (10:00-11:30 AM)	A mindful outdoor experience is an opportunity to slow down, awaken our senses and deepen our connection to the living earth and ourselves.
Unity Circle with Kelly Hayes (11:30 AM-12:30 PM)	Deeply connect with others in this circle to remember what it is like to be with one another as we hold space and listen.
RX Yoga: Psychological Stability On And Off The Mat with Deb Marks, PsyD and Hairyln Mills (1:00-2:30 PM)	Weaving psychotherapy, chakric energy theory, and gentle movement into the fabric of our awareness, exploring all parts of ourselves with open curiosity and compassion.
Making Plant Medicine - Tincture/Oil/Salve Making for beginners with I-TAL Acres (3:00-4:15 PM)	Will discuss making infusions, decoctions, tinctures, oils, and salves. We will have demonstration of macerating herbs and demonstrate the tincture making process.
Recovery Dharma with Andrew Alwood (5:00-6:00 PM)	A Buddhist approach to recovering from unhealthy attachments and addictions of all kinds Recovery Dharma invites us to look within to heal and awaken.
Red Tent Gathering with Alissa Wallace (6:30-7:30 PM)	Learn how to connect on a deeper level with your moon cycle. Each phase holds power that can change how you live your life.

Saturday

Yoga Hike with Tara Eschenroeder & Ryley Harris (10:30am-noon)	With poetry and horticulture woven throughout, this is a celebration of the natural artistic ways of this planet and of the beauty of recognizing it.
The Dosha of Relationships with Hannah Levin (11:30-1:00 PM)	Delve into understanding each Ayurvedic doshic type, their personalities, and how they relate to others. Leave with new insights, compassion, and fun relationship skills.
Plant and Mushroom Foraging Walk with Bodhi Vasilopoulos (2:00-3:30 PM)	During this walk we will cover topics such as: Plant/mushroom identification, How to prepare wild foods, Basics of field herbalism, Temperate ecology and more
Feng Shui of Yoga with Nitya Griffith (3:00-4:30 PM)	Explore the connection between the ancient art of Feng Shui with the philosophy of Yoga in this amazing and engaging workshop.
Recovery Dharma with Andrew Alwood (5:00-6:00 PM)	A Buddhist approach to recovering from unhealthy attachments and addictions of all kinds Recovery Dharma invites us to look within to heal and awaken.
Embodied Astrology: Living in Rhythm with the Wheel of the Zodiac with Megan Rising (6:30-8:00 PM)	This class will be a presentation and q&a on Embodied Astrology, the focus is on witnessing the parallels between the seasons and the zodiac signs

Sunday

A Ramble Up the Holler w. Johnny Stowe (9:30-10:45 AM)	A super-slow, guided walk up the holler through unique cove forest, centering on Mama Earth, ecosophy, human ecology and nature lore.
Sacred Herbal Traditions & Cultivating the Self with I-TAL Acres (11:00 AM- NOON)	Explore some of the sacred traditions in Ayurveda, TCM, Native American Herbalism, Western Herbalism; The realm of the plants and the cultivation of the Self.
Wild Edible Plant Hike with Ryley Harris (12:30-1:45 PM)	Participants will learn to identify edible and medicinal valuable plants, along with highly toxic plants. We will also look at fungi.
Digest This! Ayurveda for our Modern Times with Hannah Levin (2:00-3:30 PM)	Drawing from the realms of Ayurveda, creativity, and Somatic healing we will explore tools for supporting our physical digestive tract (the seat of true health) and how that aligns with being able to digest how life unfolds in our ever-changing world, mentally, and emotionally.
Recovery Dharma with Andrew Alwood (5:00-6:00 PM)	A Buddhist approach to recovering from unhealthy attachments and addictions of all kinds Recovery Dharma invites us to look within to heal and awaken.