

# Weaving Women's Wisdom



## Workshop Descriptions 2016

This year we sought out share sessions to ignite your mind, heart, hands and body. During each time block, a session from each category will be offered. Mix it up or focus on one track throughout the gathering.

### SKILL SHARES

#### Fully Utilizing Summer Fruit with Kala Riddle

Reap the full benefits of the bounty of summer fruit and learn how to make two valuable probiotic recipes: kvass, and fruit-scrap vinegar. We will discuss the presence of friendly bacteria that keep our gut happy and how these recipes can be eaten at the dinner table. Jars\* to take one ferment home with you, instructions, and recipes will all be provided. \*Limit of one jar per person. Material fee: \$5

#### Wet Felted Hats with Theresa Markwood

Learn how to make a felted hat with a resist. This process makes a seamless hat using merino wool and a piece of plastic for the resist. Previous felting experience will make this process go smoother but is not necessary. Children can do this workshop if accompanied by their parent or another adult. Material fee: \$10

#### Lacto Fermentation with Katarra Shaw

We will learn to harness the microscopic world to enhance nutrition, flavor and digestibility; turning raw organic ingredients into foods and condiments, which far surpass their commercially available counterparts. I will demonstrate how to start several ferments and hold space for questions on how to get started and trouble-shooting. Samples of my lacto-fermented foods will be available for tasting. Material fee: \$5

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## HEART SHARES

### Journey to Your Wise Womb with Sage Trucano

The womb is the dreaming and creating center for women of all ages. It holds wisdom, story, creativity, inspiration and healing for all of us to connect to. Join me in taking a journey to the womb to discover the wise wombyn in all of us!

### The Sacred Wander with Anasuya Basil

We will gather to practice simple nature connection exercises to help shift our awareness to a sense of wonder and calm curiosity. Then we will set our intentions for a medicine walk where we allow our intuition to move us on the land. Answers to questions, insights and a feeling of peace arise naturally as we respect both the elements around us and our internal process. We regroup at the end to share the stories of our wander so that we can acknowledge and affirm our experience.

### Reiki & Reflexology with Maggie Buckley

Reiki and Reflexology can be extremely effective in treating anything from chronic health issues, energetic blockages, spiritual crisis, and recurring life challenges. There is no limit to what these methods can do for individuals seeking a change in the life patterns they are experiencing or simply wanting relaxation. Reiki on the body starts at one's head and works its way down to feet stopping to send healing energy to each part of the body. Each foot is then massaged individually for a period of time in order to address all of the systems of the body and bring a natural healing response to each. It is a beautifully relaxing experience.

## WISDOM SHARES

### Emotional Health & Essential Oils with Talia Scherquist

Our bodies hold onto emotions from simple experiences to early childhood trauma. We also pick up on other people's emotions easily and unless we identify and release that, we store them as our own. Holding onto negative emotions has the potential to create harm in our bodies (and mind!). Used correctly, essential oils have the power to help us heal our bodies and release trapped emotions. In this session, we'll talk about how our bodies do this and how we can use essential oils to work through and release negative emotions to bring us health and wellness.

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## A Time and Place for Grieving with Malama MacNeil

Meeting in the circle of Council, and proceeding into ritual, each woman will have an opportunity to share her grief, to witness, and be witnessed by all others. We will do some quick writing on themes of grieving, and have opportunity to construct grief token objects for release to the fire. Each woman attending should bring a quarter as "offering" and a small stone or shell which will transmit the story of her grief to the invisible world. Each woman should bring her preferred seating option, a water bottle, and writing materials. Small donation accepted for craft materials.

## The Art of Facilitation with Robyn DiFalco

Have you experienced painfully frustrating group meetings? Wishing participants would stay focused, that the Chair would move things along, and that more could have been accomplished in less time? There is an art and a science to facilitating smooth and effective meetings, steering participants to decisions and actions. This session provides helpful insight on how to improve small or large group meeting dynamics, how to identify what's getting in the way of effectiveness, and how to ensure discussion is inclusive and not dominated by a few bold voices. This session will be valuable to anyone trying to organize a group, whether it be in an business setting, nonprofit organization, a school fundraiser, or even a book club.

## BODY SHARES

### 5 Rhythms Sweat Your Prayers Dance Wave with Jacia Kornwise

This course will be a very loosely guided 5 Rhythms based dance wave similar to a Soul Shake but a bit shorter. I will begin with a 15 minute opening circle and intention setting leading into a hour long dance and another 15 minutes for closing.

### Botanical Beauty: Herbal Medicine for Radiance Inside and Out with Nadeja Zoller

Beauty is a way of appreciating and loving oneself; and in this western culture, different ideas of beauty have a big impact on our lives as women. We will explore ideas of beauty as radiating from the inside out. I will share knowledge of several beloved herbal allies for working with the skin, hair, and digestive system. We will be discussing common skin issues, exploring ways to work with herbs internally, and learning recipes for crafting all-natural beauty care products at home. In this share we will be crafting nourishing skin care products with the herbs we discuss. Teens are encouraged to join! Material fee: \$20

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## Movements of the Manifestation with Rebekah Casey

For lovers of the Brazilian culture, to introduce, ruminate and dance the movement of a select few Brazilian Orixas, manifestations of the supreme God. Orixas such as Oxum, Yemanjá and Oxossi call to me at this time. Storytelling, and moving meditation to the call of the drums.

## Mindful Flow Movement with Arianna Willis

Meditation breathing and exercise practice to tune into mindfulness movement. We will focus on breath work syncopation through movement with the sacred circle of the hula hoop. We will touch on a subject called spiral dynamics which is the natural rhythm our bodies praise us for when we move with it and discuss the health benefits of this flowing movement within us.

## Special Offering for Maidens (teens)

### Tracking Our Cycles with Sadie Rose Casey

This session is aimed at young women, discussing our lunar/menstrual cycles: what a cycle is, why we track it, and how to track it. I will share personal experiences, tools for tracking, and give all the attendees take-home materials and worksheets.

## PRESENTER BIOS:

Kala Riddle is a sourdough bread baker in the city of Chico. She holds a degree in Nutrition & Food Science from CSU, Chico and is passionate about local fare, making connections, and sharing her craft of wild, nourishing, and live foods.

Theresa Markwood has been felting for about 7 years. She makes garments like jackets, vests, hats, and scarves. She has been continually enamored with the magic of wool and its properties and is excited to share this amazing natural product and process of wet felting.

Katarra Shaw is a life artist and musician following her heart—work and is a wild woman in her wild way. She is a homebirth midwife in Chico and has college degrees in language, music, audio engineering and chemistry. She enjoys cooking and fermenting with locally sourced food, playing flute, and helping families to birth their babies here in Chico.

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Sage Trucano creatively and intuitively combines Western, Native and Herbal healing practices to empower one to heal the whole ~ mind, body and spirit. Weaving therapeutic knowledge from her Masters Degree in Marriage and Family Therapy, Western and Mayan Herbal consulting, with Indigenous practices including Mayan Traditional Healing Methods (Uterine massage, Pulse Diagnosis and Healings), she weaves indigenous wisdom from many native healers with ceremony and herbal treatments. Dedicated to women's ceremonies and healing she conducts Inipi's (purification lodges), women's rites of passage, new and full moon ceremonies and drum circles. She teaches and runs various workshops, healing retreats and herbal events and is owner of Sage Dreams, herbal products for health and beauty including Mayan Medicinal tinctures, healing tea blends and more.

Anasuya Basil NC, Dipl. ABT, CST is an innovative holistic health practitioner, wellness coach and nature connection educator with a practice in Chico, and by phone/online. She is certified in craniosacral therapy for infants, children and adults as well as in acupressure and holistic nutrition. She studied herbalism with Susun Weed, and nature connection with John Young. She is a certified wildlife tracker, level 2. Anasuya was on the faculty of the Acupressure Institute for a decade where she taught classes in Women's Health, Menopause, and Nutrition for Pain and Depression. She is a former certified teaching assistant for the Upledger Institute, and is currently on the faculty of Bauman College. Most recently, she is the author of the ebook, *Midlife Renewal for Women: Five Powerful Practices for Reclaiming your Joyful, Healthy and Creative Life*. Here website is [www.mybodywisdom.net](http://www.mybodywisdom.net).

Maggie Buckley is a 3rd Degree Reiki Master and Reflexologist. I have practiced in joy and gratefulness for 22 years in Chico and would be so honored to share these amazing healing practices with your community. During my years practicing I have traveled across the United States and to several different countries to seek the wisdom of other healers. I am continually humbled by the knowledge and beauty that is shared with me.

Talia Scherquist is a mom in Chico, with two daughters. She went to school to learn how to help children and their families and with a Master's degree, was able to do this for many years until she chose to stay home with her children. She learned even more about health and wellness with her family and has continued to share this with others. Soon, she found the passion for helping other families was still burning and was able to find various avenues to reach out and create communities of wellness and support. Sharing and growing is how she stays connected to herself as well as her purpose in life.

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Malama MacNeil spent many years as a manual therapist and hands-on healer and as a family caregiver. She is trained as a spiritual midwife to those in their final days, their families and caregivers. She has been a lifelong student of systems of spiritual practice and has synthesized her own daily devotional practice from such disparate elements as Taoist qigong, Dagara (west-African) cosmology, Shoshone-Lakota medicine wheel prayer, Sufi heart-rhythm meditation, writing practice, Five-Rhythm ecstatic dance, core shamanic drum journeying, and the spiritual practice of Subud, in which she has engaged for 46 years. Malama is an elder in our community, a grandmother, a gardener, a carrier of the Way of Council, a poet, storyteller, and ceremonialist. She is pleased to have served on the core planning team for WeWoWis 2016.

Robyn DiFalco has held leadership roles in her career and beyond, including serving as the Executive Director of the Butte Environmental Council, the Sustainability Coordinator at CSU, Chico, and is currently a board member at Sherwood Montessori Charter School. She has been building her leadership skills since adolescence through experience, observation and training. She has developed her own facilitation skills and taught others how to implement the Art of Facilitation strategies for group meetings. Her philosophy is rooted in Consensus Decision Making process.

Jacia Kornwise created the Satori Healing Center in Chico, California. She has been working as a counselor, coach and personal empowerment facilitator of Embodied Listening and Loving for over 24 years. She has been teaching and leading workshops for individuals, couples and groups for over two decades at both healing spaces and festivals. She is a mama to her beloved son, Devon Rain (9 years old) and a creator of Soul Shake Dance in Chico California. She received her Masters in Integral Counseling Psychology from C.I.I.S. She also trained and certified with Debbie Ford as a Master Shadow Coach, reiki healer, intuitive, massage therapist, unwinding somatic trauma certification from Peter Levine; and attended various breathwork facilitator trainings. She has studied extensively in many different spiritual traditions and trained in various shamanic practices. [www.rhythmsofacceptance.com](http://www.rhythmsofacceptance.com). Her practice is Love.

Nadeja J. Zoller is a practicing Traditional Western Herbalist based in Forest Ranch, CA. With great joy and gratitude for the botanical gifts of this earth, Nadeja offers individual herbal consultations, nutrition counsel, flower essences therapy, small group classes, tea ceremonies for weddings and events, and plant walks. She is the founder of the herbal product line Matriarikas Apothecary.

Rebekah Casey is a woman warrior; mother, student, teacher, speaker, leader, dancer, wildland and dark sky lover. First in her family born on the mainland, she is of pacific island descent, raised in the forest tucked above the Concow basin as a professional, she has worked to preserve the environment, rural livelihoods, and indigenous sovereignty.

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Arianna Willis is a student at Butte College about to enter her third semester studying Child Development/ Psychology as well as Peace and Global Communications. She is a hula hooping breath worker with a dedicated practice of five years now focusing on energy movement and the health benefits of the flow arts. She is passionate about our womanhood and empowering each other to connect with one another to form a healthy and strong sisterhood in our community.

Sadie Rose Casey is a writer living in the foothills of Northern California. She works with a growing network of other women to produce truth and beauty through creative conception and collaboration. In alignment with this vision, she is currently the course manager at Annapurna Living and is a co-editor at The Bohemian Collective and the advice columnist at The Cabin Diaries. Aside from writing and reading, her greatest pastime (and accomplishment) is watching her 11-year-old son reveal to her the great mysteries of the universe.