

**SOUTHWESTERN MEDICINE WOMEN GATHERING**  
**MAY 4 – 7, 2017**  
**SCHEDULE OF EVENTS**

**Thursday, May 4, 2017**

Check in begins at 4:00 pm

6:00 – 8:00 pm

- Welcome Ceremony
- Introductions of teachers
- What to expect from this weekend
  - Nothing
  - Everything
  - How to go with the flow
  - All is as it should be
  
- Anointment ceremony by Cynthia Oliveria ~ Wisdom of the Earth Oils
  
- Dancing ~ Drumming ~ Music

**Friday, May 5, 2017**

7- 9:30 am – Morning reflection or breakfast (on your own)

9:30 – 11:30 Intensive Class

- Feather Jones – Medicinal Plants of the Desert –This outdoor class will focus on plant identification, medicinal properties and common everyday uses of our wild desert natives. Included is mindful wild harvesting guidelines and clinical applications. Come enjoy the scents and tastes of our desert botanicals. Carpool to beautiful Bell Rock is required.

10:00 – 11:30 Class time

- Toshia Shaw – The Pact ~Helping women get ‘un-stuck’ and moving forward towards their life’s purpose.
  
- Cynthia Oliveria de Kapp - Inner Landscape Work ~ Your memories, past lives and traumas are lodged in the cells of your body. In this program, with the help of our allies the plants and tree essences, we will explore breath, sound, movement and dance to unlock that which is stuck within us. Inner landscape work allows the thoughts and feelings about our journey here on Earth to surface and heal. Won’t you join us for an incredibly deep and magical excursion to the beauty of your soul.

11:30 – 1:30 Lunch & exploring (on your own)

1:30 – 3:00 Class time

- Kathy Padecky – Crystal Teaching ~ Crystals to awaken your consciousness and facilitate for the body. All you have to do is open to receive the love and energy of these children of the earth.

- Gigi Rock – Crystal bowl meditation ~ The healing modalities of crystal bowls and discovering your sacred plant through meditation

1:00 – 3:00 Intensive

- Bella Donna - Apitherapy, Health and Honey from the Bees ~ Bella will share with us her experiences and thoughts on incorporating the use of herbs, plants, teas, tinctures, fruits, vegetables, bee products, spices, and other practices in encouraging you to “Let food be your medicine, and medicine be your food.”

Classes ended / Sharing time

Dinner (on your own)

**Saturday, May 6, 2017**

7- 9:00 am – Morning reflection or breakfast (on your own)

9:30 – 11:30 Intensive Class

- Feather Jones – Medicinal Plants of the Desert –This outdoor class will focus on plant identification, medicinal properties and common everyday uses of our wild desert natives. Included is mindful wild harvesting guidelines and clinical applications. Come enjoy the scents and tastes of our desert botanicals. Carpool to beautiful Bell Rock is required.

10:00 – 11:30 Class time

- Kathy Padecky – Crystal Teaching ~ Crystals to awaken your consciousness and facilitate for the body. All you have to do is open to receive the love and energy of these children of the earth.
- Gigi Rock – Crystal bowl meditation ~ The healing modalities of crystal bowls and discovering your sacred plant through meditation

11:30 – 1:30 Lunch & exploring (on your own)

1:30 – 3:00 Class time

- Toshia Shaw – The Pact ~Helping women get ‘un-stuck’ and moving forward towards their life’s purpose.

Cynthia Oliveria de Kapp - Blooming A Conscious Heart: Today more than ever, we have to stay grounded in love if we are to expand our consciousness to include all life on this planet. Using Wisdom of the Earth pure essential essences, we will move beyond our normal perceptions through sound, movement and meditation, to connect our hearts to a deeper awareness of ourselves, and what we will clear whatever is in the way of our deep connection to the Gaia.

1:00 – 3:00 Intensive

- Bella Donna - Apitherapy, Health and Honey from the Bees ~ Bella will share with us her experiences and thoughts on incorporating the use of herbs, plants, teas, tinctures, fruits, vegetables, bee products, spices, and other practices in encouraging you to “Let food be your medicine, and medicine be your food.”

Classes ended/Sharing time

Dinner (on your own)

**Sunday, May 7, 2017**

7- 9:00 am – Morning reflection or breakfast (on your own)

9:00 – 11:30 Inner work time

- Sharing with each other the experience
- Creating mandalas or dream catchers or prayer flags

11:30 – 1:00 Lunch and exploring (on your own)

1:00 – 2:00 Tea Ceremony

- Feather Jones – A beautiful non-traditional ceremony will be shared

2:00 – 3:30 Meditation

- Gigi Rock – Crystal bowl meditation ~ Allowing to 'just be'
- Classes ended