

Alex Howe

Artisanal Salve Making; For Humans With Skin | Friday - PM

One of the original topical medicines for human skin is often called salve (or balm). It has four basic ingredients: nourishing oils, infused with plant medicines, thickened with raw beeswax, plus optional essential oils. Similarly, bread also has very few ingredients. Yet you know the great variety of breads and cakes in the world. The same is true for salve! Salve making has been my "bread and cocoa butter" for over 10 years and I am going to teach you how to make truly superlative salve. Total beginners are totally welcome, but this class is so jam packed with hacks and tips that it is valuable to all with an interest in natural skin and wound care. We're going to go deep, get oily, dabble in the chemistry of fats, and everyone will have a great hair day tomorrow! Best part is you get to take home our own class co-creation! I'll have many rare & exotic carrier oils, and oodles of essential oils to play with. Free to attend. \$5 - personalize your own custom salve. Special "get it while it's hot " family pricing for additional volumes. Trades encouraged! Class capacity 18 age 12+

What to Bring: Note book

Attendance: 15 | **Age:** 12+ or younger with supervision | **Materials Fee:** 5

Alex Howe

Facing Your Fear Of Fire And Flowing Through It: An Intro To Flow Arts And Safety First Fire Dancing | Saturday - PM

Have you ever achieved that thoughtless bliss while, dancing, drumming, or doing a favorite activity? There is a state of mind called flow. Achieving flow state is one of the reasons we play, and it is shown to be nourishing medicine for our brains. I found my moving meditation with poi, which is a native maori dance of twirling pendulums. In the modern flow art, this is usually done with nice soft sock poi, or... We make them out of chain and kevlar, soak them in fuel, and burn themmm! (safely and while hopefully not igniting ourselves!) in this playshop you'll be actively moving and learning beginners poi techniques. We will also explore a few other fire dancing/flow props. Plus if there's time, fire bubbles! We'll also discuss such things as: -how to be a good fire safety, in detail. -what to wear (hint: natural fibers or nothing) and not to wear (anything synthetic! You'll be asked to change.) -we will practice extinguishing a lit prop and fuel can. -you will have the opportunity to dance with fire in class, and if you/we achieve certain things you may spin fire at the main fire saturday night! Be sure to wear natural fiber clothing that you can move easily in, but not so loose as to get caught up. Class size 10, age 18+ unless direct eye contact consent or supervision from parent/guardian (kids are welcome with this permission) materials fee \$5 towards fuel

What to Bring: Wear Natural Fibers Only!

Attendance: 10 | **Age:** Adults and kids with supervision or eye to eye parental consent |
Materials Fee: 5

Alex Howe

Practical Herbalism | Friday - AM

Practical herbalism an overview of what you need to safely start making an experience with medicinal plants, the basics of herbalism, and crafting your own self tailored herbal medicines. We will discuss many topics, tools, and techniques, so that you can gain better control of your health and wellness. This includes: what makes a good educational resource for you, ethical wildcrafting from nature with gratitude and intention, the food to poison spectrum: a conception of dosage, and extractions in the three most common solvents water, alcohol, oil. You will make your own herbal tea (including rare african herbs), collectively prepare a tincture, and co-create a nourishing topical salve, the original medicine for human skin! Tea and salve are make and take. Materials fee: \$10 to make and take both tea and salve (\$5 each) free to attend, listen, and participate!

What to Bring: Note book

Attendance: 15 | **Age:** Adults and kids with supervision or consent | **Materials Fee:** 10

Alex Howe

Southern African Medicine, Mhuti, And Mysticism From A Umlungu'S Perspective | Sunday - AM

Traditional healers of southern africa are highly respected and frequently sought out. 80% of the population goes to the traditional healer first, before the western medical doctor. This class will be a discussion of the top medicinal plants of South Africa (many you will get to try), my experiences visiting various traditional healers (including the San bushmen and Xhosa sangoma), and an in-depth storytelling journey into everything I have learned whilst being a white, foreign traveler (umlungu) traditional healer in southern africa for over seven years. No limit, no fee, purchases available, trades encouraged!

What to Bring: Note book

Attendance: | **Age:** | **Materials Fee:**

Ali Williams

Hand-Drill Friction Fire | Every Day - Varies

Cooperation is our most important survival skill, but fire is pretty cool too! Learn the magic of making fire with two sticks.

What to Bring: Something to sit on, a knife, patience

Attendance: 6 | **Age:** Adults, and kids over 13 with an accompanying adult | **Materials Fee:** 10

Ali Williams

Stealthcraft | Friday - PM

Integrate into wild spaces with mindful movement through landscape, concealment and tracking games and camouflage fundamentals

What to Bring: Soft soled shoes, water, camo if you have it

Attendance: 12 | **Age:** Kids 13 and older with adult supervision | **Materials Fee:** None

Barron Brown

Carve A Wooden Bowl (all day) | Friday - All Day

We will harvest a tree from the forest and over the whole day we will carve a chunk of it into a functional bowl

What to Bring: sharp knife

Attendance: 12 | **Age:** 12 and up | **Materials Fee:** none

Barron Brown

Finish Projects | Sunday - AM

Finish your projects! Get some last help from the instructors before yall go home.

What to Bring: your unfinished projects

Attendance: 15 | **Age:** all ages | **Materials Fee:** none

Barron Brown

Spoon Carving | Thursday, Saturday - AM

From beginner to advanced, learn how to carve a spoon out of green wood. Don't eat your soup with a fork! Materials fee: none what to bring: sharp knife if you have one

What to Bring: sharp knife

Attendance: 12 | **Age:** 12 and over | **Materials Fee:** none

Barron Brown

Traditional Net Tying | Thursday - PM

Using traditional tools we will make a net that can be used for a bag, a water bottle holder or a fishing net

What to Bring: there will be no fee if you bring your own string

Attendance: 12 | **Age:** 10 and up | **Materials Fee:** \$1

Doug Elliot

Woods Lore, Weeds and Useful Plants | Saturday - AM

Take a walk in the woods a world renowned Naturalist and Storyteller Doug Elliot~ We'll check out the edible, medicinal, and otherwise useful wild plants. We will talk about the role of these plants among traditional inhabitants of the region and how we can use them for food and medicine in our everyday lives. We will notice the animal signs, bird calls, insects and other creatures which texture our outdoor experiences. You'll likely hear stories, songs, and lore as well as fact stranger than fiction, about the plants and critters we encounter.

What to Bring:

Attendance: 20 | **Age:** 12+, Kids with adult supervision | **Materials Fee:**

Fuz Sanderson

Birds Before Breakfast | Friday - AM

The dawn chorus: who is that singing? Bird watching and identification is a great way to enhance your naturalist skills. We'll take a moment to listen and appreciate the world coming alive at dawn.

What to Bring: Binoculars

Attendance: | **Age:** all ages | **Materials Fee:**

Fuz Sanderson

Didgeridoo Making & Playing | Saturday - PM

Fuz sanderson will teach you how to make and decorate your own bamboo didgeridoo. We'll touch on the rich cultural history of australian original peoples, ecology/uses of bamboo and how to use the tools to make your instrument.

What to Bring: Good vibrations

Attendance: 14 | **Age:** age 13 and above | **Materials Fee:** \$5

Fuz Sanderson

Hag'S Taper: Ancient Mullein Torches | Friday - PM

Ancestral lighting and practical firecraft. In this hands-on workshop, we will transform the dried seed stalks of common mullein (*verbascum thapsus*) into durable, wind-resistant torches historically known as "hag's tapers" or "witches' candles."

What to Bring: Work Clothes

Attendance: 8 | **Age:** 13 and older | **Materials Fee:** 5

Hawk Hurst

Rivercane & Bamboo Flute Making | Every Day - AM

Participants will be guided in crafting their own traditional, native american and asian-style rivercane and/or bamboo flutes.

What to Bring:

Attendance: 8 | **Age:** Adults / Youth 10 & up | **Materials Fee:** \$15

Hawk Hurst

Yucca Fiber Prep And Cordage Making | Friday - PM

Participants will learn to craft a simple bamboo scraper, and then proceed to prepare yucca fibers in order to make cordage.

What to Bring: Sharp pocketknife

Attendance: 6 | **Age:** 10 and up | **Materials Fee:**

Jason Powers

Backyard Poultry Butchery | Thursday - All Day

This class will teach you how to process your backyard flock, or retiring laying hens and roosters, in an efficient and economical way using minimal tools and resources. We will cover handling, slaughtering, plucking, eviscerating and breaking of chickens. This class will be hands on with as much participation as each participant feels comfortable with. We will be slaughtering a number of chickens that will be used in the kitchen for meals through the weekend.

What to Bring: boning knife

Attendance: 25 | **Age:** All ages | **Materials Fee:** none

Jeff Gottlieb

Cordage College | Saturday - AM

Everything you ever wanted to know about string, rope and thread! Examine the "fibrary" collection, make useful, beautiful cordage using several methods, listen to the cordage song written by the instructor and song historian sarolynchthomason, and find out why cordage made civilization as we know it possible

What to Bring: a chair

Attendance: 15 | **Age:** 10 + | **Materials Fee:**

Jeff Gottlieb

Gourdcraft | Thursday - PM

Make a beautiful, historically authentic, useful container, toy or musical instrument from a hard shelled gourd using hand tools.

What to Bring: a sharp knife, a chair

Attendance: 15 | **Age:** 12 up | **Materials Fee:** \$10-15

Jeff Gottlieb

Poplar Bark Basketry | Friday, Sunday - Varies

Make a gorgeous traditional folded poplar bark basket using wild collected materials using traditional hand tools.

What to Bring: sharp knife, wheel punch

Attendance: 12 | **Age:** 12 up | **Materials Fee:** \$15

Jeff Gottlieb

The Naturalist Is In | Saturday - PM

I will have tools, materials, books and attention, to help with most any craft project, nature question, primitive skills topic or earth living philosophy question. Come and hang out!

What to Bring: A chair, a project, a question

Attendance: | **Age:** None | **Materials Fee:**

Joan Candalino

Alternative Flours | Sunday - AM

No wheat flours for breads, pancakes, etc. Coconut, almond, buckwheat, ...

What to Bring:

Attendance: | **Age:** | **Materials Fee:**

Joan Candalino

Finger Weaving 101 | Saturday - PM

Finger weaving of yarn into a hatband or bag strap, basic technique, as developed by the native americans of the north and south eastern us. Class size: 6 students, adults materials fee: \$5 what to bring: fingers!

What to Bring: Fingers

Attendance: 6 | **Age:** Adults | **Materials Fee:** None if using yarn. 10 if using hemp or waxed linen.

Joan Candalino

Gnocchi | Thursday - AM

Pillows of sweet potato, ricotta, and flour, eaten like pasta.

What to Bring: Clean hands. Fork and plate.

Attendance: 8 | **Age:** Adults, kids with an adult supervisor. | **Materials Fee:** 5

Joan Candalino

Have Tarp, Need Shelter | Friday, Saturday - AM

Tarp configurations for shelter, including knots.

What to Bring:

Attendance: | **Age:** | **Materials Fee:**

Joe Flowers

Kids Bug Hunt | Friday - AM

The kids bug hunt: creepy crawly calamity join joe flowers, owner of bushcraft global amazon expeditions, on an exciting bug hunt as we explore the world around us and search for some of our smallest—and sometimes creepiest—neighbors! Joe has a degree in zoology with a minor in entomology from nc state, and he loves combining his passion for bushcraft, biology, and the outdoors to help kids discover the amazing details hiding all around them. Come get your hands dirty, look under rocks and logs, explore the plants and soil, and learn more about the fascinating little creatures that share our natural world. You never know what we might find!

What to Bring:

Attendance: | **Age:** all ages. Young kids may need adult supervision with hiking | **Materials Fee:**

Joe Flowers

Machetes And Large Blades: Types, Maintainace, And How To Use Them On The Homestead Or In The Woods. | Thursday - AM & PM

Learn why machetes, parangs, kukris, and other large cutting tools are far more useful than you might think. Join international knife designer and expedition leader joe flowers for a hands-on look at the world's most versatile cutting tools. Drawing from years of experience on bushcraft global expeditions in the amazon and around the world, joe will explore how these tools go far beyond simply chopping vegetation. We'll look at their history, different designs and regional styles, agricultural uses, and practical applications around the garden, kitchen, camp, boat, and trail. Joe will also cover choosing the right tool, safe and efficient techniques, maintenance and sharpening, and plenty of stories from the field. Whether you're already a machete fanatic or have never considered carrying one, you'll come away with a new appreciation for these incredibly versatile tools.

What to Bring:

Attendance: | **Age:** Kids with adult supervision | **Materials Fee:**

Jordan Culbertson

Dogbane Cordage | Multiple - Varies

You will be taught how to work one north america's strongest natural plant fibers down into cordage.

What to Bring:

Attendance: | **Age:** All are welcome | **Materials Fee:**

Jordan Culbertson

Flint Knapping | Friday - AM & PM

Create stone tools using wood, antlers, rocks or bone while learning historically accurate techniques for flint knapping. ~copper flakers are allowed but no copper billets~

What to Bring: Glasses, gloves and close toed shoes are advised

Attendance: | **Age:** All are welcome, adult supervision is advised for stone working. | **Materials Fee:**

Keith Turnstone

Primal Pottery (min, 2 sessions) | Every Day - AM & PM

Description 1: Meet dirt (an introduction) – you already know what it is, but wait, there is more! This is as earthy as an earthskill gets. Description 2: Free for all clay spree – come work on projects and learn the earthy skill.

What to Bring:

Attendance: | **Age:** | **Materials Fee:**

Keith Turnstone

Primal Pottery Project Reveal! | Sunday - AM

Let's see how everybody's projects came through the firing! We'll look at what happened, discuss what went right and talk about what went wrong.

What to Bring:

Attendance: | **Age:** | **Materials Fee:**

Morgan Fleming

Knife & Tool Sharpening 101 & 102 | Friday, Saturday - Varies

What's a bevel? Why does it matter? Do I want my blade to be tough or hard? What does 'sharp' even mean? And how do I get there? We'll answer these basic questions and everything else you need to know to make more educated decisions about your knives and tools, your options for sharpening them, and how to get them sharp.

What to Bring: Knives and tools

Attendance: 10 | **Age:** 16+ | **Materials Fee:**

Nancy Basket

Coiled Kudzu Basket W Or W/O A Handle | Friday - PM

Use already split kudzu and learn to split your own to coil pieces into a bowl shaped basket. A row of indigo dyed kudzu will be added. Using raffia and a needle, you will sew a vessel like pine needles only hairier! Discuss Cherokee stories and culture.

What to Bring: Something to sit on, a knife

Attendance: 10 | **Age:** 12+ | **Materials Fee:** Donations welcome

Nancy Basket

Kudzu Lamp Shade Weaving | Sunday - AM

Using a small wire shade, split kudzu, cover it, warp it and start weaving. This project will inspire larger sculptures using pervasive vines in your area. discuss Cherokee stories and culture.

What to Bring: Something to sit on, a knife

Attendance: 10 | **Age:** 12+ | **Materials Fee:** Donations welcome

Nancy Basket

Random Freeform On 2 Rings | Thursday - AM

Split your own kudzu vines and secure two wisteria vines into 1 foot rings. Weave over the rings in a random way to make a lovely small handled basket. Discuss Cherokee stories and culture.

What to Bring: Something to sit on, a knife

Attendance: 10 | **Age:** 12+ | **Materials Fee:** Donations welcome

Nancy Basket

Ribbed Kudzu Basket With Indigo Accents | Saturday - AM

Bend pervasive branches into rings, learn a specific lashing technique, place ribs then weave split kudzu over and under. Dying discussed. Half day class or longer. Discuss Cherokee stories and culture.

What to Bring: something to sit on, a knife

Attendance: 10 | **Age:** 12+ | **Materials Fee:** Donations welcome

Owen Doll

Wet-Scrape Braintanning (full week) | Full Week - All Day

Processing a fresh animal skin into a supple, braintanned leather can be a marvelous & empowering process; it is certainly not for the faint of heart! We'll cover the necessary steps for creating braintan buckskin (fleshing, liming, graining, membraning, dressing, softening, & smoking), as well as plenty of tips that will keep the process safe, and save many months worth of learning via trial and error. ~ this is a physically demanding class, and people should only take a sign-up spot if they can commit to the full 3.5 days. Hides, tools, and materials will be provided for the full participants, and there may be extras for folks who want to pop in for a day or two to learn a bit of the process. Folks with their own projects are very welcome to stop by and work on them! We will be using egg yolks, so folks with an allergy to them may want to steer clear.

What to Bring: a curious mind, strong arms, and determination!

Attendance: 8 | **Age:** 16+ | **Materials Fee:** \$50

Sarah Haggerty

Breakfast Dream Sharing Circle | Saturday - AM

Discover the hidden messages within your dreams. Share your nighttime dreams in a community circle and get group support to reflect on them. We will have a talking circle to share our dreams from the nights of the gathering. We can also share significant dream experiences from other times in life. This circle is especially for participants of the introduction to dreamwork class, but everyone is welcome.

What to Bring:

Attendance: | **Age:** | **Materials Fee:**

Sarah Haggerty

Introduction To Dreamwork | Friday - PM

Explore dreamwork as an art, science and ritual practice. Find out about the whats, hows, whys of tending nighttime dreams. This class will include basic foundations such as dream recall and simple dream tending practices that can help you tend and befriend your dreams. We will also explore deeper mysteries of dreams and animistic styles of dreamwork.

What to Bring:

Attendance: | **Age:** | **Materials Fee:**

Sarah Haggerty

Rewilding The Psyche: Exploring Ecopsychology And Earth-Based Ceremony | Thursday - PM

Explore animism, ecopsychology and earth-based ceremony. Discover allies in the living world and observe how human experiences are mirrored in the land. Through story shares, nature time, meditations, and simple ritual practices we will cultivate meaningful relationships with non-human kin. Gain practical tools to engage with the spirits of place. Experienced a storied landscape. Explore synchronicities, symbolic resonance, and meaningful encounters with seemingly ordinary things.

What to Bring: Optional: a chair or blanket and a notebook

Attendance: 25 | **Age:** Adults and teens | **Materials Fee:**

Sarah Haggerty

The Human Journey: Development, Initiation And Rites Of Passage | Saturday - PM

Explore the developmental journey from before birth to after death. Share about the many initiations that happen from conception to elderhood and ancestry. This class will include heart teachings, story shares and facilitated inter-generational dialog. You'll get grounded philosophy about what initiation is, where you are in your life journey and how we can help people move through thresholds of change that help us become whole human beings.

What to Bring:

Attendance: | **Age:** | **Materials Fee:**

Snow Bear

African Rhythms For Kids | Sunday - AM

Rhythm games and drum songs

What to Bring:

Attendance: 10 | **Age:** 8 years and up | **Materials Fee:** donations accepted, not required

Snow Bear

Bamboo Craft | Thursday - PM

Cups, bowls, utensils and rhythm instruments

What to Bring: sharp knife

Attendance: 8 | **Age:** 12 and up | **Materials Fee:** suggested donation \$5

Snow Bear

The Sacred Path Of Drumming For Beginners | Friday - AM

In honor of Babatunde Olatunji for teaching the Yoruba drum songs, we will learn different songs and rhythms.

What to Bring: any style of hand drum and a chair. Some drums provided

Attendance: 10 | **Age:** 12-adult | **Materials Fee:** by donation

Snow Bear

The Sacred Path Of Drumming For Intermediates | Saturday - PM

In honor of Babatunde Olatunji for teaching the Yoruba drum songs, we will learn the songs and rhythms, with added focus on things like hand technique and dynamics (loud vs soft playing).

What to Bring: any style of hand drum and a chair. Some drums provided

Attendance: 10 | **Age:** 12-adult | **Materials Fee:** by donation

Todd Elliott

Ecology And Natural History Walk | Saturday - PM

Come on a woods wander to look at the diversity of plants, animals, and fungi. This walk will cover identification, uses, and how all these organisms interconnect.

What to Bring:

Attendance: 20 | **Age:** Adult focused, but kids welcome | **Materials Fee:**

Todd Elliott

Mushrooms And Fungi | Sunday - AM

Come on a deep dive into the world of fungi. This class will focus on identification, ecology, and natural history of fungi and mushrooms. We will do a mix of conversation and foraging to see what kinds of mushrooms we can find around the site. The class will follow students interests including foraging and safely identifying edible mushrooms.

What to Bring:

Attendance: 20 | **Age:** Designed for adults, but kids welcome | **Materials Fee:**

Wendy Davis

Business For Woods Hippies | Friday - PM

Eventually all of are going to need those green pieces of paper to pay for things. What are some creative ways we can make money without giving up our values and using the systems already in place? This is an open discussion group, so bring your ideas, and what has and hasn't worked for you to contribute.

What to Bring: Pen and paper if you want to take notes

Attendance: | **Age:** People who might have to pay bills | **Materials Fee:**

Wendy Davis

Rawhide Rattle Making (all day) | Saturday - All Day

Rattles are a very traditional instrument around the world. Made of all different materials by different tribes of people. We will focus on making rattles from pieces of deer rawhide with hand carved handles. ~ please bring any special feathers or strings you would like to add to the decoration of your rattle to make it more personal. As well as a sharp knife to carve and cut with.

What to Bring: Sharp knife. Any special thing you would like to add to your rattle

Attendance: 10 | **Age:** People who can follow instructions and handle a sharp knife safely | **Materials Fee:** 40

Wendy Davis

Rigid Heddle Weaving Backstrap Style | Thursday, Friday - Varies

Weaving and strap making are very traditional art techniques. We will talk about the different ways vikings would have made and used these straps. Then we will each make our own! Materials fee includes a rigid heddle and shuttle for you to take home and continue creating with.

What to Bring: Something to sit on, a belt or something similar

Attendance: 20 | **Age:** People who can follow instructions | **Materials Fee:** 20
