



Southeast
Wise Women

Media Kit



June 1-6, 2015

HERBAL IMMERSION

Discover Your Wise Woman

with **Corinna Wood**

Oct 2-4, 2015

HERBAL CONFERENCE

Celebrating Women and Plants

with **Rosemary Gladstar**

and dozens more



www.seewisewomen.com

In the Blue Ridge Mountains of North Carolina



Southeast Wise Women

The Wise Woman Tradition is very much with us. If you've sipped peppermint tea to calm a queasy stomach, eaten an apple to boost your energy or used a home remedy for a common cold, you've been touched by this ancient way. Simple, sensible and eminently symbiotic with our surroundings, the Wise Woman Tradition is informed by the grass-roots wisdom of those skilled in herbal remedies, women's health, and the nourishing properties of wild plants.

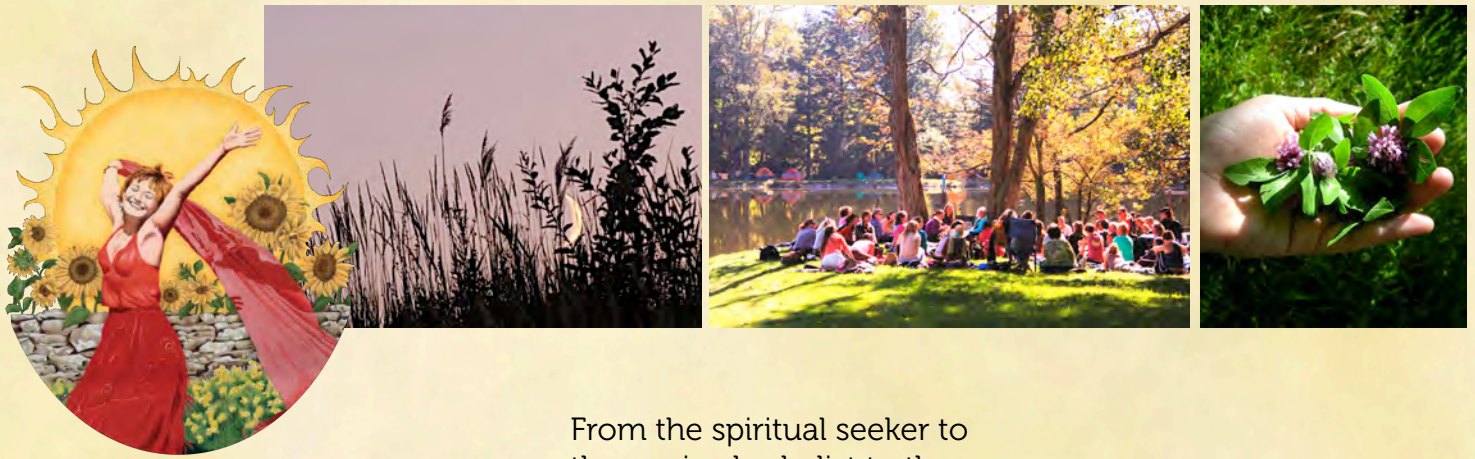
For over two decades, Corinna Wood, the director of Southeast Wise Women and co-founder of Red Moon Herbs, has been dedicated to keeping these traditions alive and relevant. "The Wise Woman Tradition is about earth-based healing, local plants and women nourishing themselves — physically and spiritually. These are tools for healthy and joyful living in today's world," she explains.

Over the years, Wood has been teaching and nurturing the philosophical and practical aspects of this sensibility through two core educational programs: the Herbal Immersion —an intensive week-long program that gives women a firm grounding in the herbalist's art— and the Southeast Wise Women Herbal Conference — an annual weekend gathering of herbalists, holistic health practitioners, self-empowerment advocates, and creative souls. 2014 marked the conference's 10th anniversary and the 15th anniversary for the Herbal Immersion.

These focused learning experiences offer women the resources they need to integrate the wise woman's practicable, proactive approach to well-being into their everyday lives.



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HERBAL CONFERENCE

Since its inception in 2005, the Southeast Wise Women Herbal Conference has blossomed from 200 women who attended the first event to over 1000 who return annually to this fall gathering at Lake Eden in Black Mountain, NC. This exponential growth is, in itself, a testament to the power of women gathering in community to honor the Earth and one another.

Surrounded by the verdant mountains, women come together to deepen their relationships with the natural world and discover myriad paths of holistic health with gifted instructors.

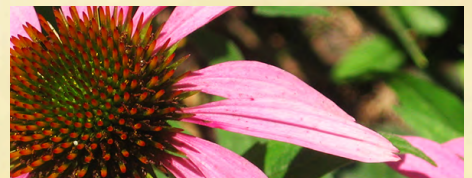
From the spiritual seeker to the novice herbalist to the skilled practitioner, the conference offers women the opportunity to explore all aspects of the Wise Woman Tradition in a safe, sacred space.

The program now offers over 60 workshops and intensives that foster a hands-on approach to wellness using herbs and wild foods and address the entire life journey, from midwifery to conscious dying, sacred sexuality to self-empowerment.

The fall conference is a joyful celebration of the beauty, strength and inspiration of the female spirit. It is a spirit that embraces diversity, encourages an enthusiastic participation in life and living, and honors the sisterhood of all women and girls.

"Every year I look forward to the conference, to being with my sisters, to learning, and sharing. Every year I am more transformed. Every year I discover new amazing teachers and women, and I am so grateful for the experience and all that it brings into my life."

- Teal Fyrberg
Asheville, NC



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SPRING IMMERSION

Under the gentle guidance of Corinna Wood, this intensive program provides the opportunity to reconnect with the Earth and establish an alignment with the Wise Woman ways in a weeklong immersion at Bend of Ivy Lodge near Asheville, NC.

Together, an intentionally limited, intimate group of women lives in community and learns to identify and harvest wild edible and medicinal plants, to prepare them in the ways most appropriate to deliver their particular gifts and apply to those properties in their own health and healing.

The curriculum is oriented toward a personal relationship with the plants and an integrated, appreciative and intuitive approach to living—

a lifestyle that embraces self-love and nourishment, compassion and an honoring of the planet and all its beings.

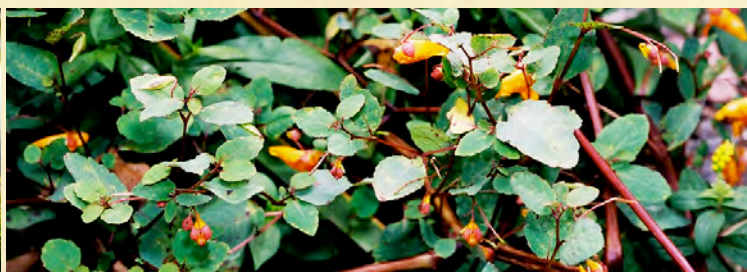
Participants learn to apply the Wise Woman Tradition to every aspect and stage of their lives. Nutrition and diet—including plant and animal, raw and cooked—edible wild foods and medicine making, spirituality and sexuality, urgent health care and long-term wellness practices are all woven into the web.

Along the way, women are invited to reclaim their birthright as creators, protectors, and nurturers of life—to take their place in the continuum of wise women who, for untold generations, safeguarded the knowledge and skills that have seen our human family through the darkest times and will help us to create a sustainable future.



"I am so very grateful for the opportunity to experience the Immersion and meet so many beautiful women! I learned so many ways to take better care of myself and the people around me."

- Nancy Tome
Point of Rocks, MD



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MEDIA LINKS

Fall Herbal Conference
October 2 - 4, 2015

[October Schedule](#)

[Teachers](#)

[SEWW Video](#)

[SEWiseWomen.com](#)

Spring Herbal Immersion
June 1 - 6, 2015

[Spring Curriculum](#)

[Faculty & Staff](#)

[Facebook.com/SoutheastWiseWomen](#)

"I am a Home Health Nurse and am certified as a Nutrition Consultant. This will expand what I would like to do with cancer and diabetic persons."

- Marie
Sarasota, FL

PRESS

[From Scratch Homesteading Magazine](#)

[Mountain Xpress](#)

[WNC Woman](#)

[Mountain Rose Herbs Blog](#)

[Weston A. Price Foundation](#)

[SEWW Press Release](#)

[Press Archives](#)

"I really enjoy the building of racial diversity. It is wonderful to be with ALL of our wise sisters. Mitakuye Oyasin - We are ALL related (Lakota) "

- Janet Belling
Austin, TX



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