

Nature + Nurture: Awakening self-care with medicinal herbs
August 28-30, 2020
Kirkridge Retreat & Study Center
Bangor, PA

Do you long to be back in nature? Do you feel disconnected from the natural world? Want to incorporate more herbs in your everyday self-care plan?

Join us at Kirkridge Retreat & Study Center to join in community as we discuss and create space for starting this journey of the intersections of nature's bounty and nurturing yourself.

Centering and balancing yourself is essential to your wellness. Incorporating self-soothing techniques including utilizing nature's bounty is a great way to practice self-care. If you've been curious about how to incorporate herbs into your daily life, you are welcome to join us for a weekend of abundance! Everyone can use herbs in their approaches to holistic health and healing--and any one can learn! Pennsylvania, and specifically the Poconos region, should be the host to many native and local plants that are commonly used for the kitchen and the medicine cabinet. This includes basil, mint, rosemary, lavender, oregano, and thyme.

What is the need for a retreat like this?

In texts such as Braiding Sweetgrass by Robin Kimmerer, The Nature Fix by Florence Williams, and The Last Child in the Woods by Richard Louv, studies have shown that being in nature, just 20 minutes a day boosts happiness and increases physical and mental health benefits. Beyond just being in nature, utilizing nature, specifically herbs, used in food, can offer healing for a multitude of ailments, enhance the immune system, support digestion, and detoxify the body. According to Forbes and Food Business Network, in 2019, one of the largest trends was herbs used in medicinal remedies and natural food movements. Be part of the movement that makes a happier and healthier world.

What you can expect:

- Solitary time in the quiet and magical spaces of nature
- Group learning about and understand local medicinal plants through herb walks
- Community time in Kirkridge's gardens, understand sowing, growing, and harvesting herbs
- Collect edibles for salads, teas, and balms, and prepare and share herbal medicine recipes
- Practicing Self-soothing techniques using herbs
- Cooking vegetarian meals together

You'll be able to walk away with some of the herbs you'll pick yourself. We'll collect and utilize them!! Detox your body and mind in this wonderful retreat while you learn and have fun!!

What to bring:

Beyond curiosity and an openness to learning and sharing, we hope you'll bring some practical items to make your stay at the retreat the most comfortable.

- Any creature comforts to help you feel most relaxed.
- We will be outside and mingling with all the faces of nature. Please bring layers, bug spray, sun screen, raincoats, hiking shoes or boots etc. if you don't have some of these items and are concerned, please let Justine know.
- Any food or beverages that you would like to share. Recipes of home remedies are included!
- Your journal, sketch book, camera, --whatever you may want for enjoying nature and herbs.

About the facilitator:

Justine Johnson is the Associate Director at Kirkridge and her lifelong passion for the outdoors comes out to play at retreats. In graduate school, she studied gender and food and the dynamics on the dinner plate. She has worked in social justice fields for the past decade and started at Kirkridge in April 2019.

About the venue:

This retreat will be held at the Farmhouse at Kirkridge Retreat and Study Center near Stroudsburg, PA. Kirkridge, a beautiful retreat and study center, nestled in the Kittatinny Ridge has a long history of serving the community and the natural world. This space is home to diverse flora and fauna with a range of natural landscapes including a pond, woodlands, and a meadow. We'll have ample time outside that you can enjoy by our pond, through our trails, and at our neighbors Columcille, a megalith park. You'll also have time to engage with meditation or reflection at our labyrinth, through journaling, or with each other.

Our weekend together begins on Friday afternoon, and continues to mid-morning on Sunday. **The tentative schedule is:**

Friday, Aug. 28:

4-6pm Registration

6:30pm Dinner

7:30pm Opening Session- Introduction to self-soothing & medicinal herbs

Saturday, Aug. 29:

8-9am Breakfast

9am-11am Session I: Gardening as self-care

11:15am-12:30pm Session II: Harvesting herbs

12:30pm: Lunch

1:30-3:30pm: Session III: Outside free time

3:30-5pm: Session IV: DIY herb crafts

5-6:30pm: Session V: Tying it all together
6:30pm: Dinner
After dinner: Story sharing over a bonfire

Sunday: Aug. 30:
9:30-11am: Session VI: Making way for nature
11am: Brunch and Departure

Lodging, tuition, and meals are included in the registration costs. For commuter rates, contact Janet Lewis at janetl@kirkridge.org or 610-588-1793 to register.

This retreat is being supported by a grant from the County of Northampton.