

EMC
2025



3rd Annual Estuary Learning Earth Medicine Conference

The Art of Healing

29th & 30th March 2025

Pier 97 (formerly Peibri Place)

97 Hannell Street, Wickham

8:30am to 6:00pm & 9.00am to 4.45pm

Protecting the knowledge and
wisdom of natural healing

www.estuarylearning.org.au/emc-2025

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Disclaimer

Nothing in this two-day event is intended to be a substitute for individual medical advice and should not be relied on as personal health advice for particular circumstances. Always seek the guidance of your health practitioner with any questions you may have regarding your health or a medical condition. All content is shared information for educational purposes.

Saturday Program

Pier 97, 97 Hannell Street, Wickham

8:30am to 6:00pm – Saturday, 29th March 2025

TIME	SESSIONS AND PRESENTORS	
08:15 – 09:15	Registration and mingle	
09:00 – 09:05	Opening meditation Alyson Maier	
09:05 – 09:15	Welcome to country Aunty Theresa Dates Dargin	
09:35 – 10:25	Keynote: Your life matters Petrea King	
10:25 – 10:30	Saturday Lucky door prize	
10:30 – 11:00	Morning tea and mingle	
11:00 – 11:45	Main Room How herbs become endangered: Golden seal – a Case Study Christopher Smith	Green Room Homeopathic first aid Shenel Engel
11:45 – 12:30	Main Room The healing power of medicinal mushrooms Cath Lilburn	
12:30 – 13:30	Lunch and mingle	
13:30 – 14:15	Main Room Healing from the spiritual blue print: The nodes of the moon, reincarnation and karma. An astrological perspective. Nancy Evelyn	
14:15 – 15:15	Main Room Healing with energy balancing – an experiential workshop Jan Heckscher	Green Room The art of muscle testing Julie Christie
15:15 – 15:45	Afternoon tea and mingle	
15:45 – 16:00	Raffle Draw	
16:00 – 16:45	Main Room We are song – vibration and the art of healing. Sioux Burns	
16:45 – Close	Cocktail mingle and raffle draw	
Program subject to change		

Sunday Program

Pier 97, 97 Hannell Street, Wickham

9:00am to 4:30pm – Sunday, 30th March 2025

TIME	SESSIONS AND PRESENTORS	
08:30 – 09:00	Arrival and mingle	
09:00 – 10:00	Main Room Sound bath for deep rest, relaxation and renewal Simone Hollier & Joanne Shields	
10:00 – 10:45	Main Room The person-specific dose Rixt Botello	Green Room Maceration magic: Empowering kitchen medicine Jess Bosscha, Alyson Maier & Cat Green
10:45 – 10:50	Lucky door prize	
10:50 – 11:15	Morning tea and mingle	
11:15 – 12:00	Main Room Indigenous plants for medicinal use Pat Collins & Lisa Worth	Green Room The art of muscle testing Julie Christie
12:00 – 12:45	Main Room The art of nervine medicine Deanne Apostolou & Nicola Kelly (HEC)	
12:45 – 13:45	Lunch and mingle	
13:45 – 14:45	Main Room – Combined special presentation Changing climate, changing medicine Cat Green The unwise gardener Kerrie Oakes The ecological apothecary Lisa Worth The spiritual waterways water remembers Aunty Theresa Dates Dargin	
14:45 – 15:15	Afternoon tea and mingle	
15:15 – 15:45	Main Room Panel presentation – changing climate, changing medicine Kerrie Oakes, Cat Green, Lisa Worth and Aunty Theresa Dates Dargin	
15:45 – 15:50	Sunday lucky door prize	
15:50 – 16:00	A word from our major sponsors	
16:00 – 16:30	Special presentation: The art of healing From deep earth to deep space Nancy Evelyn	
16:30 – 16:45	Closing Nancy Evelyn & Deanne Apostolou	
16:45	Thank you for joining us – Have a safe trip home	
Program subject to change		



Keynote Presentation

Your Life Matters

Petrea King

Many of us have known since childhood that we were here for a 'choice point' for humanity. While we may not have known how or when this might occur, we have all experienced the crescendo of change over recent years. Will we choose a future that honours and embraces the power of the invisible world of spirit, or will we continue to hurtle towards greater materialism or worse still, transhumanism? When we understand our connection to the source of our own being, we find our joy in service

Petrea King is an inspirational keynote speaker and facilitator. She is also a naturopath, herbalist, massage therapist, hypnotherapist, yoga teacher and mindfulness meditation teacher who is dedicated to meeting the challenges of living well in life challenging situations.

A best-selling author of many books, she charts her own personal pathway and career through the healing potential that can be found when we work with suffering, pain, trauma, grief and forgiveness.

Founder and CEO of the Quest for Life Foundation and the Quest for Life Centre in Bundanoon NSW. The mission of Quest for Life is to educate, empower and encourage people living with the challenges of cancer, chronic illness, trauma, anxiety, depression and grief to move toward peace of mind and healing. Quest for Life hosts residential programs and workshops in regional and remote Australia that encompass a holistic approach to physical, mental, emotional and social wellbeing.

Website: www.questforlife.com.au



Saturday Workshop

How herbs become endangered: Golden seal – a case study.

Christopher Smith

Herbalists need herbs like a painter needs paint. The availability of herbs is essential to earth medicine. The conservation and sustainable cultivation of endangered medicinal plants is of major importance in our current times. The art of herbal medicine begins outside the clinic space, in the growing, harvesting and making of our medicines. How we grow, source, and make our medicine matters in terms of effectiveness, ecological responsibility and integrity. In this presentation Christopher will cover how sustainable cultivation offers us a way to preserve natural herb populations thereby supporting the diversity of our *materia medica* and meeting our needs for healing herbs.

Golden seal (*Hydrastis canadensis*) is used as the case example to illustrating how herbs become endangered and what we can do about it through growing our own herbs.

Christopher Smith is deeply committed to growing endangered herbs. He is a horticulturist, environmental scientist and herbalist who lives his life in the green world. Owner and founder of Tinderry Mountain Herbs in NSW, Christopher specialises in cultivating endangered herbs including Solomon's seal and golden seal. He also produces a range of plant based natural skin care products. Christopher is the creator of HERBOLOGY HUB an online membership program which fosters medicinal herb growers in Australia.

Website: tinderrymountainherbs.com.au



Saturday Workshop

Homeopathic First Aid

Shenel Engel

This is a practical, interactive, workshop where you can learn about a selected range of homeopathic remedies and tissue salts appropriate for your everyday household needs.

Shenel will introduce you to remedies that cover a variety of conditions from cuts, burns, sprains, insect bites, to fevers and more. Learn through sharing real life scenarios how to select the right remedy, the right dosage for the situation, and how homeopathy works with the natural healing processes of the body.

Shenel Engel is a dedicated homeopathic practitioner. Her personal healing journey and lived experience of the power of the potentised frequency medicine of homeopathy lead her to study homeopathy. She sees homeopathy as the medicine of the future. Her focus and experience is women's and children's health. She consults online and in person at the Wholistic Health Group Newcastle NSW. Shenel promotes the practice of over time building a personalised first aid kit that ensures the remedies a family needs are at hand and allows the parent to become the healer in the family.

Website: yourhomeopath.com



Saturday Workshop

The healing power of medicinal mushrooms

Cath Lilburn

Cath Lilburn will take us to the fascinating world of Fungi.

Mushrooms have an ancient history and a consistent presence in natural earth medicine. Explore the rich cultural and traditional use of mushrooms. Learn more about the health benefits of mushrooms in the diet and in the herbal pharmacy.

Cath will focus on the deep knowledge and differential use of four powerful medicinal mushrooms: Reishi, shiitake, turkey tail and lion's mane. She will present the art of selecting the right mushroom for the individual person; when each mushroom is an appropriate remedy and in what form and dosage. Expect to come away with more confidence in your use of medicinal mushrooms.

Cath Lilburn is a herbalist, founding member of Estuary Learning and member of the Estuary Learning Education and Mentoring Team. Her clinical focus is the dedicated support of people's physical, mental, emotional and spiritual wellbeing. A Dorothy Hall trained herbalist grounded in yoga, meditation and evidence-based complementary medicine, Cath provides the best of both worlds on an individual basis. She practices from her home clinic in Bulli NSW. In 2021, Cath's research through the University of Tasmania, *Medicinal mushrooms (specifically Ganoderma lucidum or Reishi) as an adjuvant treatment in breast cancer*, was published in the NHAA Journal. She is currently the Australian ambassador of ICNM – the International Conference on Naturopathic & Integrative Medicine. Cath's message is "balance".

Website: www.cathlilburn.com



Saturday Workshop

Healing from the spiritual blue print:
The nodes of the moon, reincarnation
and karma. An astrological perspective.

Nancy Evelyn

This is a dynamic, interactive, entertaining and thought provoking workshop that focuses on the nodes of the moon, the head and tail of the dragon and what that can tell us about our spiritual intention for this lifetime. Why does our childhood experience reflect an expression of the south node of the moon? What desired this lifetime? What unfinished business did we bring in for healing in this lifetime? Where can deep satisfaction be found this time around?

Find out where your north and south nodes are and what that indicates for your life journey.

Bring a copy of your chart on your phone to this workshop. If you don't have a copy of your chart you can calculate a free chart at:

<https://astro-charts.com/tools/new/birth-chart/>

If you would like to have your chart on the screen, you will need to register for this workshop in advance and email your birth date, birth place and time of birth to:

neladysmantle@gmail.com

Nancy Evelyn is a founding member and the much loved and respected president of Estuary Learning. She is a herbalist, iridologist, educator, mentor and astrologer who has been in practice since 1978, accumulating all manner of wisdom from wherever she finds it and integrating it into her practice and teachings. 'Every clinic a classroom. Every practitioner a teacher', is the motto Nancy lives by through her nurturing, encouragement and counselling. Over recent years, Nancy's classes have included master classes in the clinical practice of herbal medicine, small interactive classes in astrology for the beginner as well as classes for the more advanced astrology lover.

Email: info@estuarylearning.org.au



Saturday Workshop

Healing with energy balancing – An experiential workshop

Jan Heckscher

Our bodies function in accordance with the quality of energy and energy flow within and around us.

The energy flow through our seven main chakras and around the rest of the body is a key to our ability to thrive. Ideally our energy systems will flow freely, unimpeded. Imagine a river flowing freely. Now imagine a river after a storm carrying debris, blocked in some places, overflowing in others. This is an energy imbalance. Some signs of energy imbalance are lethargy, anxiety or depression, headaches and body pain; We never feel well. We have frequent infections and gut problems. All of this can be step by step on the way to burnout.

In this workshop, Jan provides an opportunity for participants to experience *energy balancing* first-hand as a healing modality. Enjoy the warm up, take an experiential energy tour of your chakras through a guided visualisation with music and learn some practical strategies to claim your energy and capacity to thrive.

Jan Heckscher is a Melbourne-based executive coach and consultant with a difference. Jan is an energy healer and passionate advocate for bringing a holistic approach to leadership and wellness in the workplace. She integrates the principles of Reiki and provides highly intuitive and empathic energy balancing sessions alongside more structured, objective assessment and coaching techniques. Working with individuals and groups, Jan's aim is to help her clients find solutions relevant to the complex challenges that present in the work environment, and to expand their capacity and their ability to thrive in both their professional and personal lives. Burnout is Jan's personal healing pathway. Anxiety, low energy or feeling completely overwhelmed, Jan understands that everyone experiences burnout differently and that managing it involves not just a change of pace, but in many cases, a shift in self-perception. Her message is the importance of prioritising our own well-being.

Website: janheckschersolutions.com



Saturday Workshop

The art of muscle testing

Julie Christie

True power in healing is when we are governing our own journey and being sovereign in our health experience. Julie holds this as a pillar of her philosophy as a therapist.

Our body consciousness is always communicating to us or attempting to. This is known as the innate and it holds all information about our functioning, balance and memory of our experiences in all levels of being.

Muscle testing gives us access to this wisdom and develops a relationship with the innate. Muscle testing uses a range of techniques that facilitate our access to our truth and what is beneficial for us – body, emotions, mind, heart and spirit.

Julie will present various types of muscle testing, how to practice and use muscle testing as a guide for connecting in with the Self as well as the people we walk with, to deepen our relationship to self, body, healing and life. Breathing practices and connection with The Divine aspect of Life will be presented as an integral component of connecting to truth and healing.

Julie Christie is a founding member of Estuary Learning. She is a herbalist and energy healer with a rich range of skills accumulated over many years of practice including Bowen therapy, resource therapy, yoga, breath work, meditation, Emotion Code™ and numerology to name a few. Julie's practice is at Vitality Junction in Newcastle where she runs classes and workshops as well as supporting clients individually. Julie loves to help her people feel OK about being FABULOUS in whatever ways their soul needs to express itself.

Website: juliechristiehealth.com

This workshop will also be run on Sunday.



Saturday Workshop

We are song – vibration and the art of healing

Sioux Burns

Our vibration is a song in the cosmos and the cosmos is a symphony of the vibration of everything that exists.

Raising our vibration is a spiritual marathon across countless incarnations from the lowest vibrational frequencies to the highest. Sioux will take us through the work of Dr David Hawkins using his scale of Human Consciousness as our framework, as we explore the ways in which we can become more conscious and therefore more deliberately participate in the larger story of being human.

In this integrated workshop Sioux will take us to a deeper understanding of vibration and consciousness through song. Our song has a power for good in the world. When we consciously work at growing our vibration and change our life experience, we contribute to the transformation of the collective symphony of consciousness.

Sioux Burns is a lifelong collector of wisdom and wisdom stories. An avid explorer of the Great Mystery who delights in knowing that the Mystery can never be fully known. She spent 20 years in study and teaching with Shanti Mission, a multi-faith mystery school with a central pillar of cultivating both inner peace and peace in the world. She dedicated 2023 to a deep dive into The Mythic Body with Josh Schrei. Sioux expresses a cohesive eclectic view of the Cosmos we all call home. She works with energy medicine, plant medicines, myth, music, meditation and astrology to help people discover their essential magic as part of a magnificent whole.

Email: info@estuarylearning.org.au



Sunday Workshop

Sound bath for deep rest, relaxation and renewal

Simone Hollier & Joanne Shields



Integral sound healing is a holistic therapy that works with the whole person beneath the presenting symptoms and can bring about profound changes on all levels of our being.

Sonic waves and vibrations can penetrate the cells in our bodies to restore our natural resonance which can bring us to a state of balance, peace and harmony that is essential for positive health and well-being. In the process it can boost our natural healing ability, release trapped emotions and even transform subconscious beliefs that may be having a negative impact on our life.

In this blissful hour long sound bath Simone and Joanne will focus on bringing us to a state of deep rest, relaxation and renewal. They will use a variety of instruments including crystal bowls, Tibetan bowls, drums and gongs that will help balance the autonomic nervous system and create peace, calm and healing within the mind, the body and the energy field. Bring it on!

Simone Hollier is a naturopath, herbalist, nutritionist, yoga teacher, yoga therapist, sound healing therapist and five-star nurturer. She blends all these skills into her unique patient-focused treatments and small classes. Simone's particular interest is the treatment of the modern human conditions of fatigue, stress, anxiety, adrenal exhaustion, low immune function and recurrent infections. Her practice is to go beneath those conditions to support and stimulate the person's own healing mechanism and restore sustainable health patterns. Simone is on a mission to nurture, educate and empower people to achieve their best possible health and joy of living.

Email: simonehollier@gmail.com

Joanne Shields is Estuary Learning head of membership. She is the first person you meet when you enquire about becoming a member and she will take you through the joining process. Along side her ongoing study of western herbal medicine, Joanne is a lifelong student of eclectic healing modalities, including traditional herbal medicine, small batch medicine making, drumming and sound healing and various energy healing techniques. Her living message is to take your time with your studies and integrate what you learn as you go. Her goal is to reach people at a community level to share knowledge of natural earth medicines and healing modalities to empower each person to advocate for their optimal health.

Email: membership@estuarylearning.org.au or nourishedblissounds@gmail.com



Sunday Workshop

The person—specific dose

Rixt Botello

The person—specific dose is the “sweet spot”, the nudge, the push, the kick needed to get that excellent result of restoring the wholistic balance and harmony within an individual. It is different for each person and may be attainable at any dosage, but it is specifically the lowest essential dosage to reach success.

In this presentation Rixt will share her knowledge and experience of how she achieves the right dose for the right person. She will address the various questions that can affect the person—specific dose. Is it the nature of the herb or the active ingredients? Is it the herb or the herbalist? Environmental influences? Where and how the herb was grown? How was it harvested? All of these factors can have an influence on the person—specific dose, but at the end of the day, how do you find that right dose for the right remedy for the right person? It’s an art form. This presentation will include successful case studies using the lowest essential dosage.

Rixt Botello is a medical herbalist who embraces aromatherapy and flower essences. She is an educator, researcher and author. She is a small batch manufacturer of herbal medicine who’s herb garden is 50 acres of bush and meadows in Peria the Far North New Zealand. Her Bach flower journey began at the Edward Bach Centre UK and eventually led her to be their Australasian co—ordinator/trainer. Rixt enjoys teaching wherever she is called to teach, from community classes, polytechnics, massage schools to midwifery classes at university level. She is a global earth focused practitioner and the research for her recently published third book, *Low Dosage Methodology in Herbal Medicine—History, Philosophy and Application*, has taken her around the world.

Website: rixtsherbals.co.nz



Sunday Workshop

Maceration magic: Empowering kitchen medicine

Jess Bosscha, Alyson Maier & Cat Green



This is an interactive, and fun workshop with three of our very productive home herbal medicine makers who are keen to remove any barriers you may have felt about producing your own medicine, in your own kitchen. Whether you are a home herbalist or a full-time practitioner, making small batches of garden herbs deepens our connection with natural earth medicine.

Jess, Cat and Alyson will present the Folk Method of small batch fresh tincture making that will give you the confidence to work straight from your garden. Meet fire cider. Meet the Folk Method of maceration. Learn about several forms of maceration: glycefracts, oxymels and alcohol based tinctures. Learn the benefits of each and why one type of preparation may be better than another depending on the constituents of the herb or the needs of the people the medicine is being made for.



This is kitchen herbal medicine so no prior experience is required for this workshop. You will come away with a sample of fire cider, and some simple recipes to get started. If you felt overwhelmed by the maths of tincture making, this is a perfect workshop for you. Time to empower your kitchen.

Jess Bosscha is a naturopath, traditional herbalist, small batch medicine maker, educator, facilitator and podcaster. Jess is a member of Estuary Learning Governing Body and she co-heads the Estuary Learning Education and Mentoring Team. Her business, Jess Bosscha Naturopath is based in the Northern Rivers of NSW. She works face to face and online weaving plant medicine, nourishing rituals and seasonal wholesome foods into our days. Her message is the importance of self-care rituals and on the Elder Tree podcasts she warmly engages with other herb lovers on this topic.

Contact: https://www.instagram.com/jessbosscha_naturopath/

Cat Green is a proud folk herbalist and grassroots community herbal organiser and educator. She is passionate about making it easy and normal for people to make simple, effective herbal remedies at home. Founder of Everyday Empowered through which she offers a wide range of practical ways for people to learn about herbs, including online courses, in-person workshops on the Sunshine Coast, and DIY herbal remedy kits. The inspiration and force behind the annual Sunny Coast HerbFest is Cat Green.

Website: everydayempowered.com.au

Sunday Workshop

Maceration magic: Empowering kitchen medicine (cont)

Alyson Maier is a naturopath, traditional herbalist, award winning tea blender and author of three children's herbal books, Dandelion, Plantain and Yarrow. She is the founder of Green Heart Herbals based in the Glasshouse Mountains Qld. She is a member of the Estuary Learning Governing Body and she co-heads the Estuary Learning Events Team. Alyson holds a deep and reverent connection with the spirit world. She is an energy worker, spiritual healer and medicine woman of the Peruvian Apaza Lineage. Her path is to awaken in others what they already hold so they can remember how to walk in reverence, communication and in balance with all of life.

Website: greenheartherbals.com



Sunday Workshop

Indigenous plants for medicinal use

Pat Collins & Lisa Worth

This workshop is a hands on practical lesson. Pat and Lisa will bring along a number of indigenous plants for you to meet. Learn where they grow, what environment they need to thrive. Learn their nutritional and medicinal value, and how to process them. Learn how to make an ointment. Each person will be given a sample to take home.

It is important for us to learn, understand, respect, protect, and interact with our local plants, our indigenous plants and the plants we live among.

Pat and Lisa are active members of [Indigenous Plants for Health Association](#) (IPHA) a not for profit organisation dedicated to engaging rural and indigenous communities in the protection, propagation and the development of plant based medicinal products. Opportunities and rewards from such activities flow through to Indigenous Australian communities in the form of scholarships and funding for business ventures.

Pat Collins is our Estuary Learning herbalist superstar and ATMS Practitioner of the Year '23 and a member of the Estuary Learning Education and Mentoring team. She is a grower, gatherer, medicine maker and practitioner. She is an iridologist, hypnotherapist, reflexologist, educator and author of many books that are essential guidance for living and practicing natural health. She is an active member of IPHA. Pat's home clinic is the Total Health and Education Centre (THE Centre) Muswellbrook NSW. She loves teaching traditional herbal medicine to non practitioners showing them how to make products to care for their loved ones.

Website: patcollins.com.au

Lisa Worth is an educator, herbalist, nutritionist, horticulturist and sustainability warrior based in Tea Gardens NSW. She is a member of the Estuary Learning Education and Mentoring team. She brings together her diverse background and her deep connection with Earth, soil, plant medicine and her passion for Australian native plants. She is an active member of IPHA. Lisa is a member of Therapeutic Horticulture Australia and is currently integrating therapeutic horticulture into her unique medicine.

Email: theecologicalapothecary@gmail.com



Sunday Workshop

The art of nervine medicine

Deanne Apostolou & Nicola Kelly

Nervines are herbs that act therapeutically on the nervous system. Since any sense of change in our environment, change in frequency or change in mood, is felt in our nervous system; and that the stress of uncertainty has its effect on our nervous system; nervines may be the most important category of herbs in our dispensary.

How each herb acts on the nervous system, however, can be quite different. One is a sedative, one is a tonic one is an adaptogen. The nervine action may not even be the herb's primary action, but it may still be the most effective herb for the individual. Have you ever considered celery as a nervine for instance? Or rosehips?

The art of nervine medicine is the dynamic matching of the right herb with the right person when they need it and at the dose that is best for them. It requires a deep knowledge of the herb, an understanding of people, physiology, personality, body language, body signs, symptoms and reliable health assessment tools.

More than any other category of herbs, nervines can define a personality. They describe a distinct pattern of symptoms and behaviour.

In the tradition of treating the person not the disease, Deanne and Nicola will explore in depth a range herbs that support the nervous system in specific ways that will help you to differentiate which nervine medicine is best for your needs.

Deanne Apostolou is the Secretary and a founding member of Estuary Learning. She is a medical herbalist, iridologist, educator and speaker with over 28 years of clinical experience. Deanne studied traditional herbal medicine with Nancy Evelyn, added evidence-based training in complementary medicine, and keeps her passion for teaching the traditions of natural medicine. She reminds us frequently that science proves traditional knowing. Deanne has written course material for the Academy of Complementary Health Newcastle and Switch on Health for their Diploma of Herbal Medicine. She is a perennial educator, mentor and guide for students and practitioners and is a leader in our community.

Website: www.natureofhealth.com.au

Nicola Kelly is a herbalist and iridologist in clinical practice since 2010 with an Adv.Dip from AIAS after having studied at both ACNM (now Endeavour) and the AIAS (Australian Institute of Applied Sciences). Healing with plants is in Nicola's DNA through her English herbalist ancestry, but she took her apprenticeship in wildcrafting, medicine making and plant spirit medicine in North America. Nicola is a practitioner consultant with the Herbal Extract Company and we recognise her natural affinity with every principle of Estuary Learning.

Email: nicola.kelly@herbalextracts.com.au



Sunday Presentation

Changing Climate, Changing Medicine

Cat Green

As the climate changes, our approach to healing will have to change too. This will involve practical challenges, like adapting to changing herb availability and different environmental health issues presenting in our families and patients. More importantly, it will involve us broadening our understanding of what healing truly is. Let's explore the profound interconnectedness between us and earth and how ultimately, healing one requires healing the other. In this light, let's consider how we need to evolve our lifestyles, practices, and business models.

Cat Green – full bio and contact with Maceration Magic, page 16.



Sunday Presentation

The Unwise Gardener

Kerrie Oakes

An allegory of a healing garden created by an unwise gardener who gradually learns the wisdom of the plants that populate the garden. Journey through the creation of a herb garden populated by plants wiser than the gardener. By seeing how these plants have created their own spaces – far from the design of the unwise gardener – we wander through garden pathways and meadows to wonder at the resilience plants teach us.

Explore the wonders of specific herbs and how the places they choose teach us how they might be used to heal.

Kerrie Oakes grows communities. She is a herbalist with a background in youth work, community development, disaster recovery, and government policy. She is particularly interested in empowering local communities to develop grassroots, cooperative models of herbal medicine and integrative medicine health care. Her PhD in this realm is an ongoing dedication. Kerrie has worked in communities in crisis of floods and bushfires and homelessness and chronic low income insuring access to herbal medicine for those who need it most. She established and is now a board member of the community owned Somerset Community Herb Clinics.

Email: kerrieoakes@gmail.com



Sunday Presentation

The Ecological Apothecary

Lisa Worth

The value of our food and earth medicine begins with the value of the soil it grows in. It follows that enriching soil and restoring depleted soils to their nurturing capacity is where sustainability begins. When it comes to healing ourselves and our planet, the matter of soil health is of utmost urgency. Lisa suggests getting to know the soil we have and learning ways to care for it that ensure its diversity and native characteristics are nurtured and encouraged through appropriate plantings, enrichment and mindful chemical use. Her message is to tailor the garden to fit the soil, why fight nature!

Lisa Worth – full bio and contact with Indigenous plants for medicinal use.
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Sunday Presentation

The spiritual waterways water remembers

Aunty Theresa Dates Dargin

Traditional Worimi ceremonial practices are very much alive to this day and their people have a strong connection to country in Newcastle, NSW. Their home is Carrington 'Onebygamba'. Their bloodline runs strong through the waterways and land of this area, The spiritual waterways remember lore. They remember their ancestors who knew the ways of the river and knew how to listen to water, and lived by the lore. It is the truth telling practice taught by their ancestors to live by the lore, within the lore, in a balanced, respectful way in the natural world of our Mother, our Earth.

Aunty Theresa Dates Dargin is a traditional custodian and a next generation Worimi Elder of the Newcastle Worimi gathang speaking people. She is a spiritual healer, visionary and wisdom keeper and founder of Spiritual Waterways a proudly owned Aboriginal business dedicated to closing the gap between Aboriginal and non-Aboriginal people. Theresa knows that traditional ways through connecting to song lines, storytelling on country, reviving traditional language, knowledge sharing, and simply connecting as one in the lore of humanity can change the world. She develops and facilitates programs significant for walking on country, within a ceremonial circle of healing, teaching awareness through deep listening, is important to clearing the spiritual waterways within us. Theresa recently took the challenging position of being the first spiritual healer in the Aboriginal Mental Health sector as the Social and Emotional Wellbeing worker for Hunter New England Health.

Website: spiritualwaterways.com.au



Panel Presentation

Changing climate, changing medicine
**Cat Green, Kerrie Oakes, Lisa Worth & Aunty
Theresa Dates Dargin**
Facilitated by Cat Green



The topic and concept for this panel is the brain child of Cat Green. Cat will lead the exploration of personal solutions to the changing conditions we are living. Our panelists will bring their unique perspectives, and the audience will be invited to share their wisdom. Only together can we gentle in the new ways of nurturing, healing, interacting in a way that benefits Mother Earth and brings hope for the future.

All panelist bios available on previous pages.





Special Presentation

The art of healing: From deep earth to deep space

Nancy Evelyn

Consider the importance of an awareness of our unique place in the scheme of things. We are here for a reason, with an individual blueprint, to heal something of ourselves that is part of a greater story. When we heal ourselves, we can consciously allow healing to flow in every direction. We can heal back through the history we cannot change and forward to the future that we can change. We can heal into deep earth and to deep space.

That level of conscious healing is the journey of a lifetime: a journey that will personally explore the truth of the message found on the ancient Egyptian Emerald Tablet “As above, so below, as within, so without, as the universe, so the soul.”

Nancy Evelyn full bio with *Healing from the spiritual blue print*. Page 10.

Email: info@estuarylearning.org.au



Saturday & Sunday

Master of ceremonies

Christina Gerakiteys

Christina Gerakiteys is a founding member and a key enabler of Estuary Learning. We find Christina at the crossroads of science and spirituality, where quantum physics meets metaphysics. She makes what seems impossible achievable. Christina designs programs that disrupt current mindsets with *moonshot thinking*, exploring what is possible rather than what is acceptable or limiting. A past herbalist who after ten years of clinical practice, ventured into business and entrepreneurship. Christina is CEO of UtopiaX, author of *Celebrating Success One Failure at a Time*, and founder of IdeaSparx, an innovation platform. She is a sought-after keynote speaker, facilitator, and program designer. Christina creates interactive educational experiences driven by design thinking, purpose, engagement, and play. Her mission is to enable the enablers, to empower and inspire leaders and emerging leaders to converge minds, technology and different fields for maximum impact.

CORPORATE SPONSOR

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HERBAL EXTRACT
COMPANY

We are excited to acknowledge the Herbal Extract Company as our valued corporate partner. Their year round support enables Estuary Learning to develop accessible and affordable high quality vocational education programs in natural earth medicine. Together we hold the intention of creating a harmonious and generous new culture in our profession.

The Herbal Extract Company are one of Australia's leading providers of liquid herbal extracts and like you, they're passionate about the healing power of herbs. They are holistic in everything they do – from using the whole plant, to responsible production from start to finish – they honour what nature has to offer and are proud to bring you over a century's worth of herbal medicine knowledge.

CONFERENCE SPONSORS

Solar Sponsor



OptimalRx prides itself on providing optimal quality, optimal education and optimal innovation for natural medicine practitioners. They are an Australian owned practitioner dispensing brand for practitioners by practitioners.

Leading the way in innovation, OptimalRx, regularly introduces clinically relevant, unique liquid herbal extracts to the Australian practitioner market. They recognise the changing face of practice and respond by providing practitioners with well researched, clinically relevant, innovative herbal medicines. In association with this, they continue to provide quality technical information and mentoring opportunities for practitioners.

Lunar Sponsor



Established in 1989 by Petrea King after a series of personal traumas, the Quest for Life Foundation provides educational self-help programs and community-based outreach workshops that encourage, educate and empower people to improve their resilience and peace of mind during times of illness, depression, grief and trauma. Quest encompasses an holistic approach to physical, mental, emotional and social wellbeing. They are committed to making a positive difference in our community and more than 125,000 people have utilised Quest's services since 1989.

Star Sponsors



Switch *on* Health is the only college of its kind that is owned and operated by an Australian Naturopath. They offer anyone, anywhere, the opportunity to gain an education and a recognised qualification that enables them to have a successful career helping themselves, their families, and their clients, to live a happier and healthier life. Switch *on* Health is accredited with ATMS.



MUDBRICK
HERB COTTAGE

What started off as a small garden where they grew herbs for their family has become a well-known brand in Australia. For over three decades, they have provided hard-to-find herb plants, dried medicinals, spices, and essential oils to health enthusiasts. And through the unmatched quality and quick delivery of their products, Mudbrick has carved a place in the hearts and homes of thousands of Australians.



Oborne Health Supplies is an Australian owned and operated business, with a long history of excellence and integrity in service of their suppliers and customers. Since 1990, they have provided health professionals with fast, efficient and economic access to safe, high quality natural, traditional and complementary medicines, and to provide ongoing professional education and technical support.

Star Sponsors (cont)



Natural Script is the most comprehensive dispensary for natural and integrative practitioners in Australia.

It is brought to you by [Natural Chemist](#) a fully certified PBS and compounding pharmacy based in Sydney's north. Their team includes pharmacists, naturopaths and nutritionists.



BioMedica is an Australian owned company, completely dedicated to the natural healthcare practitioner. BioMedica is devoted to supporting natural healthcare practitioners in clinical practice. They remain steadfast in their resolve to uphold their non-negotiable values that guide the business, keeping the needs of practitioners and the viability of our profession at the heart of everything they do.

When they say 'practitioner only', they actually mean it.



Wisdom, Connection, Accessibility

Estuary Learning is a not-for-profit education and mentoring movement. Our purpose is to enrich and support the art of natural earth medicine.