



Homestead Workshop Series: Presenter-Workshop Schedule

Saturday, April 1 - What is herbal medicine and how does it work? Presented by Dana Aronson and Anna Beauchemin

Saturday May 6 - Common uses for natural, medicinal herbs, part 1: Sleep and stress. Presented by Heidi Lopez

Saturday June 3 – Preparing medicinal herbs to use at home. Presented by Whitney Staeb

Saturday, July 1 - Common uses for natural, medicinal herbs, part 2: Digestion and immune care. Presented by Cherise Atkinson and Rylan Sian

Presenters



Dana Aronson was born and raised in Santa Cruz, California, where the ocean meets the mountains. Her calling to the healing power of plants started when she watched her father slowly become engulfed and dis-empowered by the western medical system. Her passion eventually landed her in Oakland where she began her studies in plant medicine and furthered her studies in American Sign Language. Her practice is based around offering support to empower others to take back their health and to be able to assist in the healing process of all aspects of the physical body, the mind, and the spirit. She strives to have a collaborative interaction where healing can express itself in all facets and have people walk away eager to explore plants and integrate them into their daily practices.



Cherise Atkinson is a western herbalist, minimalist, gardener, cook, and dreamer. She believes true wellness comes through simplicity. As we include only the purest of our needs and release the unnecessary, we can sit in the beauty of balance and wholeness. Cherise started her own wellness journey as a busy hair stylist. An overpacked schedule, an aching body, and a chemical-filled environment brought her to take an active leap toward a healthier life. She found balance through herbal support, nourishing foods, self-care practices, simplifying her environment, and shifting her lifestyle to support her spirit. She was inspired through her personal journey, along with her knowledge of client care, to shift her focus from hair care to care of the whole self as an herbalist.



Workshop Presenters



Anna Beauchemin comes to the field of herbalism with a background in biology and the culinary arts. She holds a Bachelor of Science in Conservation and Resource Studies from the University of California Berkeley, and worked as a biologist with native pollinators for 8 years before transitioning into herbalism. She values the exploration and study of the natural world and thrives in the space where the art and science of herbal medicine meet. She was born and raised in Martinez, California where the nostalgia of industrial America blends with the magic of the Alhambra hills to define the small-town community that she is a part of. She recently relocated back to the Bay Area from the green mountains of Vermont where she lived and worked as an artisan baker and land steward. The values of living locally, creative nutrition, and self-awareness embedded themselves into her philosophy and practice. Anna approaches her career in herbalism through the practice of nourishing the self to achieve whole health, and will encourage and support her clients to go inward to facilitate healing. She strives to meet her clients where they are, and hopes to empower them to do the same for themselves.



Heidi Lopez grew up under the watch of the majestic saguaros and fragrant creosote of the deserts of Arizona, then transplanted to the Bay Area to study philosophy at UC Berkeley. Her inquiry into the big questions lead her to bike throughout this country, explore abroad, and spend a lot of time coming home in the wilderness of the western US. She sprouted her roots in the Bay Area amongst the mighty redwoods, bays and oaks, spending the last 30 years connecting with this beautiful piece of earth and the incredibly diverse community of people that live here. She gave birth to her four children at home and has been devoted full time to nurturing them while continuing to develop her lifelong passion for dance, and quest for understanding of our relationship to the greater whole of life and how we might find balance within it. It was her understanding of our kinship to all life on earth, this sense that we are all in this together, that lead her to develop her intimacy with plants and explore how they nurture and heal us. She is also learning up close, through family members challenged with autoimmune diseases (rheumatoid arthritis and eczema), that true healing is a multifaceted journey, never an end, engaging every aspect of ourselves and how we relate to the world.



Rylan Sian grew up in the rural Carolina swamp land surrounded by strong Southern women. He went to school for communication, psychology, and medicine in both Virginia and California, always searching for ways he could best serve his community. He spent a decade working in patient advocacy and healthcare management, a skillset he carries into his practice today alongside an ancestral gift for medicine. He has ongoing commitment to creating safe spaces and bringing healing to LGBTQ gamer communities, which he has done for most of his adult life. Rylan is also a lifelong practitioner of indigenous Celtic spirituality, and finds great balance linking this more esoteric lens with his well-rooted scientific background. He is always seeking to create relationships between people and the deep healing that can be found in nature while navigating the complex and conventional world we live in.



Workshop Presenters



From a young age, **Whitney Staeb** felt called to better understand the connection between human beings and the natural world. It was during her teenage years that she found herself actively studying plants and our food system and saw the potential for those to either be a person's greatest medicine or poison. During her time in college she delved deeper into this work while employed at a local organic grocer and herbal apothecary. It was during this time the seed that had been planted was nurtured and allowed to bloom into dedicating herself to western herbalism and holistic health. Whitney believes in an accessible and affordable form of healthcare that focuses on a holistic view of the person and their individual needs. She sees the power and importance in people coming to realize the healer within themselves and their body's innate wisdom to reach optimal health. Whitney is currently the production manager at Homestead Apothecary and is a trained birth doula.



Blair Townley completed her herbalist apprenticeship at Ohlone Herbal Center in Berkeley, CA. Residing in Hawaii for the last 6 years, Blair studied permaculture and regenerative agriculture, receiving her Permaculture Design Certificate in 2012. Her day job has been working in the visitor advertising industry. She also started a sassy surf and sailing island-lifestyle apparel brand called Get Salty, that continues to thrive. Growing up with the clover and acorns of the East Coast, Blair was at home amongst the creeks and forests of North Carolina. She is passionate about using good quality food, self-care rituals, plants, and spiritual practices to unravel the puzzle of dis-ease. She is a melanoma survivor, with personal experience with digestive issues, anxiety, and skin issues. She is particularly interested in utilizing biohacking techniques (upgrading your environment and habits to support your body on a cellular, energetic and mental level) to optimize health. Her favorite place in the world is in Europe, specifically the south of France and one day hopes to live part time there. She has always had an affinity for plants, nature, chemistry, and magic, and realized that herbalism was the perfect path for her. She looks forward to delving into your health goals and being a partner in your objectives.