

Mark Your Calendar for
NEHA's ANNUAL RETREAT
AT 9 Mountain Retreat Center, Plainfield, MA.
Nov. 14, 15 & 16th, 2008

This year we're back at the popular 9Mountain Retreat Center in Plainfield, Massachusetts. We've planned several exciting workshops throughout the weekend with plenty of free time in between to relax and rejuvenate at this lovely location.

On Friday night join us for *Distillation Magic!* with Linda Farmer, Sarah Shields and Liz Anderson. Our first presentation Saturday will be a Case Study Panel with Robin Rose Bennett, Kay Parent, Bonnie Kavanagh and Mary Blue Hastings followed by *Journey to the Womb*, a guided meditation for inner healing and guidance with Lucy Mitchella. After lunch we'll enjoy a refreshing *Herbwalk for Herbalists* with Alicia North. Late afternoon will give us an opportunity to break up into small groups to discuss burning issues and hot herbal topics in our *Open Space* forum. Ongoing activities over the weekend include NEHA's Seed Exchange and Barter Fair so bring some of your favorite seeds to exchange and an item or two for barter. Saturday evening Robin Rose Bennett will be our keynote speaker and we'll present NEHA's 2008/09 Community Herbalist to the NEHA member who has made significant contributions to the herbal community and has made herbalism accessible to the public. On Sunday NEHA's Annual business meeting will give members the option to voice their preferences and help steer the direction of NEHA into the future followed by *Vibrational Aromatherapy* with Lesley Wooler. After lunch we'll have *Closing Circle* before the trek home.

For more information about 9 Mountain go online to www.ninemtn.com. Registration forms and further details will be available on our website www.northeastherbal.org If you have any questions or suggestions please don't hesitate to contact us at neha@northeastherbal.org.

We look forward to seeing you at the Retreat!

Your NEHA Council Team

The NEHA Retreat Package:

The Retreat Weekend rate includes comfortable, dorm- style accommodations (up to 6 per room) for Friday and Saturday nights, Friday dinner, Saturday breakfast, lunch and dinner, Sunday breakfast and lunch.

The Menu will accommodate both vegan and carnivore.

Registration will begin Friday night at 4pm. Opening Circle is at 5:30 followed by dinner.

The Saturday-Sunday Only option includes overnight Saturday, lunch and dinner on Saturday and breakfast and lunch on Sunday.

Closing Circle will be at 2:00 PM on Sunday.

Please mail your registration form and payment to reserve your space by October 15th.

We look forward to seeing you then!

REGISTRATION FORM

Members Name _____ Address _____

City _____ State _____ Zip _____ Phone _____ Email _____

Guest(s) Name 1 _____ 2 _____

Weekend Rate: Friday- Sunday \$185.00-\$300.00 enclosed is \$ _____

Saturday-Sunday Only \$150.00-\$225.00 enclosed is \$ _____

Make checks payable to NEHA and indicate in the memo "2008 Member's Retreat"

Mail to:

NEHA

P.O. Box 591

Northhampton, Ma. 01060

For more information call Lesley at 410- 295-1140 or e-mail theherbwyfe@cox.net