

Amanda Elyse

Amanda Elyse is a master at reading subtle energy, helping women reconnect with their bodies and senses to access their power. With training in Reiki Master, Life Coaching, birth doula work, and hypnosis, Amanda's approach blends practical energy work with intuitive insights, guiding you back to your own inner knowing. She believes that true transformation comes from within, and her role is to support you in remembering the wisdom that's always been there.

Womb Gathering

Teens and/or adults (dress comfy, bring water, journal, pen, and yoga mat/blanket)

Friday August 1st 10:30 AM @ Hickory Grove

Remembering • Restoring • Rebirthing

The Senses through your Ancient Architecture:

Learning to track & read our bodies coding through attuning our senses. Becoming intimate with our body's wisdom to reconnect to original source energy. Filling our temples, our pelvic bowls, the feminine need to be in overflow. Learning to trust ourselves by gaining confidence to take right action & rest in our primal knowing. The more we attune our senses to hearing & feeling our internal compass, the greater capacity we embody the ability to receive from our outside world.

Through a feminine based drumming meditation we will be learning our desires by tracking patterns of tension that reflect our state of being female. Unraveling & surrendering to your power that is your body, your womb & your oracular states of being.

Please dress comfy. Bring water, a journal & pen. A yoga mat or blanket to lay on.

Angel Parpart

I have 13 years experience with energy healing modalities such as Healing Touch, Access Consciousness and I am also a Reiki Master.

Divination and Tasseography with Dittany of Crete

All ages

Friday August 2nd 4:00 PM @ Green Man

Learning the history of the ancient & rare herb Dittany of Crete. Utilizing its mystical properties for the art of tasseography.

Annie Wolfe

Annie Wolfe is a singer songwriter and multi-instrumentalist influenced by Folk, Jazz, psychedelic rock, and blues.

Performance - Annie Wolfe

Saturday August 2nd 7:30 PM @ Heart Hearth

Byron Ballard

WNC native, Appalachian writer, witch, advocate. Author of 5 books on Appalachian folk magic.

Appalachian Plant Allies: Protection Magic

Teens and/or adults

Friday August 1st 1:00 PM @ Pavilion

Appalachian folk magic is famed for its use of available materials to achieve robust results. In these challenging times, we lean into our allies in the green world. Learn ways to shield, to ward and to fight back.

Land Spirits: In Your Garden & In The Wild

Teens and/or adults

Saturday August 2nd 1:00 PM @ Pavilion

You and your dog aren't the only ones walking in the woods or working in the garden. At Findhorn, they learned the value of true connection to the spirits of land, stone, river and rich garden loam. This class looks at plants that show us the whereabouts of our spirit kindred and ways to engage with them.

Charlene Suggs

Charlene Suggs has devoted much of her adult life envisioning and manifesting ways for people to share land, life, and vision. To help grow public awareness about modern deathcare practices and observances, Charlene has been presenting introductory workshops since the late 1990s. Her ongoing work emphasizes meaningful and less costly experiences with death that contribute to the health of the Planet and our own well-being. She is a community organizer and likes to write. Charlene is particularly fascinated by insects, nature, biological processes, reimagining cultural and economic systems, words, unseen worlds and general details of life.

Waterfall Hike: Identifying ecological habitats and restoration practices (with Gary Conley)

See under Gary Conley

The Cherry Blossoms (Lara Wallace, Pat McGee, Karen Richards)

When night comes upon us, and the stars lean in a bit closer to listen, and the campfire is burning brightly, there is a moment where there is sacred silence in the forest. And if you are lucky, you will first hear the harp whisper its invitation to step into our world of magic and trance. Then you will be joined by the deep voice of the cello singing of desert lands and earth spirits. Finally if you are very lucky, you will hear the ecstatic soul of the violin leading you into a dance of the sublime. This is no ordinary moment. This is a gift to the World Forest. This is the music of Cherry Blossoms, a unique musical ensemble comprised of Pat McGee on harp, Karen Richards on violin, and Lara Wallace on cello. Local to Athens, these musicians traditionally meet every year under the cherry trees by the Hocking to welcome springtime. We are driven by our love and connection with nature, and we express that through the improvisational and traditional music we play. We play a variety of original songs inspired from the Celtic Isles and beyond, as well as joyous dance tunes from the Middle Ages. The Cherry Blossoms have played for festivals and events in the Athens area, and you may even hear them rehearsing outdoors in the parks or the east side neighborhood!

The Cherry Blossoms (A Musical Performance)

All ages

Friday August 1st 7:30 PM @ Heart Hearth

When night comes upon us, and the stars lean in a bit closer to listen, and the campfire is burning brightly, there is a moment where there is sacred silence in the forest. And if you are lucky, you will first hear the harp whisper its invitation to step into our world of magic and trance. Then you will be joined by the deep voice of the cello singing of desert lands and earth spirits. Finally if you are very lucky, you will hear the ecstatic soul of the violin leading you into a dance of the sublime. This is no ordinary moment. This is a gift to the World Forest. This is the music of Cherry Blossoms, a unique musical ensemble comprised of Pat McGee on harp, Karen Richards on violin and Lara Wallace on cello. Local to Athens, these musicians traditionally meet every year under the cherry trees by the Hocking to welcome springtime. We are driven by our love and connection with nature, and we express that through the improvisational and traditional music we play. We play a variety of original songs inspired from the Celtic Isles and beyond, as well as joyous dance tunes from the Middle Ages. The Cherry Blossoms have played for festivals and events in the Athens area, and you may even hear them rehearsing outdoors in the parks or the east side neighborhood!

Donna Murlin

I've done workshops at Autumn Fires. I am a retired dialysis nurse, Holy Fire Reiki Master/Teacher, Access Consciousness Bars practitioner, Ordained Minister. I enjoy adding tuning forks, drumming, singing bowls, rain stick, chimes, crystals, herbal smudging wands and essential oils in my Holy Fire Reiki sessions. I'm an avid gardener, specializing in Sweetgrass, Grandfather White Sage, Wormwood, Patchouli and other rare herbs. I make many items from my chemical-free garden, including smudging wands, herbal teas, tinctures, salves, poultices and Fire Ciders. I love to spread the joy of Cacao, Blue Lotus and other important sacred medicines.

Making an Herbal Smudging Wand

Adults only (18+)

Saturday August 2nd 4:00 PM @ Main Stage

I will pick 4 herbs and give a short talk on the significant medicinal and spiritual properties of each herb and how they were used by our ancestors. Then each person in attendance will be given the herbs, and string to make their own smudging wand to take with them.

Ellie Mae

Ellie Mae Mitchell is a farmer, mother and herbalist hailing from the Ohio River Valley. She has focused her plant practice on womb sovereignty for the last 10 years.

Herbal Allies for Uterine Support

Teens and/or adults

Saturday August 2nd 2:30 PM @ Main Stage

Herbal Allies for Uterine Support is an intimate conversation and collaboration around plants that support folks with uterus. Join Ellie Mae as we share tea and talk about ways you can incorporate herbal allies into our cycles and beyond.

Elf

Cynthia Turrentine Hanson, Also Known as Elf, A Mystic. I am the little Ol'Lady with white hair you see running around Wisteria sometimes. I was born a seer, and take after my mother who I swear had eyes in the back of her head. During the trials of life I became shaman. Then in exploration of "alternative" ways I studied the craft of the old ways my ancestors knew. Over the years I have picked up little bits of wisdom and created some simple rituals that really can make life a little easier and a lot richer.

For the last 20 years or so I have been teaching this in a program I call Mystic Awareness.

Helping people to expand and understand the subtle energy of the land, the spirits that are all around us. In doing so, helping people to understand themselves as well.

Talking With Trees

All Ages (bring a chair)

Saturday August 2nd 5:30 PM @ Hickory Grove

A Workshop to help you create deeper relationships in the natural world.

I am known as Elf. Just the little old lady who walks in the woods to talk to the trees. They have great wisdom to share if we take the time to listen. In this workshop I am going to share a secret that I have told to very few people over the years. You see, listening is just the beginning. I could listen to the beauty of the French language all day long, but I would not understand a word. Nor could they understand me.

So it is really hard to create a relationship without communication. It is also nearly impossible to learn a new language without a translation guide of some kind. In this workshop, I'm going to show you how to ask the questions and how to "hear" and understand responses. This walk in the woods, this secret I will share, can be the beginning of creating your own translation of the language of the forest .

Eric Hart

25+ years experience conducting ecological restoration activities in local forests, focusing on the critical open oak woodland and prairie habitats which support many of our rare plant species.

Worked for the Ohio Environmental Protection Agency, The Nature Conservancy and the U.S. Fish and Wildlife Service. M.S. in Environmental Studies-Biological Sciences.

Tree ID and Forest Ecology

All Ages (limit 15, bring good shoes)

Friday August 1st 2:30 PM, Meet @ Heart Hearth

Learn how to identify local tree species. Gain an understanding of the forces that have shaped the forest we see today, see how that forest has changed since European settlement, and predict where it is going in the future.

Gary Conley

Lifelong naturalist and restoration ecologist

Waterfall Hike: Identifying ecological habitats and restoration practices (with Charlene Suggs)

All Ages (bring good shoes)

Friday August 1st 9:00 AM, Meet @ Pavilion

We will be touring the local landscape to discover the various habitats that form an ecosystem and discuss methods of preservation and restoration

Homer Elliot

Homer Elliott is a wildlife and forest ecologist, who specializes in botany and mycology. He is fascinated with the linkages and mutualisms between all living things. Homer teaches in the School of Natural Resources at Hocking College and spends much of his free time in the garden and foraging in the woods.

Learning Your Newcomb

All Ages (bring good shoes)

Friday August 1st 9:00 AM, Meet @ Green Man

Come explore the Diverse Edges and woodlands of Wisteria, while learning the basics of herb and plant identification on a two-hour guided hike. Learn how to identify by morphology and habitat some of the flora of Wisteria, including on how to use Newcomb's Wildflower Guide in your own future studies and many other tips. Interactions of herbs with other forms of life, such as with animals and fungi will also be explored. Water bottles and sturdy shoes are recommended.

Jenny Crawford

Jenny was born and bred in the Allegheny Mountains of Pennsylvania, and she is the clinical herbalist, medicine maker, and Appalachian Sophianic medicine woman behind Herbal Appalachia. Stepping into her role as a healer has been the culmination of a personal journey rooted in loss, resilience, and a commitment to prevent suffering. It began with the painful experience of losing her mother to inflammatory breast cancer. Witnessing her mother's struggles with modern cancer treatments fueled Jenny's quest to explore more natural approaches to illness and ways to prevent it. Through the process, her own family's Appalachian medicine roots were revealed through both the accounts of living family members and ancestral journey work. Jenny's healing practice is a harmonious fusion of scientific rigor and spiritual connection with plants, the land, the ancestors, and the multidimensional nature of the cosmos. Her current herbal practice stands at the intersection of science and spirit, offering a transformative experience focusing on both the physical and spiritual root causes of dis-ease. Her workshops often have a focus on bioregional herbalism, emphasizing the medicinal wealth of the Appalachians, promoting health sovereignty, and empowering individuals to actively participate in their well-being, in both the physical and spiritual realms.

Journey with Plant Spirits

Teens and/or adults

Saturday August 1st 4:00 PM @ Stone Circle

Join us on a Shamanic Journey to meet a Plant Spirit that wants to be in communication with you. This will be a guided journey to tap into your own innate sacred woods and plant spirit/guide reaching out to build a deeper relationship in this moment.

Gut Herbs and Energetics

Teens and/or adults

Saturday August 2nd 10:30 AM @ Main Stage

This class will focus on herbs that are helpful in gut health and healing. We will discuss a bit of the nitty gritty physicality of gut healing herbs and also the energetics of these herbs as they aid us through the gut healing process.

Jessica Fritz

Jess is a longtime Wisteria community member, active in many roles. With a background in the arts and environmental issues, her passion is to help foster real connections between people and the natural world

Learn to Use iNaturalist

All Ages

Saturday August 2nd 9:00 AM, Meet @ Pavilion (wear good shoes)

TBD

Kelly Lawrence

A long-time lover of Wisteria, a Druid/eclectic witch, and a full-time artist. I dabble in many mediums, primarily ceramics but also mixed media, including fiber arts. I am also a trained chef with over 35 years of experience.

Dying with natural dyes

Teens and/or adults

Saturday August 2nd 10:30 AM @ Pavilion

We will be using natural dyes and mordants to dye wool fibers. We will be taking plant materials and processing them to be used in a water bath with a mordant to color wool. Wear clothes that you won't mind getting dyed or dirty.

Cooking with Herbs

Teens and/or adults

Friday August 1st 10:30 AM @ Pavilion

We will be preparing herbs to be used in summer time dishes

Kenneth Wright

Kenneth Wright is a respected Master Herbalist, educator, and author with over two decades of experience in the field of herbal medicine. He is passionate about sharing the knowledge and benefits of natural healing with a broader audience. Wright's approachable style and wealth of expertise make him a trusted voice in the world of herbalism.

Botanical Pain Relief

All ages

Friday August 1st 2:30 PM @ Green Man

Pain is a universal human experience, and finding effective ways to manage it is a key concern for many. While conventional medicine offers numerous options for pain relief, there is a growing interest in herbal remedies as natural alternatives.

In this class, we will explore the rich history of herbal pain relief, examine the scientific evidence supporting various herbs, and discuss practical applications for integrating these remedies into our modern and busy lives.

Rooted in Strength – Holistic & Herbal Solutions for Men's Health

Adults Only (18+)

Saturday August 1st 2:30 PM @ Green Man

This empowering class offers a practical and deeply informed exploration of men's health through a holistic and herbal lens. Led by Master Herbalist Kenneth Wright, participants will examine core male health concerns—heart disease, mental health, joint and muscle pain, and prostate wellness—while learning how stress, lifestyle, and cultural expectations uniquely impact men. The class addresses the silent struggles many men face, such as anxiety, burnout, and reluctance to seek support, and provides simple, effective strategies for reclaiming health and vitality.

Through a blend of clinical insights, traditional herbal wisdom, and practical tools, attendees will discover time-tested herbal allies like hawthorn, saw palmetto, turmeric, and ashwagandha. Recipes, lifestyle tips, and approachable wellness practices—like “brotherhood check-ins” and nutrient-dense food swaps—create an accessible framework for sustained well-being. Whether you're looking to reduce blood pressure, ease joint stiffness, support emotional resilience, or maintain prostate health, this class offers a rooted, realistic path to strength and longevity.

Kim Keffer

I've always been an artist, a portrait photographer for 30 years, I also photograph and gain much inspiration from nature. At 45 years old after battling depression and PTSD I started painting again. Painting is my therapy, my mental health care. I paint daily, painting has improved my life. My paintings are inspired by my experiences, my emotions and time spent in nature.

It is my mission to inspire creativity. It is my belief that art heals and we are all creative beings. My Creative Companions workshops require no painting experience and are designed to ignite the creative spirit and silence the censor. I travel sharing art and light and love. I desire to inspire.

Guided Painting

Teens and/or adults

Saturday August 2nd 9:00 AM @ Green Man

Artist Kim Keffer will guide participants in completing an acrylic painting. No experience necessary. Workshop starts with a brief meditation and explanation of why meditation is useful in preparing for the creative process. As Kim guides the painting process, showing a variety of brush techniques, she speaks about ways to silence the censor and ignite the creative spirit. We

will be practicing the art of observing our favorite flower/fauna and bringing it to life on the canvas.

Kojun Hayes

Kojun Hayes, a certified Sound Healer and Reiki Practitioner has been working with Quartz Crystal Singing Bowls, gongs, Himalayan metal bowls, and other sacred instruments for many years before finally creating Sacred Waves Sound Healing, a Sound Healing service based in Athens, Ohio, in 2022. Since then, Kojun has collaborated with yoga instructors and Reiki masters throughout Ohio to offer his unique Sound Journey creations in studio settings. Besides offering private sessions for clients, Kojun has also begun practising Sound Healing within the ceremonial space, providing sonic energy support to shamans of different spiritual paths.

Kojun says, "I am endlessly fascinated by what is created during a sound journey. I never construct them ahead of time, so they are always organic. I have no purpose or intention of fixing or healing someone, but instead, I become a conduit for the energies that move through sound waves. The result is a deeply spiritual, profound and powerful experience for the client(s) and I'm honoured to be able to create a safe space within which any person can begin the deep inner work of healing themselves."

Sound Bath

Saturday 9/17/24 10:00PM @ Green Man (bring pillows/blankets if you wish)

LaVerna Vickers

Story Telling Bracelets and/or Medicine Bags

All ages

Saturday August 2nd 10:30 AM @ Green Man

We will be making storytelling bracelets, showing how symbolism is so much of Native culture. And/or, we will be making medicine bags for anyone who feels one would help

Nellie James

Nellie James is a wisteria shareholder and costume and custom clothing designer with a life time interest in nature and Art.

Opening Circle and Introductions

Thursday September 31st 7:30 PM @ Heart Hearth

Closing Circle and Blessing

Sunday August 3rd 1:00 PM @ Heart Hearth

Next Year Planning and Community Input

Sunday August 3rd 9:30 AM @ Pavilion

Botanical Drawing

All Ages, limit 15 (bring sketchbooks, pens, pencils if you have them)

Friday August 1st 11:00 AM @ Green Man

Drawing is a powerful tool for observation and identification. We will be exploring simple botanical drawing as a method of seeing plants in a fresh way. My goal is not to teach you to draw, but to teach you to see.

15 person class limit, some small sketchbooks available, pencils and pens. If you have a journal or sketchbook and preferred pens or pencils please bring them with you.

Nicholas R K

Nicholas first got into magic in 1996, and has been growing mandrakes and other poisonous nightshades for use in witchcraft and healing. He also practices Goetia and is highly interested in all forms of spirit contact. Much of his magic is centered on achieving interactions or communication with that which is Other.

Enter the Devil's Garden: An Introduction to Poisonous Nightshades

Adults only (18+)

Saturday August 2nd 2:30 PM @ Paw Paw

This workshop will discuss in detail the four main poisonous nightshades used in the witches' infamous flying ointment: mandrake, datura, deadly nightshades, and henbane. We will touch on the rich folklore and history of these long-used plants before approaching them from a more scientific perspective. We will discuss the safety, history, and manufacture of flying ointment, as well as other means of using these plants in witchcraft. Participants will be offered the opportunity to use a small, introductory amount of an ointment made from mandrake and datura innoxia. Mandragora seeds from my own mandrakes will be distributed in packets of three to any would-be growers.

Nightbird (Karen Martin)

TBD

Juicing with Herbs Social Hour

All ages

Friday August 1st 5:30 PM @ Green Man

Come by and sample a few different juices made with fresh herbs, with a side of socializing! Nightbird will mix up a fresh batch with her Breville juicer so folks can watch the process from start to finish. There will be other concoctions ready to sample, as well.

Herbs are a vital source of nutrients, and adding them into fresh-juiced produce is a nourishing elixir for the body. Juicing is a great way to move away from sodas and other processed drinks, too. 30 minutes and a little advance prep (buying ingredients) is all it takes to set yourself up with nutritious juice for the entire week!

To conserve resources, please bring a small cup for sampling if you are able. (Small paper cups will also be available.)

Papa Joe

Papa Joe Oakenthorn - Papa Joe is an Herbalist and Tribal Healer with more than 30 years of experience. He has lived and worked with the Kuna Tribe in the Panamanian Jungle, Bedouins in the Sinai Desert, Inuit Tribes in the Pacific Northwest and has strong ties deep in Appalachia. Papa Joe has also worked with the K'ich'e Nation in modern day Guatemala which is one of the four remaining Mayan Cultures and is allowed to practice Cacao Kutzij' (ceremony) given by the Mayan Elders. Before starting the Divine Tribe Apothecary, which offers herbal remedies for physical healing and spiritual practice, Papa Joe worked as a Medicolegal Death Investigator receiving his certification from St. Louis University School of Medicine and further received certification as a Forensic Osteologist as well as intensive training in Human Behavior from the founders of the FBI Behavioral Analysis Unit.

Herbalism for the Homestead

All ages

Friday August 1st 4:00 PM @ Pavilion

This workshop will cover practical herbalism for the homestead. From how to make herbal syrups and salves to teas and tinctures. Ideas for the homestead medicine cabinet for preventative care and illnesses will also be discussed.

Workshop TBD

Ages TBD

Saturday August 2nd 4:00 PM @ Pavilion

TBD

Red Sonja

I'm an artist, gardener, forager, researcher and herbal enthusiast. I feel at home when frolicking in the woods, dancing barefoot on the land or singing to wild flowers. My spiritual path is fundamental to the 4 elements with a focus on earth-based practices. I am fascinated by the beautiful herbs that grow freely on the land and can be utilized medicinally, spiritually, and nutritionally. I regularly study wild plants that grow on my land to discover how they would be beneficial in tinctures, salves, balms, teas, bath salts, rituals, or edible treats.

Beauty of Flower Essence

Teens and/or adults

Friday August 1st 5:30 PM @ Heart Hearth

Come join me in finding our connection to nature as I guide you in how to use flower essences as a subtle yet powerful energy for healing. You will be provided a variety of flowers that offer many different qualities to make a batch of flower essence. Please come with a positive intention to raise the energetic healing of your flower essence. I will demonstrate and explain how I utilize this beautiful recipe in my personal healing. We will open up our senses to the gorgeous blossoms in nature for further spiritual growth.

Salix (Seth Payson)

My name is SALIX, I've been interested in outdoor crafts all my life, I also enjoy creating and crafts, especially from things found in nature.

Natural cordage making

All ages

Friday August 1st 4:00 PM @ Paw Paw

Teaching how to find plants and natural fibers to make into cordage.

Sasha Sigetic

Sasha lives in the foothills of Central Appalachia. Born and raised in Ohio, she has been practicing herbalism and studying holistic and natural health for almost 20 years and farming and homesteading for 15. After reviving a Bachelors of Fine Art in Ceramics, she moved to Austin, Tx, where she earned a Permaculture Design Certification in 2007. Combined with her interest in Natural Health and Wellness, she moved back to Ohio to start farming, focusing on goats, producing raw milk and grass fed meat. Farming, and teaching beginning farmers led to a Masters of Science in Sustainable Food Systems. She currently runs the Education Program at the Ohio Ecological Food and Farm Association and runs White Oak Wellness's, helping humans balance their hormones and remind their bodies what it means to be a human on this planet. She continues to make art, mostly fiber and ceramics, in the moments between farming, work and life.

Making Potent Herbal Oils and Salves

Teens and/or adults; \$25 materials fee

Friday August 1st 2:30 PM @ Pavilion

Herbal oils can be tricky to make and often go rancid quickly. Learn tips and tricks that allow you to make potent herbal oils in half the time with increased potency and shelf life.

Shandylion (Shannon L. Thomas)

When I was in my mid-twenties I was living in a primitive shelter 6 miles on foot from the nearest town. Curious about yoga, I bought a yoga book out of the discount bin at the bookstore. I took it out onto a sand firebreak and did the yoga poses right on the ground.

Eventually, I moved back into a more mainstream life and began taking classes in a studio.

Working with teachers added depth to my practice as they helped me correct the bad habits I'd developed on my own. Over the past 20 years I've practiced many forms of yoga. My teaching incorporates this breadth of experience and embodiment is the foundation of my practice, my teaching and the trainings I have lead for yoga teachers. Embodied experience helps me translate theory into practice and create meaningful classroom experiences for students. I weave scientific understanding of the body and nervous system with awe and wonder for our natural experience, creating an environment where we can safely and humbly explore the physical realities of our bodies and begin to understand the nature of our awareness and consciousness.

I have over 3000 teaching hours and I'm certified as a health coach from The Institute for Integrative Nutrition in NYC. I am owner of Open Way Yoga

I am the owner and thought leader of Open Way Yoga in Huron and Sandusky, Ohio, where I teach classes, lead workshops and co-facilitate our teacher training program. OWY is celebrating its 11th year of business in 2025. At OWY we work to increase accessibility to the skills and tools of yoga, working to bring holistic wellness to marginalized populations, through

community advocacy, anti-racist teacher training and sponsored classes to bridge economic barriers.

In 2014 I was on The Discovery Channel's Naked and Afraid episode set in Belize. My yoga and mindfulness practices contributed to my being able to successfully complete the 21 day challenge.

I love helping others dissolve the illusive barrier between mind and body and discover the wealth of knowledge inherent in their own bodies. I seem to have inexhaustible enthusiasm for wellness, yoga, wilderness skills, plants... and about 50 other things.

Nature Knows Yoga

Adults only (18+)

Saturday August 2nd 9:00 AM @ Main Stage

Explore a series of practices and postures designed to bring the group into communion with what the postures of plants and flowers can teach us about how to hold the body and encourage healthy breathing. A perfect way to play with your inherent natural self in nature and discover the feel of plants beyond their names and practical uses.

Tad Kato (Tadashi Kato)

Tadashi Kato is native of Japan and holds a Ph.D. in Clinical Psychology (Ohio University), a MA in Exercise Science (Tokyo University), a BA in Aesthetics (Tokyo University), and is a Certified Evans Method Dance Instructor and a NY-State Licensed Psychologist. As a dancer and a choreographer, he studied Japanese Butoh Dance with Yoshito Ohno and various other Butoh masters, Sword Dance with Kensei Namiki, and American Modern Dance with Angela Dennis and Bill Evans. He was a Resident Artist at Center for Remembering and Sharing (Manhattan, 2016), at Cave (Brooklyn, 2016), and at Bronx Academy of Arts and Dance (Bronx, 2012), and was a commissioned choreographer for Lower Manhattan Asian Dance Festival (2012), and at Pittsburgh First Night (2009-2024). As a mental health practitioner, he served in various clinical settings, including Southeastern Psychiatric Hospital (Athens, OH), University of North Carolina at Charlotte Counseling Center, and State University of New York at Binghamton Counseling Center. As a workshop presenter, he taught multiple Dance Therapy Workshops, Qigong and Tai Chi Workshops, and Yoga and Stress Reduction Workshops at West Virginia University, Fairmont State University, Brushwood Folklife Center (NY), Wisteria Summer Solstice Festivals (OH), and at Serpent Mound Spring Equinox Festivals (OH).

Chakra Yoga

All ages

Friday August 1st 5:30 PM @ Main Stage

In this workshop, participants are invited to explore new relationships with their chakras through the combination of hatha yoga asanas (poses), mantras, imagery, and additional movements. If

you are a regular practitioner of yoga, you may have a new discovery about the relationship between yoga poses and chakras. If you tend to have a spiritual life (but without being physical active), you may find a benefit of moving your body, even for your spiritual development. There is no requirement to bring your yoga mat, though you may gain more opportunity for exploring the benefits of various asanas, if you can bring your own mats. After rebalancing each chakra through various aspects of yoga practices, the workshop will culminate into smoothing the prana energy flow through free-flow movements. All the participants will be gifted with 'mystery herbs (in the forms of loose teas)' that would stimulate one of your chakras that you would like to activate most. The workshop is open to all ages. Please come with a bottle of water, a yoga mat (if available), and open mind.

Tonya Monteforte

Tonya is an artist (Otiorum Studio) and educator from Greenup County, KY. She has attended Wisteria events for more than a decade, first as a guest and later giving workshops focused on the spiritual side of work/life balance.

If you have skills or talents to share with your community, apply to give a workshop! If I can, so can you!

Create Your Own Plant Sigil

Teens and/or adults

Saturday August 2nd 5:30 PM @ Main Stage

Join Tonya of Otiorum Studio and learn how to create your own unique plant sigil for use in ritual and spellcraft! In this workshop you will learn one method (among many!) to create sigils unique to you and your practice.

This workshop will be interactive and collaborative, so come with a plant in mind and be ready to share ideas with others! Pencils and paper will be provided, but feel free to bring your own.