



HOMEOBOTANICAL TIMETABLE -AGM/Conference 5th-7th May 2023

SATURDAY 6th May 2023

8.45am	REGISTRATION
9am	PRESIDENT OPENS CONFERENCE - Don Paterson will open conference//housekeeping including Introductions
9.20am	E.F.T. interactive workshop overview of a therapy that can be used with clients, friends, family, children, or we can use this therapy on ourselves. (Andrew Gowan/Debs Chase-Paterson)
10.15am	MORNING TEA BREAK
10.30am	STRETCHING EXERCISES + PRIZE DRAW
10.40am	TIPS/TECHNIQUES /INFO FOR MANAGING PHYSICALLY CHALLENGED PEOPLE (Jeni Kydd & Melva Martin)
11.20am	OPEN FORUM Homeobotanicals
12pm	L U N C H
1pm	KEYNOTE SPEAKER – Practical application of Iodine & Iodine/Selenium & the role in Protective Health Penryth Ballinger, B Nat; Dip Herb. Penny will discuss her research & experience in the role low iodine intake has on physical & mental health (includes breast cancer & thyroid issues). You will hear this explained along side 2 tests (pH & respiratory rate check). If you would like to be more interactive with this talk, Penny suggests you buy a thermometer and record your temperature for a week at bedtime, during the day & first thing in the morning before getting out of bed, then bring your record to the conference. Iodine & Iodine /Selenium drops will be offered for sale.
2pm	STRETCHING EXERCISES - PRIZE DRAW
2.10pm	SPECIAL SENSES - Exploring other senses including A-Sensory (A & P Segment with Kath Keith & Debs Chase-Paterson)
2.45pm	STRETCHING EXERCISES - PRIZE DRAW - FOLLOWED BY AFTERNOON TEA
3.20pm – 4.30pm	GROUP WORK – CELEBRATING 40 YEARS & WEALTH OF EXPERIENCE FROM EXPERIENCED HB THERAPISTS Therapists will lead small groups of students & interested people into discussion about the value of the remedies, how they personally use them & give examples then group members can ask questions to grow their understanding. A person from each group will give feedback to the class. An open forum general discussion will follow (using a talking stick) where members can add more information around their findings over the year.& questions can be asked.
6.30pm	D I N N E R

SUNDAY 5th March

9.00am	BUSH WALK weather permitting (Identify Native bush remedy trees) with Angela Chadwick
10am	PRIZE DRAW FOLLOWED BY MORNING TEA BREAK
10.15am	PRESENTATION & HANDS-ON WORKSHOP USING NZ NATIVE HOMEOBOTANICALS with Angela Chadwick.
12pm	LUNCH BREAK
1pm	AGM
1.30pm	FINISH
1.35pm	FOR THOSE REGISTERED WITH ANDREW GOWER FOR FIRST AID REFRESHER,

We no longer have Tauhara kitchen staff at our disposal, so we need to pull in together & clean up dishes/kitchen/dining room after use and conference room before leaving. Thanks. Please feel free to bring your own wine or beer on Saturday night. No Smoking policy at Tauhara.