

# Skillshare Presentation Descriptions

## Joint Freeing Series: Structural Yoga Therapy

Learn how to balance your body from head to toe with movements accessible to all!

## WCLS pop-up library

Checking out library books on Skillshare topics

## DIY Solar Home Heater from Trash

Make your own free heat this winter using stuff from the garbage! We will work together to construct a pop-can solar heater to give you hands-on muscle memory for how to make your own at home. We will cover everything from the science to the sourcing

## Introduction to Seed Saving

Introduction to selecting, processing, and storing seeds.

## Willow Basketry.

I will be doing shorter workshops teaching the bottom of a basket, leaving the base sticks long and creating a decorative sun. If anyone wants to make a small basket after that intro I am up for teaching.

## Holistic Self-Assessment

To help you identify the many components that make up your individual identity.

## The Permaculture Paradigm: Ethics, Principles + Techniques

An overview of how permaculture can help people, communities and the entire species participate in harmony with the rest of the biosphere to create paradise on earth rather than climate and cultural disaster.

## Making lavender wands

Tying lavender stems together, then weaving ribbon around flower heads

## Making medicinal salves

How to make salves that heal, ease pain and control skin problems using an array of magical plants

## Handcrafts with natural fibers

Hand spinning, Felt making and natural dyes. Intro to wool, flax, silk fibers. Drop spindle, hand spinning and felt making. Learn a variety of skills and techniques to use with natural fibers.

## One Of A Kind Potter

I will throw some pots and finish them using ancient techniques, handed down through the generations.

## Pain/Anxiety remedies

How to blend and use Essential oil remedies for Pain relief and easing anxiety topically. Demos, Notes, recipes and Samples.

## Forest First Aid - use whats here!

In the PNW we have an abundance of plants and trees helpful with first aid - whether its deep in the woods or the driveway outside your front door. Learn to identify and use our local herbs in first aid scenario's

## Water Bath Canning, All about Chickens and Ducks, Harvest Mason Bees,

I manage the Seattle Farm Coop and would like to table for the coop and run demos

## Sheep Shearing

Sheep (New Zealand method), Alpaca and Llama shearing. Certified through the U of C.

## Basic Metal Working Techniques

Learn basic metal working techniques with non-ferrous metals like copper, brass, silver and gold. We will be giving ongoing demonstrations using techniques like wire wrapping, soldering, forging, and texturing.

## DIY Electric Bike

Everything you need to know to convert your bicycle to electric power assist.

## Preparing to Prepare for Disaster

Discussion of disaster preparation, hard times, and homestead hacks that help you to overcome the things that block us from getting ready to handle difficult times.

## Fermentation and Pickles!

Learn how to make and preserve sauerkraut as well as quick pickles.

## Naturopathic Medicine

Dr Todd will show how he dissipates pain in a very short period of time along with balancing the chakra system opening up the 3rd eye and so much more including emotional release by channeling

## Natural Pet & Homecare

Simple and amazing uses for Green home cleaning ingredients such as: vinegar, baking soda, citric, acid, hydrogen peroxide and Great smelling essential oils . We will learn about antibacterial, antibiotic, antiviral and antifungal oils and how to use them.

## Bhakti Yoga 108

Bhakti Yoga is the yoga of love and devotion. Learn how to dovetail your activities in support of your higher self and source of our being. Participants will practice mantra meditation and learn the basics of bhakti philosophy..

## Dehydration -Herbs, Fruits and More

How to preserve foods using a dehydrator