2027 ECP Class Schedule

Date	Day	Class Name	Class Description	Instructor	Location	Department
Friday	January 22	Food Preservation	In these hands-on, farmhouse experiences, you will learn how to prepare and process food for canning with pressure and hot water bathing. The training on dehydrating, freezing, and freeze-drying of food will be taught and tasted. Recipes will be shared, and great handouts will guide you through your own preservation experience for many years to come.	Bessheen Baker	Ranch	Homesteading
Saturday	January 30	The Minerals that Rule Acupressure Meridians	Understanding the connection between minerals and their significant influences on meridians is what this class is about. With a small amount of knowledge from the meridian system, and combining that knowledge with the natural cycle of high and low times for each organ, you will be able identify the key mineral or lack of the key mineral affecting the organs, the meridians, and even the DNA of the human body.	Richard Olree	Institute	Vibrational Medicine
Saturday	February 6	Creating a Homestead Kitchen	Come explore and learn what essential tools are needed in the homestead kitchen: from canning tools and meat processing equipment, to drying, dehydration, and more. We will share numerous cost saving strategies. More importantly, understand how to use these tools to process, utilize, and get the most out of your bounty.	Nicole Paquin	Ranch	Homesteading
Saturday	February 20	Breathwork for Self-Healing	This refers to various breathing techniques used to improve mental, physical, and emotional well-being. It involves intentionally directing	Corey Winters	ELM	Self-Healing

			the breath to influence the nervous system and promote relaxation, stress reduction, and emotional regulation. Breathwork can be used independently or integrated into other therapeutic approaches.			
Saturday	March 6	Men's Health	From puberty to andropause and from physical prowess to navigating emotional and mental challenges, this list is far beyond the cliches of bedroom performance and athletics. We will cover many of these challenges as well as key solutions for each of them. Learn to support boys, men, and elders through all of these challenges.	Michael Bono II	NITE	Holistic Family Wellness
Saturday	March 20	Psychology of Music from Weaponization to Wellness	Join us for a day-long seminar exploring the extraordinary power of music, sound, and spoken language throughout history—from their roles in healing, communication, and social connection to their use in persuasion, psychological influence, and conflict. Participants will examine the neuroscience of music perception; the therapeutic applications of music and sound; the effects of rhythm, frequency, lyrics, and language on the brain and body; and historical and contemporary examples of how sound and words have been used to shape emotions, behavior, culture, and public opinion.	Virginia Caldwell	NITE	Self-Healing
Saturday	April 3	**How to Educate Others About Vaccines**	Vaccines saved the world? Is that the truth, or just the narrative that we have been conditioned to believe? This class will cover what a vaccine is, how it is developed, what is the intended outcome, and how to determine what the true outcome is. The focus will be on providing a better understanding of how a vaccine acts on the body as well as determining fact from fiction	**Jackie Medley**	NITE	Holistic Family Wellness

			when it comes to making an informed decision for you and your family.			
Saturday	April 10	**Hidden Light in Food**	Food is more than simple calories. It is stored light, carrying environmental information from the sun, soil, water, and seasons. This information is reflected not only in the color of food but also, in its nutrient content. When we eat with this understanding—and align with the body's natural timing of nutrient use and recycling—we can better support cellular processes for optimal energy and vitality.	**Reiss Faber**	ELM	Food Revolution
Thursday - Monday	April 29 – May 3	**5 Day Complete Doula Series**	**Healthy Mother, Healthy Birth:** This is a transformative course designed to empower expectant parents with the knowledge, tools, and practices needed to support both maternal health and a positive birth experience. This holistic approach emphasizes the interconnectedness of a mother's well-being and the health of the baby, focusing on physical, emotional, and mental wellness throughout pregnancy and for the birth yet to come. **Having a Beautiful Birth and the First 24 Hours with Your Baby:** Discover the essential nutrients that support both maternal health and baby's development throughout each trimester. Learn how to make conscious food choices that enhance energy, alleviate discomfort, and promote a harmonious pregnancy journey and birth experience. **The Fourth Trimester – Honoring the Postpartum Period:** This is a comprehensive course that focuses on the often overlooked, yet critical, period of recovery and adjustment following childbirth. This class provides essential tools, knowledge, and emotional support for any new	**Helen Kociba**	NITE	Holistic Family Wellness

			parents as they navigate the physical, mental, and emotional changes that occur during the first three months after birth.			
Saturday	May 8	**Simplified Biodynamic Gardening for Small Homesteads**	This class helps simplify the world of biodynamic gardening. Through a hands-on approach, we will learn the ins and outs and the how's and why's of biodynamics for the beginner. Preparations will be stirred and applied so that you can easily duplicate the process and experience the benefits no matter the size of your lot or small farm.	**Nicole Paquin**	Symbiosis Ranch	Homesteading
Friday	May 14	**Mastering Lab Analysis**	Develop the skills to interpret basic blood chemistry, hormone panels, and specialty lab tests through a functional, root-cause lens. Translate raw data into meaningful insights, identify patterns beyond conventional reference ranges and strengthen your clinical reasoning. This course will provide you with a practical tool to support individualized, evidence-informed care in naturopathic practice.	**Abbe Williams**	NITE	Advanced Naturopathic Sciences
Saturday	May 15	**Mastering Lab Analysis** (this is a repeat of Friday, May 14)	Develop the skills to interpret basic blood chemistry, hormone panels, and specialty lab tests through a functional, root-cause lens. Translate raw data into meaningful insights, identify patterns beyond conventional reference ranges and strengthen your clinical reasoning. This course will provide you with a practical tool to support individualized, evidence-informed care in naturopathic practice.	**Abbe Williams**	NITE	Advanced Naturopathic Sciences
Saturday	May 22	**Heal Yourself Through Writing**	Have you ever considered writing to be a therapy? Writing is one of the most effective and inexpensive tools that we can utilize to heal from trauma, free our creativity, gain insight, and find connection. In this class, learn the	**Amy Jo Howard**	NITE	Self-Healing

			history of Writing Therapy, different writing techniques, how and when to use them, and their benefits. Bring your favorite pen or pencil so that we can try out some exercises. You don't have to be a writer! Everyone can explore the healing aspect that writing offers and possibly, even surprise yourself at what emerges onto the page!			
Friday	June 11	**Practitioner's Guide to Navigating Advanced Diseases**	Feeling stuck with intricate cases involving multi-system imbalances, chronic inflammation, or autoimmunity? You will learn systematic approaches to untangling intricate cases and designing comprehensive, individualized protocols that address the whole person — integrating the mental, emotional, spiritual, and physical planes in a logical, step-by-step manner.	**Lori Cunningham**	NITE	Vibrational Medicine
Saturday	June 12	**Making Your Own Tinctures and Salves**	Learn how to make simple and effective herbal oils, salves, and tinctures in this informative, hands-on, one-day class. You'll leave with your own samples made during class, as well as the know-how to continue making your own remedies at home.	**Jenna Humphrey**	ELM	Herbology
Friday	June 25	**Active Isolated Stretching (Upper Body)**	Active Isolated Stretching is a dynamic technique that improves range of motion, circulation, and flexibility. This class introduces the principle of Active Isolated Stretching and teaches techniques for the upper body, including the shoulder, neck, and arms. It will include a review of the anatomy and physiology of the muscles utilized, demonstration of the techniques, and an opportunity for the student to practice the techniques. (Day 1)	**Teri Straus**	NITE	Advanced Bodywork
Saturday	June 26	**Active Isolated**	Active Isolated Stretching is a dynamic technique that improves range of motion,	**Teri Straus**	NITE	Advanced Bodywork

		Stretching (Lower Body)	circulation, and flexibility. This class introduces the principle of Active Isolated Stretching and teaches techniques for the lower body, including hips, low back, and legs. It will include a review of the anatomy and physiology of the muscles utilized, demonstration of the techniques, and an opportunity for the student to practice the techniques.			
Saturday	July 10	**Protecting and Healing Your Land**	Why do we need to protect and heal our land? This class will dive into the common environmental poisons and factors that our land is exposed to daily no matter where we live. We will explore numerous practical and affordable ways to remedy the land and utilize important environmental solutions including orgonite, herbal preparations, and sacred geometry. Join the Holistic Revolution!	**Nicole Paquin**	Symbiosis Ranch	Homesteading
Friday	July 23	**Medicine Beneath Your Feet**	Some people see weeds. We see a free grocery store, a natural first-aid kit, and a rich history of traditional herbal wisdom. Come spend an afternoon discovering the amazing plants growing right beneath your feet—you'll leave with a whole new appreciation for the wild world around you.	**Lauryl Shaleesh**	Symbiosis Ranch	Herbology
Saturday	July 24	**Navigating Childhood Illness Herbal and Beyond**	Nature abounds with tools to assist the body when dis-ease occurs. Exploring the importance and even function of childhood illnesses can help alleviate biases we've been conditioned to believe in and give an understanding as to why children experience illnesses. Looking at historical remedies, learning how to use homeopathic nosodes prophylactically and in acute situations, and other powerful nature-based tools are taught to empower one as they navigate childhood health needs.	**Nicole Paquin**	NITE	Herbology

Friday	July 30	**Herbal Medicine for Pets and Farms Animals**	This class will focus on common health concerns that afflict pets and farm animals alike and how to effectively and safely support your animals through their healing processes. You'll walk away from this class with more options and techniques to help your animals heal naturally, safely, and completely.	**Jenna Humphrey**	Symbiosis Ranch	Herbology
Saturday	July 31	**Five Personality Patterns to Improve all Relationships**	Much of our human suffering is not necessary. It is created by old patterns of feeling and acting that helped us survive the traumas of childhood but then. got stuck in our bodies. These patterns have shaped us so deeply that now we think that's who we are. But these patterns are not your true self. In fact, they cover up your true self and prevent it from shining out into the world. Learning how to recognize these patterns in ourselves and with our clients can help us get to the root of what may be getting in the way of a healthy life.	**Stacy Eding**	NITE	Self-Healing
Friday	August 6	**Herbal Fermented Food Creations**	Fermentation doesn't have to be intimidating—we'll take fear out of it while showing you why this traditional practice has been treasured for generations. Learn to make sauerkraut, apple cider vinegar, and other simple fermented favorites while discovering the amazing world of friendly bacteria. Come for the science, stay for the samples, and learn the keys to flavoring with easily found herbs!	**Lauryl Shaaleesh**	ELM	Food Revolution
Saturday	August 7	**Cooking for Your Blood Type**	Eating for your blood type helps your gut heal, it increases your energy, modulates the immune response, and balances your hormones. Be inspired, create simple meals, prepare foods that multiple blood types can enjoy, and know that you are making significant changes that show improvement in the first two weeks.	**Cindy Walz**	ELM	Food Revolution
Saturday	August 21	**Cooking from Scratch**	Learning to cook has become a lost art. Do you need help from making sauces to	**Cindy Walz**	ELM	Food Revolution

			braising? Many of us missed the opportunities to learn the skill set of cooking from scratch in a world of fast food and convenience. In this loving environment, learn to make dressings, sauces, tasty meats, fish, decadent vegetables, and healthy desserts.			
Saturday	August 28	**Polarity Therapy**	Ready to expand your energetic balancing skills? Explore polarity balancing methods for meridians, chakras, elemental and astrological energies, sacred geometry in the field, advanced body reflexology, and the art of weaving in essential oils, flower remedies, tuning forks, color, and more.	**Lori Cunningham**	NITE	Advanced Energy Work
Friday - Saturday	September 10 - 11	**Organizing the Nervous and Immune System**	This class is for those who wish to further their education in the hands-on techniques that organize the nervous system, reboot the immune system, and help the body navigate and heal from accidents, injuries, and trauma. This class has a pre-requisite: it is a class taught at the Naturopathic Institute called Advanced Reflexology, Meridian Work, and Hands on Techniques.	**Tarin Hyder**	NITE	Advanced Energy Work
Friday - Saturday	September 17 – 18	**Advanced Lymphatic Release**	You should already have a basic understanding of lymph flow and techniques to do the protocol of manual lymphatic drain to take this class. We will focus on post-surgery drainage and re-directing the fluid when lymph nodes have been removed. It can be used for post liposuction, tummy tucks, mastectomy, c-sections, and major abdominal surgeries. Facilitating proper direction of flow and drainage of lymph fluid is key to recovery!	**Priscilla Kurash**	NITE	Advanced Bodywork
Saturday	September 18	**The Microbiome:**	Join us for an immersive day-long seminar that takes a comprehensive deep dive into the human microbiome and its profound influence	**Virginia Caldwell**	NITE	**Advance Naturopathic Sciences**

		Your You-Niverse	on nearly every aspect of health. Participants will learn how the microbiome affects digestion, immunity, metabolism, hormone balance, brain function, inflammation, and chronic disease, while examining the impact of nutrition, lifestyle, medications, environmental exposures, and stress on microbial diversity. This seminar combines current research with traditional, natural health strategies to help participants better understand the body's interconnected systems and develop actionable approaches to support a resilient, balanced microbiome and overall wellness.			
Friday	October 1	**Plant Stem Cells**	Plant stem cells are one of the most potent and powerful forms of herbal vibrational medicine. Created by Dr. Pol Henry in the 1950's, these remedies have been used to regenerate the body and its organs, as well as balance emotional wellness. Explore how these stem cells are extracted and their effects that go miraculously beyond their herbal properties alone.	**Kate Leonard**	NITE	**Vibrational Medicine**
Saturday	October 2	**Chakra Therapy**	A holistic approach to well-being that involves balancing and aligning the body's energy centers, known as chakras, to promote physical, emotional, and spiritual health. It focuses on restoring a natural flow of energy through these centers, which are believed to correspond to specific physical and emotional functions.	**Stacy Eding**	NITE	**Advanced Energy Work**
Saturday	October 16	**Hormonal Cascades in Women's Health**	By understanding the Feminine Hormone Cascade, or the female endocrine symphony, you will learn that hormones are far more than reproductive messengers—they are the body's master communicators. Every stage of a woman's life is guided by a beautifully	**Helen Kociba**	NITE	**Holistic Family Wellness**

			orchestrated hormonal cascade that influences metabolism, brain function, cardiovascular wellness, sleep, mood, fertility, and how to age gracefully.			
Saturday	October 20	**Sacred Geometry for the Home**	Sacred Geometry can be found around the world and throughout time. Come explore the benefits of understanding this ancient art and how incorporating it in and around your home through art, home crafts, gardens, and daily self-healing practices can bring healing, optimism, and cooperation within the family and even the neighborhood.	**Corey Winters**	ELM	**Vibrational Medicine**
Saturday – Sunday	November 13 – 14	**Live Blood Analysis Level 1**	Discover the fascinating world of Live Blood Cell Analysis that teaches you how to recognize, interpret, and understand the dynamic characteristics of a fresh blood sample under a darkfield microscope. This comprehensive course combines cellular biology, microscopy techniques, and functional wellness principles to help practitioners identify patterns that may reflect a client's nutritional status, oxidative stress and inflammation levels, potential digestive concerns, and more. This course is unique, because it also includes training on microscopes, which is rare! [Included 1 in-class day, 1 lab day]	**Helen Kociba**	NITE	**Advanced Naturopathic Sciences**
Saturday	November 20	**Introduction to Stretching: Stretching As a Therapy**	This class gives tailored guidance in a hands-on format for massage therapists to help clients lengthen muscles, increase joint mobility, and improve balance. Many clients have come to deeply appreciate how they feel after receiving a full body stretch. Stretching also increases the release of endorphins, is considered essential in longevity, and is beneficial for self-care. This expands	**Priscilla Kurash**	NITE	**Advanced Bodywork**

			the services that can be offered in a fully comprehensive practice.			