

Welcome to the 37th Annual



August 12 – 16, 2026

We are delighted to welcome everyone to the beautiful Mendocino Woodlands this year! We are looking forward to the blessings of your presence, your energy, your talents and knowledge. It is the *women* who participate in the festival, women of many different spiritual paths, that make it the magical event that it is. Some activities and traditions are tried-and-true favorites, some may be new experiences; let us all meet together with respect, open hearts, and kindness.

This document is jam-packed full of important and useful information! We have received your registration, and we want to give you some pointers to help you prepare for a wonderful experience at the festival. Please peruse carefully, and familiarize yourself with the guidelines, rules, and suggestions. If you are making payments and are not sure of your balance due, please contact our Treasurer/Bookkeeper, Stacey, 415-244-4230. Payments mailed **must** be received no later than August 1. Any payments made at the door must be CASH ONLY.

Registration Check-in is available **FROM 3:00 PM to 8:00 PM** on Wednesday,
and from 9:00 AM to 8:00 pm on Thursday.

If you will be later, please make arrangements to spend the night in town (either Mendocino or Fort Bragg), and head in to camp first thing in the morning.

PLEASE NOTE: There is no phone, cell service or internet access in the campground.

See page 8 for **emergency** contact info.

Before you leave home/ what to bring

Essential

warm sleeping bag	walking shoes	non-aerosol bug repellent
warm jacket	towel	personal medication
clothes for 45¢ - 85¢	toilet articles, soap, etc.	Pillow
bedding for cabin	flashlight, fresh batteries	

Useful

tent – if camping	sunscreen	***cash / checks for
air mattress or pad	watch/clock	shopping, donations,
extra blankets	ear plugs	body work, etc.
*folding chair or cushion	shower shoes	Notebook/Journal
**battery operated lamp	extra COVID tests	water bottle

Optional

drums	Photos or mementos for	Books to share for the
musical instruments	Ancestor Altar	“Pearls of Wisdom” table
camera	Treasure Table donation	stuff for workshops (see
yoga mat	Silent Auction donation	descriptions)
tape or CD player	Special items for the	altar items, ritual tools
swimsuit	Elemental Shrines	ritual clothing
pajamas	Special items for the	Wine to share
	Dining Hall Altar	

* Some of the workshops take place in the woods, on the ground.

** Cabins are under a canopy of trees, and do not have lighting. No electricity is available in the camping areas.

*** There is no internet access, no Paypal, Venmo or Zelle. Please bring cash for massage, treasure table, silent auction, and vendors.

Reminder: There are no drug stores nearby, so bring all the soap, shampoo, toothpaste, menstrual supplies, and toiletries that you will need for the duration of the festival. Also, check out the workshop descriptions to see if you need to bring something special.

Before you leave home, we highly suggest that you take a COVID test. Although we are not requiring testing this year, we would hate for someone to take the drive, only to have to go home due to being sick. More about this below.

Getting To Mendocino

From San Francisco/Santa Rosa to Mendocino: (4-5 hours) Take Hwy 101 North to Hwy 20 in Willits. Turn left [west] onto Hwy 20, take Hwy 20 to Hwy 1. Turn left on Hwy 1 South, proceed to Mendocino.

OR

Some people think the safer route is: 101 North to Cloverdale, just north of Cloverdale, take Hwy 128 West. Hwy 128 West ends at the junction with Hwy 1 North, which goes into Mendocino without any turns.

From Sacramento to Mendocino: Go North on I-5 to Hwy 20 (near Williams). Go West on Hwy 20 to Hwy 101. Go north on 101 to Willits, then left (west) on Hwy 20 until it dead ends at Hwy 1. Turn left on Hwy 1 South, proceed to Mendocino.

From Eureka area: Take Hwy 101 south to either Hwy 1 or Hwy 20. When you get to Fort Bragg, follow Hwy 1 south to Mendocino.

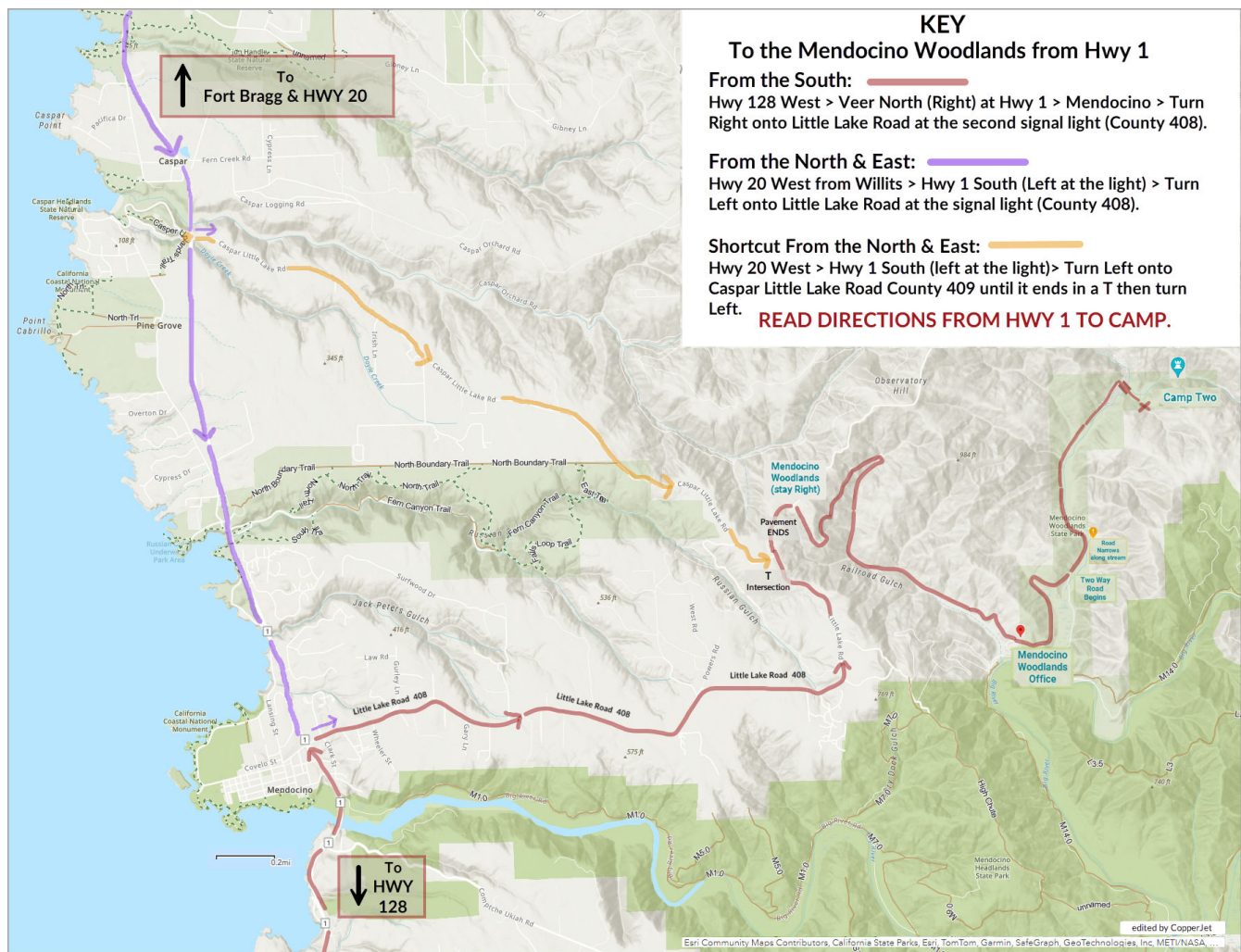
From Clearlake and Williams area: take Hwy 20 west to Hwy 101. Go north on 101 to Willits, then left (west) on Hwy 20 until it dead ends at Hwy 1. Turn left on Hwy 1 South, proceed to Mendocino.

Public Transportation/Carpooling: There is no public transportation to the site. Let's consider the environmental health of the Woodlands and carpool among friends where possible. You can also request and offer rides on the Elderflower face book page.



Getting to Camp

We have a map! Special thanks to Naomi Copperjet!



For a larger, printable version, please go to <https://elderflower.org/map-to-woodlands>

From Mendocino to Camp: (at least 30 minutes) From Hwy 1, turn (East) onto Little Lake Road/County 408, there is a stop light at that intersection. Drive 6.2 miles on the paved road. You will pass a T intersection with County 409 (Caspar Little Lake Road). The pavement ends about 5 miles after that intersection. Shortly after that look for a "Y" intersection. There is a sign pointing to the Woodlands. See below for Directions from 408 to Camp Two.

Alternate (shorter) Route when coming from the North via Fort Bragg or Hwy 20:

After the intersection and signal at Hwy 20 and Hwy 1, travel South (left) on Hwy 1 for about 2.25 miles. After the Caspar turn off, watch for a short bridge (Caspar Creek) and just after that, you'll see the sign to County Rd. 409, turn left onto 409 (Caspar Little Lake Road). (Note if you miss the turn off just travel a few more miles south to Mendocino and turn Left onto County 408 – Little Lake Road.) Follow 409 until it dead ends at Little Lake Road (County Rd 408). Turn Left on 408. After that the directions from 408 to Camp Two are below.

From 408 to Camp Two: The pavement ends about 5 miles after the T intersection of 409 and 408. Shortly after that look for a "Y" intersection. There is a sign pointing to the Woodlands, bear right onto the dirt road and drive about 3.3 miles to the entrance to the Woodlands. Be patient – it takes longer than you might think to travel those 3 miles. You'll see the office on the left and turn in there. From the Woodlands entrance, follow the signs to Camp Two, about 2.8 miles. The road through the campgrounds is a one lane dirt road. Drive very slowly and carefully. There may be campers in Camp One or Camp Three and driving slowly helps keep the dust down. The road before Camp Three narrows due to recent erosion (2024). Camp Two is at the end of the road. Watch for the Dumpsters on the right. Just after that is a right turn onto a narrow wooden bridge over the creek.

Be prepared for a total of about 6 miles of dirt road. There will be Goddess-inspired breadcrumbs visible as you drive.

We strongly recommend that you set your GPS to Mendocino Woodlands Camp Two before you leave Mendocino. That should get you in the general area! NOTE: Camp Two is PAST Camp Three!

Please arrive **after 3pm on Wednesday** to allow previous campers to exit, as well as camp setup.

COVID Policy:

In consultation with current CDC guidelines, the Core has decided to implement the following COVID policy. PLEASE TEST BEFORE YOU LEAVE HOME! If you test positive, please stay home. A certain amount of tests will be available during the Festival, if someone starts to feel ill. If you test positive during the Festival, a strict isolation policy will ensue. If you have extra COVID tests you can donate to the festival, please contact Stacey (415-244-4230 or skm1radrd@igc.org), and thank you for your graciousness!

Check-in and Community Service

One of the Official Parking Fairies will help you to park (temporarily if needed), so that we are not all haphazard, and so we can maximize the use of our parking allotment. After you park, you head towards the Check-in tent, which will be located in front of the Dining Hall.

Before you go into the Check-in tent, you will need to sign up for your Community Service. The On-Site Community Service Coordinator will help you sign up for a task best suited to your abilities and available times. We will have the big printed schedule there, so you'll have a chance to see what workshops are happening when, before you decide on your Community Service task and time slot. There are lots of things to do! The CS Coordinator (and team) will be there to explain what each job entails, again, from Wednesday afternoon until everyone has arrived.

After you have signed up for Community Service, you will go into the Check-in tent, where there will be two trained volunteers. Please have your car license plate number for check-in. You will sign a couple of release forms, and you will receive your Program, your cabin assignment, a map of the camp, and much love and enthusiasm.

After you have checked in, it's time to unload. The space in front of the dining hall may be used as a **temporary loading/unloading zone**. Once you have checked in and unloaded your car, please park in authorized parking spaces as soon as possible so that others may also use the space to unload. Fire regulations require that no one park on the road, and all cars must park facing outward. The parking Fairies will help you! The parking spaces in front of the dining hall are reserved for the merchants and the disabled. Community volunteers are available to help those with mobility challenges get their belongings to their cabins.

Accommodation and Camping Facilities Information

Accommodations: the Woodlands cabins, famous for their rustic charm, contain metal cots with bed boards and 2" thick mattresses. You may want to bring a foam pad or air mattress to help soften the bed, in addition to your sleeping bag and/or sheets and blankets. The cabins also have cedar lined closet space, which makes all your ritual clothes smell terrific. Many women let the Goddess inspire them, and decorate their cabins, both inside and out. Nothing permanent, please!

There is also plenty of space to pitch tents. The Woodlands has a few requests with regards to setting up tents at the festival. First, there is to be no camping in the floodplain of the creek. Second, **due to damage to the redwood trees, they ask that we refrain from setting up tents at the base of redwoods.** Stay clear 6' from base of trees. Redwood trees have a very shallow root system that is designed to collect water that drips down from the fog-drenched leaves. They are susceptible to damage when the earth above them is compacted from walking or sleeping on the ground above them.

Water/Bathroom Facilities: Currently filtered water is being provided for drinking. The camp is equipped with flush toilets in separate buildings up the hill from the cabins. There are shower facilities in the bathroom above the dining hall. These facilities are on a septic system, so please take short showers. There is a portable toilet available for those with mobility issues. **If you are able to walk up the hill, DO NOT use the portable toilet due to its limited capacity.**

Fire Safety: Due to the danger of fire, there are restrictions on open flames. Cook fires/stoves, **candles**, and non-battery powered lanterns are not allowed in the campground or cabins. No smoking of any kind is allowed in the cabin/camp area.

Smoking: The smoking area is next to the Gatehouse. If you smoke for medicinal reasons, please be considerate of our Clean and Sober sisters. This includes vaping or electronic cigarettes or pens.

Climate: It gets chilly at night. You will need a warm jacket, a warm sleeping bag and/or extra blankets. During the day, however, things can be quite tropical. Best thing is to bring layers.

Pets: Pets are forbidden by the Mendocino Woodlands and state law. The only exception is for service animals. Please notify us in advance if you will be bringing a service animal. We also suggest bringing documentation, to avoid any potential misunderstandings.

Swimming: A small creek runs through camp, but is usually too shallow for swimming. There is a swimming hole about a 10-20 minute walk from the dining hall. No lifeguard is on duty.

Lyme Disease: Lyme Disease is a serious disease which can have lasting effects. It is transmitted by the bite of some ticks. Bring insect repellent, and long pants for hiking.



Phone Service: There is NO cell phone service in the campground. The numbers below may be given to family/friends, in the event they need to contact you:

Mendocino Woodlands Main Office: 707-937-5755

[weekdays 9:00 AM – 4:00 PM, weekends – closed]

Emergencies only – Camp Two Kitchen: (707) 937-2928

Breaking Bread Together

Meals: There are three catered meals per day. There are three meal plans: Vegan, Vegetarian and Omnivore. Our cooks will accommodate for Gluten and Dairy free meals for those with allergies. If you did not make a note on your registration form, please contact the council immediately at info@Elderflower.org and let us know. If you have specific dietary restrictions or special needs, bring some supplemental food. A small amount of refrigerator space is available for those with special dietary needs. There is no place for cooking so bring prepared food.

Approximate meal times: breakfast 8:00 – 9:30 AM, lunch 12:30 – 1:30 PM, and dinner 6:00 – 7:00 PM. After 9:30AM, there is no hot breakfast; a cold buffet will be available. Bring snacks if the meal times are not right for you. The Woodlands policy is that no food may be stored in cabins or tents or vehicles, due to wild animals including skunks, civet cats, bears, and raccoons. Extra food can be stored in the Dining Hall and Refrigerators. EWF is not liable for any damage to your car caused by stampeding bears.

Friday Dinner is early due to the main ritual. A light repast will be set out in the late evening, for women who would like a snack before bed.

Elderflower Specific Activities and Information

Community Meeting: Our annual Community Meeting will be held on Thursday evening in the Dining Hall, at 7:00. We encourage everyone to attend – this is your chance to speak out and provide ideas and feedback. We want everyone's voice to be heard, and this is a great way for everyone to be part of the community.

12 Step Meetings: 12 Step meetings will be held daily 9:15 AM to 9:50 AM (excepting Sunday) on the porch of cabin #19 behind the dining hall. Books and pamphlets will be available. You are welcome to bring a chair otherwise mats are provided. The porch is also available for impromptu 12 step discussions and support.

Alcohol: To support our Clean and Sober sisters, no alcohol of any kind is allowed in the Dining Hall. Two separate tents will be set up, so those who wish to imbibe (alcohol only, please) may do so. Sharing is encouraged but not required.

Photography: If you bring a camera, **please make sure you have permission prior to taking pictures of other festival attendees.** Also, photos are taken during the festival for use in our publicity materials. At check-in, you will be asked to complete an Image Use Authorization Form; the purpose of this form is to document whether or not we have permission to use your picture.

The Ancestor Altar: is a long-standing Elderflower Festival tradition. Under a grand redwood, we spread a blanket and place pictures and mementos, so that our departed loved ones (of any gender) may be honored at the festival. The altar will be located near the bridge on way to the Main Meadow. Bang the gong! The ancestors will hear you.

Open Air Market: Bring your shopping spree funds and take home wonderful and unusual delights from the Merchants' Open Air Market. You will see things you cannot find anywhere else. Remember, bring cash or checks. We still have room for women who want to set up a table! Just send a message to info@elderflower.org. **Vending will close on Saturday at 7pm. All vendors must be packed up by 9am Sunday.**

The Isis Pavilion / The Red Tent: this is a really comfy spot to gather, hang out, and chat. We will provide the tent, floor covering, a few hangings, and some cushions, but would love more sarongs and scarves and pillows.

Talent Show: On Saturday night, we gather in the dining room to enjoy the unique talents of our sisters. If you have a song to sing, a poem to read, a skit to dazzle and delight, we are your captive audience! Listen for the announcement about signing up.



Fundraising: We have two fundraising opportunities during the festival, both of which benefit the Scholarship Fund and other Festival costs. Please remember to bring cash!

- **Silent Auction:** We would love your kind donations of new or like-new items, such as artwork, craft items, ritual clothing or tools, books, jewelry, or services such as massage or readings. Items may be dropped off in the dining hall upon your arrival at Festival. There is a form to be filled out for each item, including the retail value of each donation. The Silent Auction starts Thursday, and ends Saturday after lunch. Items must be paid for and picked up by Saturday dinnertime. Unsold items should be reclaimed by their donors.
- **Treasure Table:** our camp “yard sale”! Bring your unwanted but usable items, such as clothing, costumes, books, cd’s, costume jewelry, knick-knacks, etc. – one woman’s junk may be another woman’s treasure. Items will be placed on a table outside; when you find an item you like, place a donation in the collection box. To be clear – this is not a “swap meet” situation. Please kindly make a donation, if you find a treasure that you wish to keep. *NOTE: If your Treasure Table donations are not sold by the end of the festival, please take them home with you.*

Suggestion / Feedback box: outside the Dining Hall; just what it says it is! A locking wooden box, with cards to write on. Please feel free to submit your suggestions or feedback. You may put your name on the card, or remain anonymous. The box will be locked, and checked twice a day.

Elemental Shrines: at each of the Cardinal points, around the main gathering place in front of the Dining Hall, we will place elemental altars. These will be accessible to all, and you may visit with friends or by yourself. Each altar will have items pertaining to their Cardinal direction. For EWF purposes: East = Air, South = Fire, West = Water, and North = Earth. Please feel free to place your own sacred items around or on each of these altars – just make sure you pick them up again before Closing Ritual on Sunday!

Shrine for The Goddess: in one of the fireplaces in the Dining Hall, we will set up a permanent altar, dedicated to the Goddess, for the duration of the Festival. As with the Elemental Shrines, feel free to bring your own sacred items to add to this sacred space; please retrieve them before Closing Ritual. You may visit by yourself, for quiet time with Her, or with friends for group blessings.

Elderflower Womenspirit Festival Service

EWf is an all-volunteer organization, in service to the Goddess and to the community. The success and growth of that community depend on the time and efforts of the women who participate. There are a multitude of tasks, both large and small, that need to be done to put the festival on every year. All the cool kids are volunteering! Come join in the fun, and be an important cog in this amazing wheel.

We are also looking for women to join the Council. This is a year-round commitment, and we focus on all the things, large and small, that need to happen to present the festival, and to make it better every year. **If you are interested in joining the Council, please let a council member know.**

2026 Council: CopperJet, Stacey, Annie, and Kathleen

Massages, Bodywork, Energy Work, and Psychic Readings: We are blessed to have a few bodyworkers and energy workers with us this year. They will be setting up their stations outside the Dining Hall. Make sure to bring cash or checks, and speak with them directly about booking time.

Rituals

All ritual priestesses at Elderflower donate their time and energy. They are not paid to present; it is their gift to the community and their calling in service to the Goddess. All the Priestesses have worked very hard to design the rituals for us to all attend, so please be respectful of the Priestesses, your sisters, and the Sacred Space we will create together. *If you are interested in presenting a ritual at future Festivals, please let a Council Member know of your intentions.*

~Main Ritual~

Friday Evening

The Priestesses for the Main Ritual will be Donna Z and Rene

We will be calling the Goddess Bridget!

~Croning Ritual~

Friday Afternoon

The Priestess for the Crones is Suzanne

Crones are women of wisdom, age and power. They embody all the wisdom gained through their experiences as women. We will each progress into Cronehood as our lives continue (if we are lucky). This ritual marks the declaration of your intent to step into your power as an Elder in the community. You will be crossing a boundry into another life stage. Croning is a becoming, not a single event but a process to be celebrated.

In order to participate in this Ritual you **MUST** attend the Pre-Crone workshop and it's also a good idea to talk to some of the Elderflower Crones about their experience.

For the Ritual you may want to wear clothing that invokes and displays your Crone spirit (frequently black, but not required), you may also bring your Crone stick/cane/broom decorated as fits a wise woman. Also any sacred objects you would like to place on the altar for blessings.

~Mother and Maiden Rituals~

Friday afternoon

~Amazon Ritual~

Thursday afternoon

As yet, no one has stepped forward to volunteer to lead these rituals, but we will hold space for them. If you would like to lead, please let a Core member know asap.

~Opening and Closing Ritual~

Thursday afternoon and Sunday morning

The Priestess for the Opening and Closing is Christina S.

In the opening, we will be welcoming newcomers, exploring our connection to each other, and creating a safe and sacred space for everyone at the festival. We will call in and welcome the Elements and the Goddess.

Our closing ritual will be offering gratitude and a blessing for this time together and preparing to go out into the mundane world.

Blessed be and see you at the rituals!

Workshops Offerings

Descriptions and a printable schedule for all workshops may be found on the website.

The days given here are suggested only, and are **subject to change**.

www.elderflower.org/workshops

Orientation and reintroduction to Elderflower – the Council

This workshop will be offered twice: Wednesday evening and Thursday afternoon.

Whether it's your first time at Elderflower, or you have been here for 20 years, this workshop is open to you. Different members of the Core Council will introduce the various traditions and tenets of the festival, some history, and some guidelines for navigating the festival.

Crone Gathering – Suzanne – Thursday morning

Open to all initiated Elderflower Crones, attendance is recommended. Topics will include what services Crones wish to offer the EWF community, and what role we wish to play at EWF rituals during the festival.

This is also a time to check in with your sisters and share what has happened since our last meeting. We will remember those who have passed and acknowledge those who are missing. Also share healing energy for any who need it.

Crone Pre-Ritual Preparation: So you want to be a crone! – Suzanne – Friday morning

Any woman 56 years old (or older) who chooses to claim her status as a Crone is required to attend this workshop in preparation for declaring herself a Crone at the Croning Ritual. The Ritual marks the beginning of a woman's transformation into the beauty and expression of her inner Crone wisdom and her deeper Crone understanding.

Please contact Suzanne before the gathering to let her know you are interested, there are questions to consider and answer before the workshop.

Astro-Family Constellations – Christina S. – Friday morning

In this healing circle, we will step into the 'Knowing Field' that is always available when we are listening to our bodies. Here, we can invite a woman to represent us as a group, a collective challenge we face, and some planetary powers to guide us in navigating these times. This circle will be an expansion of Family Constellations to include the cosmos and a view into the larger movements we are all experiencing right now. Join us!

Spirit Drum Journey Circle – Naomi CopperJet – Saturday afternoon

We'll cast a circle and raise energy to call our power animals with the purpose to take a spirit journey to the sound of the drum. The energy-raising is participatory. Come ready to assist with drumming, singing songs to unify the group and raising individual and group energy. The sound of the drum induces a special state of consciousness, which allows each woman to travel to non-ordinary reality where anyone can access information unavailable in normal waking reality. For those new to journeying: meet your power animal and get to know the ways of the 'lower world'. For experienced journeyers, sing your power song, play with your power animal or meet a new one; visit your teachers; ask a question for yourself or another. Sharing your experience after is encouraged, but not required. BRING: a frame drum or rattle to help raise energy for the journey; something to lie on and cover yourself for warmth, and an eye cover.

The Elements Series: Fire – Naomi CopperJet – Friday afternoon

This workshop is part of the EPN track, and is open to ALL Elderflower women. This is the third of five planned workshops to be held - one each year to cover the basics of the esoteric meaning of the Elements. This year, we will discuss the symbolic and magical meaning and correspondence for the Element of Fire, the principle of the Decision and Will to Change, and the Passion which underlies all Transformation. There will be a demonstration of ways to Call the Power of Fire into a ritual or sacred circle. My understanding is based in Western mystical tradition; Dianic Wicca; and a smattering of Western astrology. There will be opportunity to discuss other cultural perspectives and methods of evocation/invocation. This series is for beginner level but may offer information of use to intermediate level ritual practitioners

Learning to Scry – Naomi CopperJet – Saturday afternoon Before you can perform any magic, you have to recognize the root cause of a discomfort, and after that, you need an idea or inspiration about what you wish to change. Sometimes you just need to have a clear vision for what things will look like after the change. There are many tools that can be used to help us find the knowledge that we hide from ourselves. This workshop will talk about ways to induce the trance state needed to be able to see or feel visions while using a crystal, a candle, a mirror, or a bowl of water. Really, any object can be dedicated to the purpose of scrying. We can discuss or practice the act of dedicating a tool for this purpose. We will also try to induce that state and attempt to scry. If you have a favorite bowl or a medium to large crystal, or a mirror, or a special candle, feel free to bring it to this workshop. I will try to bring some candles to give or crystals to lend.

Crafting with Shanda: Floral Crowns – Shanda – Thursday morning

Using flower and vine wrapped wire, we will channel our inner child/fae/flower power to shape and embellish our very own flower crown! We will have supplies, AND, if you have something you would like to bring to add to your crown, please do!

Crafting with Shanda: Intention Talismans – Shanda – Friday morning

Intention – a thing intended; an aim or plan

Sigils – an inscribed or painted symbol considered to have magical power.

Talisman – object, typically an inscribed ring or stone, that is thought to have magic powers and to bring good luck

Turn your intention into a physical object you can take with you! We will write out our intentions, work them into a sigil, then creating an object you will get to take home with you! Bring with you a thought/intention you are ready to empower. We will write them out (one to two sentences and from that we will create a sigil, specific to our intentions! This sigil can be drawn on anything, carried in your pocket, placed on your altar. We will then take it one step forward and add that sigil to a craft project. Last year we used Agate slices to draw our sigils on, this year will be something different!

Crafting with Shanda: Candle Magic – Shanda – Saturday morning

Come join us as we learn to bless and inscribe magic into our candles! We will have the opportunity to follow a pre-written candle spell preparation, or create one of our own. If you attended the Sigil/talisman workshop, you could take this opportunity to inscribe your new sigil into your candle as well!

If you have a favorite essential oil you would like to bring and use, please do so.

****Not suitable for anyone with scent sensitivities, we will be working with essential oils**

Transformation Magick and Spirituality – Annie – Saturday afternoon

We all wish we had more magick in our lives and we all have something we wish was different about our lives. The thing is, we manifest our lives, and our thoughts are the key. This workshop will teach you not only the theory but the practices that will take your life from ordinary to magickal with every breath.

Morning Mobility - Tai Chi Lymphatic Flow – Ashe – Friday morning

Movement is Medicine! This Tai Chi-inspired flow involves rhythmic muscle contraction, gentle, flowing movements, such as weight shifting, arm swings, and torso twists, which contract and release muscles, massaging the lymph vessels and pushing fluid through the body. We'll mostly be standing (on the wooden stage or grassy meadow). A Yoga Mat is never a bad idea to bring!

Morning Mobility - Sacral Release - Ashe – Saturday morning

Movement is Medicine, and we carry a LOT in our hips or "sacrum"; emotions, tension, a uterus... Let's give our sacred bowl, our sacral arena, our luscious hips, curvy low back, and glorious glutes some deep restorative medicine by gently stretching & moving them around. PLEASE bring or borrow a YOGA MAT. You will want something comfortable underneath you. (Other things to bring: a Towel to roll up. Yoga Blocks if you have them)

Tai Chi for Arthritis & Fall Prevention – Vickie D.- Thursday, Friday, Saturday morning

Come learn a short tai chi routine over our time together at the Festival. Participation can be sitting or standing.

Morning Kundalini Sadhana – Annie - Thursday, Friday, Saturday morning

Start your morning with a quiet manifesting meditation for balance and alignment.

THE 13 POWERS - Heather – Thursday morning

This will be a roundtable discussion geared toward witches just discovering their power, to more seasoned witches who might need a gentle reminder of how powerful they are! It covers the basic 13 powers we hold as witches, which can be found throughout many books and traditions, including my own lineage. We will discuss each power and discover what these powers mean to you, how you are currently practicing with them, and how others weave them into their practices. Please bring a notebook and pen or pencil.

Truth Circle – Joy and Lou – Thursday afternoon

You are invited to a ritual of telling our personal and individual Truth. Maidens, mothers, crones, amazons, all community members, including those coming to Elderflower for the first time – come to share the truth of your experience. In the Truth Circle we will co-create a safe container to hold space for our Truths. What medicine can be brewed when we speak with honesty from the heart? The aim is simply to Let Truth Move. When Truth moves, it moves us. Circle will be respectfully moderated. Shares are received & are not rebutted. All have an equal amount of time to share. Everyone who attends is asked to participate, All are invited to attend. All shares are heard.

Broomsticks for Riding and Ritual – Kathleen – Friday afternoon

This workshop is part of the EPN track, and is open to ALL Elderflower women.

In this workshop, we will discuss how to identify with and bond with your broom, and how to use that bond magically. We have ribbons available to decorate your broom; if there is some other decoration you would like to add, please bring it. A few brooms are available for loan or purchase, or bring your own.

What is Perfect Love and Perfect Trust? - Kathleen – Saturday afternoon

This workshop is more of a kitchen table conversation. We will explore the phrase “In Perfect Love and Perfect Trust”, and we will discuss what it means – and what it doesn’t mean.

Stitch and Witch – Kathleen – Thursday, Friday, Saturday morning

Bring your knitting, crocheting, mending, hand quilting, or any hand craft you are working on.

Bead Exchange – Heather – Wednesday through Sunday

Bring a bag 'o beads with your name on, or in, the bag. You will need enough beads for about 50 women (1-bead per person participating). Put the bag in the basket on the registration table in the main dining hall by noon Saturday. The beads will then be combined, and each participant will get a bag Saturday evening with a variety of beads for creating a memory of elderflower 2026! The beads can be any material, and need to have a hole big enough to accommodate wire or fishing line, for ease of threading. I've brought beads from old necklaces I've found in thrift stores, and projects I knew I would never complete! I would love for you to participate! But if you forgot to bring beads, or cannot afford beads, please come see me, I'll bring some extras!

Closing Ritual and Departure

We must exit the camp by 11am on Sunday, so the camp can be cleaned and made ready for the next group of campers. **No exceptions.** Please have your belongings loaded and your cabin cleaned out **prior** to Closing Ritual at 10am. There will be fines if we do not comply! Remember to drive slowly and majestically on your way back to the paved streets, so keep the dust down for the sisters in the cars behind you.

New friends, new workshops, new programs – this is going to be a year to remember, beauties! Please drive carefully, and we will see you at Elderflower!

Address Correction Requested

P.O. Box 410236
San Francisco, CA 94141-0236

Elderflower
Womenspirit Festival

Elderflower Womenspirit Festival

38th Annual

Save the Dates!

Wednesday - Sunday

August 11 - 16, 2027

Mendocino, CA