



Inaugural Estuary Learning Open House

**Nourish your practice
Enrich your skills**

22nd June 2024
10:30am – 1:30pm

Online Presentation – Zoom

Protecting the knowledge and wisdom of natural healing

Schedule of Events

Online Event - Zoom

10:30am to 1:30pm – Saturday, 22nd June 2024

TIME	SESSIONS AND PRESENTERS
10:25 – 10:30	Zoom Opens for Event
10:30 – 10:40	Opening
10:40 – 11:20	Keynote: Why minerals are the essential elements: The clinical science of biochemic therapy. Alex Sutton
11:20 – 11:35	Break
11:35 – 12:20	Presentation: The Energy of Low Dosage versus Drop Dosage Rixt Botello
12:20 – 12:40	Break
12:40 – 13:25	Panel Discussion: Life After COVID: How Has Your World Changed? Facilitated by Toni Heaton with Tessa Woollett, Jan Heckscher and Christina Gerakiteys
13:20 – 13:30	Closing
Program subject to change	

Special Guest Speaker

Alex Sutton

Alex is a master of tissue salts wisdom. He is the appointed Chairperson of the German Association of Biochemistry Asia Pacific Region. A veteran of many years in this field, Alex is the signature practitioner, researcher and educator of tissue salts in Australia. He comes to us for the event from Queensland.

Alex holds a BSc degree in Biochemistry and an Arts degree in English Literature which he brings together in his presentations of *The Clinical Science of Biochemistry*. He teaches throughout the Asia Pacific Region, with clinics in Indonesia, Singapore and Hong Kong,

With the German Association of Biochemistry Alex is currently researching The 12 naturally occurring d\essential minerals: their physiological roles and their importance in the survival of the human race, particularly in the area of drug induced mineral depletion.



Why minerals are the essential elements: The clinical science of biochemic therapy.

Tissue salts are not supplements. They are the most natural and essential elements of the body at a cellular level and correctly used can change the cell potential. Magnesium phosphate for example activates 300 enzymes in the body, thus it has far reaching effects on our daily lives. The simple fact is that they are essential because without them to nourish the cells, we do not survive.

Alex will cover the importance of having the right mineral in the right place at the right time; the damaging impact of de-natured processed foods that contain no nutrients of value; the numerous roles each of the 12 tissue salts plays within the organism and the synergy between them and their interaction in the body.

In many EU countries tissue salts are available only on prescription and/or through registered practitioners and chemists. In Germany, one must have completed the registered course of instruction, this course is also offered in Australia, and serves to provide the practitioner with a sound knowledge of the subject.

Presentation

Rixt Botello

Rixt is a medical herbalist, educator, researcher, author and small batch manufacturer of herbal medicine who's herb garden is 50 acres of bush and meadows in Paihia New Zealand. She is an energy healer, versed in aromatherapy, beauty therapy, colour therapy, myofascial release work and oriental face reading.

Her Bach flower journey began at the Edward Bach Centre UK, leading to becoming the first practitioner outside of Britain to become a registered Bach flower practitioner (RBFP). She went on to run the Bach International Education Program (international BIEP) and became their co-ordinator/trainer for Australasia.

Rixt is a global earth focused practitioner. She studies, researches and teaches wherever spirit calls. Her teaching path has taken her from community classes, polytechnics, massage schools, midwifery classes at university level, to The Australasian College of Herbal Medicine. She runs the Nomadic School of Health with her husband Leon (NMT and Massage Therapy).

Author of *A Herb Book From Nature* for children to use and *Medicinal Meals: Recipes from the earth*. The research for Rixt's current project, *Low Dosage Methodology in Herbal Medicine-History, Philosophy and Application*, has taken her round the world.



The Energy of Low Dosage versus Drop Dosage

What is the difference between a low dosage and a drop dosage in herbal medicine? What makes a drop dosage? Rixt will address the international understanding and misconceptions of drop dosage based on a 2022 research survey.

Rixt will cover the range of differences in low dosing methodologies across micro dosing, sub-therapeutic dosing, drop dosing, apothecary dosing, etheric dosing, hormetic dosing, minimalist approach (titrate dosing) and spirit dosing.

The actual effects of low dosage across vibrational, energetic and the scientific laws of the physiological will be presented through case studies.

If you use larger doses, or low doses or drop doses or if you are an energy worker, this presentation will be a learning curve.

Panel Discussion

Life After COVID

How Has Your World Changed?

We are all of us negotiating a different landscape since the covid experience. The importance of connection and reconnection and how we connect underpins so much of our wellbeing. Our whole society has changed as we stepped out of COVID and into a digital age.

So how did the COVID experience of sickness and wellness effect us? How did the concept of sickness and wellness change? How did the loss of personal choice and personal control during the pandemic impact us in the long term? Have our protocols changed? Have our consultations changed? Have our businesses changed?

This discussion will address issues of our own personal health, wealth and happiness and that of our families, pets, clients and our economy along with ways we can move forward with long-COVID, post-vax syndrome, Telehealth and grief.

Join Toni Heaton as she facilitates this juicy conversation with Jan Heckscher: reiki practitioner and energy healer; Tessa Woollett: herbalist; and Christina Gerakiteys business consultant, entrepreneur and enabler with a clear eye on the future.

Our Facilitator:

Toni Lorraine Heaton

Toni is a medical herbalist, medicine maker, educator, and founder of Poet Natural Therapies. Since the middle the 1980's Toni has followed the path of spiritual healing, psychotherapy and body work expanding into various modalities.

Her teaching includes various health science subjects, massage, clinical practice, herbal medicine, flower essences, and manufacturing. She was principal and manager of Gracegrove College from 1999 to 2005. Toni has a strong involvement in community service work, and for seven years she taught courses in disability, aged care and community services at Charles Darwin University. When Toni was co-head of Estuary Learning Education Committee she took our education program to the next level.

Toni brings to a panel discussion her unique communication style threaded with curiosity, intuition and easy clarification. She is one of Estuary Learning's finest facilitators and she will be beaming in to the event from Perth.



Our Panellists

Tessa Woollett

Tessa is a founding member of Estuary Learning. She is a herbalist and wild crafter with a deep connection to the spirit of the plants she works with. Tessa values traditional wisdom and her clinical practice is the process of matching the personality and energetics of a plant with the personality and energetics of the person.

Tessa's vocation in herbal medicine began with Dorothy Hall in 1998 and has continued with other inspiring herbalists including Nancy Evelyn, Matthew Wood and Kim Dudley, and Reiki teacher Denny Johnson. She acknowledges her patients and fellow practitioners as her teachers. She acknowledges her plant medicine as her teacher. Tessa currently works in environmental impact assessment where she has come to realise that she is a natural advocate for those with small voices: children, elders, those in transition, cultural heritage or nature herself. With clarity, insight and good humour in her toolkit, she will join us for the event from Yolla, in the north-west of Tasmania.



Jan Heckscher

Jan is a Melbourne-based executive coach and consultant with a difference. Jan is an energy healer and passionate advocate for bringing a holistic approach to leadership and wellness in the workplace. She integrates the principles of Reiki and provides highly intuitive and empathic energy balancing sessions alongside more structured, objective assessment and coaching techniques.

Working with individuals and groups, Jan's aim is to help her clients find solutions relevant to the complex challenges that present in the work environment, and to expand their capacity and their ability to thrive in both their professional and personal lives.

Burnout is Jan's personal healing pathway. Anxiety, low energy or feeling completely overwhelmed, Jan understands that everyone experiences burnout differently and that managing it involves not just a change of pace, but in many cases, a shift in self-perception. She emphasises how critical it is for leaders to prioritise their own well-being.



Our Panellists (cont)

Christina Gerakiteys

Christina is a founding member, facilitator and key enabler of Estuary Learning. She was once a herbalist who after 10 years of clinical practice ventured into business and entrepreneurship. Christina addresses the way we think. She designs education and business programs that disrupt current mindsets with moonshot thinking, exploring what is possible rather than what is acceptable or limiting. Unconditional love is her guide.



CEO of UtopiaX, author of *Celebrating Success One Failure at a Time*, and founder of the innovation platform, IdeaSparx, she is a sought-after keynote speaker, facilitator, and program designer. Christina creates interactive educational experiences driven by design thinking, purpose, engagement, and play. Her work revolves around change management and leadership development. Her skill set includes executive coaching, strategic planning, team building and corporate training.

Christina's mission is to enable the enablers, to empower and inspire leaders and emerging leaders to converge minds, technology and different fields for maximum impact. We find Christina at the crossroads of science and spirituality, where quantum physics meets metaphysics. Her perspective on life is always valuable. She will be joining us during the event from Newcastle NSW.



*Wisdom, Connection,
Accessibility*

Estuary Learning is a not-for-profit education and mentoring movement. Our purpose is to enrich and support the art of natural earth medicine.