

Mycology Workshops with Maya Elson

Note: All workshops can be modified, combined and/or revised to optimally fit the interests of the audience. Some workshops are best done in an outdoor wild space, others on powerpoint, others are flexible.

MycoRenewal:

Holistic MycoRenewal

Fungi and humans have a long history of symbioses, and the social and environmental crises of our time create both opportunity and urgency to build that relationship. MycoPermaculture, Mycomimicry, and MycoPsychology challenge the notion of humanity's separation from, and superiority to, all other beings, and can guide us towards healthier ecological and social systems. By providing both a theoretical and practical framework for working with fungal communities, this workshop seeks to support the process of individuals exploring their place in the complex mycelial web of life. Highlighting CoRenewal's application of Fungi for post-fire toxin mitigation and ecological regeneration in the Pacific West as a case study, Maya will share some lessons learned and curiosities for the future.

This workshop seeks to empower people interested in working with Fungi to rejuvenate or decontaminate soil and water. Maya's unique perspective invites participants to broaden their awareness of the fungal realm to promote harmonious interactions and support integrated approaches moving forward.

MycoRenewal in Theory and Practice

Fungi, and the humans that choose to practice MycoPermaculture, Mycomimicry, and MycoPsychology are challenging the belief that humanity is separate from, and superior to all other beings. How do we find our place in harmony with our ecosystem and the world of fungi? What can the Fungal Realm teach us about interconnection, decomposing capitalism and remediating our inner and outer landscapes? This workshop will give a theoretical and practical framework for working with our fungal allies, at home and in our communities. It will include using real-world examples, namely, CoRenewal's efforts in Ecuador to clean up oil spills with bacteria and fungi, post-fire biofiltration with fungi, and heavy metal remediation on farms using Mycorrhizal Fungi. We will explore basic fungal biology and various techniques of mushroom cultivation, as well as biofiltration and bioremediation with fungi and bacteria.

This workshop is for people who want to:

Work with fungi to bring life back to soil, and decontaminate water and soil. To create more awareness of the fungal realm, so we may work with it more harmoniously. To create awareness of CoRenewal's work to clean water and soil, and show what we have learned through our work that can be applied to other projects.

Post-fire Watershed Defense

With the rise of catastrophic megafires in California, there is a growing concern about post-fire toxic ash, and the consequences of ash-runoff entering the surrounding waterways. There is also a growing grassroots network that seeks to mitigate erosion, remediate toxins and support post-fire ecological regeneration using fungi and other microbes. CoRenewal's post-fire biofiltration initiative is evaluating the efficacy of fungal inoculation, with the aim of producing widely applicable tools and methodologies to facilitate ecological regeneration and recovery in the aftermath of disaster and environmental injustice. In this participatory workshop, we will discuss how to organize and participate in post-fire watershed protection efforts, as well as how to contribute to community science that supports future efforts.

Mycopermaculture

Fungi, and the humans that choose to practice Mycopermaculture and Mycomimicry, are challenging the belief that it is our purpose to outcompete other beings. How do we find our place in harmony with our ecosystem and the world of fungi? This workshop will give a theoretical and practical framework for working with our fungal allies, at home and in our communities. We will explore basic fungal biology and various techniques of mushroom cultivation, as well as biofiltration and bioremediation with fungi and bacteria. We will also discuss CoRenewal's work in Ecuador to clean up oil spills with bacteria and fungi in collaboration with local indigenous communities.

Mycopsychology:

MycoPsychology: Embodied Remediation - 1-2hr

This experiential workshop explores the ways that fungi can be a part of cultivating inner wholeness, rewilding, and finding our place in our human and ecological communities. We will begin with a short presentation and group discussion of the many things we can learn from fungal ecology, and how fungi can be integrated into a spiritual practice or healing process. We will have the opportunity to somatically explore our personal relationship with fungi, and develop our own sense of our gifts to our communities and ecosystems. We will end with an earth-based art ritual inspired by fungal reproduction, ecopsychology and elemental magic.

MycoPsychology: Embodied Remediation - Daylong

Fungi are everywhere, inherent to the human condition, acting as agents of multi-dimensional transformation. In this daylong experience, we'll build symbiotic relationships with Fungi in ways that unlock the potential for larger scale multi-dimensional transformation on somatic, social, cultural, psychological and ecological levels. In building our connection with Fungi and learning how to work with them, we can also support processes of cultivating inner wholeness, rewilding, and finding our place in our human and ecological communities. Together we'll practice building "mycelial connections" on a somatic level and explore how the ecological roles of Fungi can align with the roles we play in our lives. We'll collaborate with Fungi to practice decomposing trauma with a hands-on mycoremediation project to decompose toxins from a home that burned in a wildfire. And we'll eat a delicious, nutritious, locally grown lunch with delicious mushrooms.

MycoPsychology: Deepening our mycelial connections

This workshop explores the ways that we, as humans, can strengthen our bonds with specific Fungal species, and thus, the worldwide network of Fungi. We will explore our personal stories with Fungi, and share practices for connecting with these beings on a deeper level. Mushroom foraging, fungal cultivation, mycoremediation and entheogenic mushrooms provide opportunities to step into alignment with Fungi for both personal and planetary healing. By taking an active role in spinning a web of symbiotic relationships, we can find a deep sense of belonging and inner wholeness within our ecological community.

Spawning a Mycelial Network: How to Start and Maintain a Successful Organization thru MycoMimicry

If we want to have successful collaborative mycological projects, it's essential to learn some basic organizing skills. The good news is that fungal communities can teach us a lot about human communities, from creating a spore of inspiration to building symbiotic relationships. This 1.5 hr fun, interactive workshop can provide insights into the art of grassroots community organizing for people of all skill levels.

Foraging and Ecology:

Fungal Ecology for a Changing World

An interactive presentation on the uses of fungi for personal, societal, and ecological healing. This talk blends practical and theoretical insights into the numerous ways that

fungi can have a positive impact on the Earth and its inhabitants. Concepts of fungal ecology and mushroom cultivation are tied with the means for creating resilient lifestyles and communities to construct a novel worldview based on the cooperative relationships found throughout the fungal world. A solution-based mycological approach to addressing the world's most pressing problems of today in a method that is engaging and easy to understand.

Decolonizing Mushroom Foraging

How does colonization impact our current foraging practices? How can we have consensual, regenerative relationships with the wild mushrooms that we harvest? Who has access to wild mushrooms and why? We'll explore the historical and systemic causes of common foraging beliefs to re-examine the assumptions that are made about "sustainable" mushroom foraging. We'll learn ecologically and energetically healthy practices to inform our decisions about what, when, where and how we pick mushrooms.

Ecosystemic Mushroom Foraging

This workshop covers the core skills for safe mushroom foraging, identification and fungal ecology. Placed in a modern context, the presenters will demonstrate the importance of being familiar with and conscious of the natural world around us via a connection with the fungal realm. Maya will demonstrate how mushroom identification can be used to increase personal and community resilience, through foraging for food and medicine while monitoring endangered species to preserve threatened habitats. Maya will share regenerative practices to inform our decisions about what, when, where and how we pick mushrooms.

Mushroom Cultivation:

Elements of Mushroom Cultivation

What do mushrooms need to grow? How can we grow gourmet edible, medicinal and wild mushrooms at home? How do we find our place in harmony with our ecosystem and the world of fungi? This workshop will give a theoretical and practical framework for working with our fungal allies, at home and in our communities. We will explore basic fungal biology and various techniques of mushroom cultivation, as well as biofiltration and bioremediation with fungi and bacteria. We will have hands-on practice of a cheap and easy method of mushroom cultivation that you can take home, and continue to grow at home. This workshop is designed for beginning cultivators.

Mushroom Cultivation for Ecological Regeneration

What do mushrooms need to grow? How can we grow gourmet edible, medicinal and wild mushrooms at home? How do we find our place in harmony with our ecosystem and the world of fungi? This workshop will give a theoretical and practical framework for working with our fungal allies, at home and in our communities. We will explore basic fungal biology and various techniques of mushroom cultivation, as well as biofiltration and bioremediation with fungi and bacteria. We will have hands-on practice of a cheap and easy method of mushroom cultivation that you can take with you and continue to grow at home. This workshop is designed for beginning cultivators.

Youth Mycology:

*Most topics covered in aforementioned workshops can be adapted for youth

Putting the Fun in Fungi: Mushrooms for kids of all ages

What do mushrooms eat? How do they poop? What does it mean to be a decomposer? How can we work with mushrooms to clean water and soil? Join us as we play games, go on a fungal scavenger hunt, act out ecological roles and explore the amazing world of forest fungi. We'll cover the ABC's of mushroom hunting safely, and making each hike an opportunity to discover the fungal world beneath our feet.