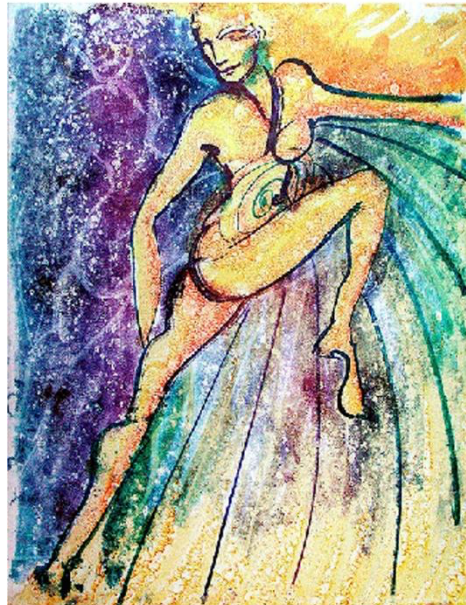




White Pine Circle
Comprehensive Women's Health Program 2026 Syllabus

Welcome to the White Pine Circle
Comprehensive Program
on the
Treatment of Women Through Cycles
with
East Asian Herbal Medicine
Sept 15, 2026 – Oct 12, 2027



All Artwork by Deborah Koff-Chapin of Touchdrawing.com

Taught by
Sharon Weizenbaum
Caroline Radice
Suzanne Connole



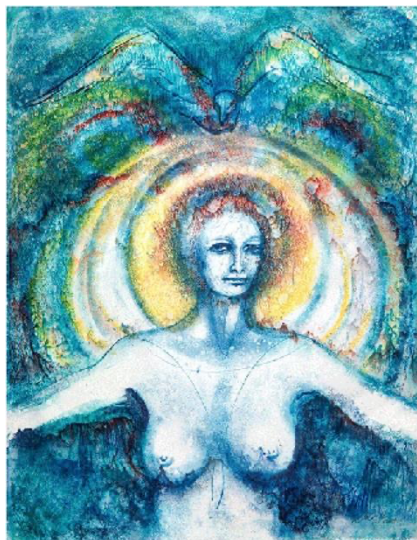
White Pine Circle
Comprehensive Women's Health Program 2026 Syllabus

What's Inside

<i>Introduction</i>	3
<i>Objectives of the Program</i>	4
<i>Basic Course Structure</i>	5
<i>Preparation Module</i>	5
<i>Certification Track (Optional)</i>	5
<i>Content Overview:</i>	6
Ebooks	7
Handouts	7
<i>Full Program Start Dates</i>	8
<i>Course Schedule Detail</i>	9
<i>Course Policies</i>	12
Professionalism	12
Course Content, Materials Use, and Authorization	12
<i>CEU/CME/PDA Credit</i>	13
<i>Your Instructors</i>	13
Sharon Weizenbaum	13
Caroline Radice	13
Suzanne Connole	13

White Pine Circle Comprehensive Women's Health Program 2026 Syllabus

Introduction



White Pine Circle is honored to be hosting this unique and important course to benefit women. It is the first comprehensive East Asian herbal medicine program on both obstetrics and gynecology. The focus of it is on classical Chinese herbal principles, based on the *Shang Han Lun* and *Jin Gui Yao Lue* theory and formulas.

This program is taught by a dream-team of highly experienced practitioner/teachers with combined clinical experience in this field of more than 80 years: Sharon Weizenbaum, Caroline Radice and Suzanne Connole.

This program is the only gynecology and obstetrics training available in the west in which the teachers have a direct lineage connection to both practicing obstetricians and to originally translated source material, written by modern and ancient practicing Chinese gynecologists and obstetricians. Sharon Weizenbaum has translated the work of these physicians which will be available to students as a rich source of clinical reference material. The instructors follow in the lineage of obstetrician/gynecologists, Dr. Qiu Xiaomei and Cheng Yufeng, with whom Sharon studied in Hangzhou, China 1990-1991. Our practices are based in part on her experience combined with her written material, most of which will be available to students.

In addition, having studied extensively with classical formula teachers such as Huang Huang, Feng Shi Lun, Fu Yan Ling, and Yu Guojin, the instructors flow in the stream of the lineage of the *Huangdi Neijing* and Zhang Zhongjing's *Shang Han Lun* and *Jin Gui Yao Lue*.

The program takes participants through the phases of women's lives from menstruation, through fertility, pregnancy, and postpartum, to menopause and aging. Each teacher is covering the area she has the most experience with. This is an exceptional opportunity for anyone using Chinese herbs for women's disharmonies.



White Pine Circle
Comprehensive Women's Health Program 2026 Syllabus

Objectives of the Program

1. To deeply integrate the healing possibilities of *Great Turning* principles as the heart of your work with OB/Gyn Patients using East Asian Medicine.
2. To unlock a relationship with the *Huángdì Neijīng* and Zhang Zhongjing's *Shanghan Zabinglun*.
3. To understand how the Great Turnings principles clarify your work with patients, simplifying intake, diagnosis, grasping the appropriate method, and writing the formula will carry out that method.
4. To experience the Great Turnings principles as a path to feel confidence, effectiveness, and excitement about our work with OB/Gyn patients.
5. To develop life-long joy in learning and study.
6. To apply these skills to various areas of OB/Gyn presentations, including menstrual issues, fertility, pregnancy, postpartum, menopause and various other gynecological conditions.
7. To feel happy and excited to go to work and deeply satisfied at the end of your workday.
8. To have a firm grasp of Chinese herbs, formulas, and formula patterns of the *Shanghan Zabinglun* as they are applied to OB/Gyn presentations.
9. To be able to apply the understanding of classic formulas to non-classic formulas.
10. To confidently apply formulas and formula modifications to a diagnosis.



White Pine Circle Comprehensive Women's Health Program 2026 Syllabus

Basic Course Structure

The complete 13 month program includes one recommended introductory course and eight topical modules. Each module contains between 3 and 5 classes. Classes are added on Tuesdays every two weeks and remain available for the entire program. Each module is a learning unit that includes the following:

- A 3 hour live online and recorded class on the current topic on alternate Tuesdays starting at 12 pm EST with a few asynchronous recorded classes.
- A dedicated discussion forum for each Module where instructors respond to each post

Preparation Module

Six Introductory classes will be available to give students helpful groundwork to watch asynchronously for the duration of the course as a short 6 part series on Physiology and Diagnosis. This provides an introduction to some helpful diagnostic strategies and to the circular dynamics of the six conformations. Both of these skills are taught in depth in the White Pine Graduate Mentorship Program; however, we understand that many members of the White Pine Circle and those interested in taking the Comprehensive Course in Obstetrics and Gynecology do not have this background. It is our hope that this short course not only gives you some useful skills and perspectives but that it also gives you the basic language some instructors in the White Pine Circle courses use in their teachings.

Certification Track (Optional)

The Certification Track can give serious focus to your work with Women's Great Turning Program. A Certification shows a high mastery of diagnosis and treatment and classic formula application to Ob/Gyn patients. We will add those who become certified to a registry of skilled practitioners. Students who wish to pursue the certification track must engage in the following:

1. Attend all classes live or recorded
2. Meaningful discussion forum participation* after each class (to be completed within two months of module end)
3. Complete CEU and Facilitate Learning Quizzes
4. Pass the final exam



White Pine Circle
Comprehensive Women's Health Program 2026 Syllabus

Meaningful Participation in Forum Discussions:

- Evidence of reflection in your questions. Your posts are reflective. To support your reflective practice throughout the course, consider how the material resonates with you when reading the material. What makes sense to you? How does it resonate with your practice or life? What is confusing or seemingly contradictory?
- Your comment on the forum questions and ideas shows evidence of understanding and reflection. Your posts express evidence of developing or emergent ideas and your knowledge of the required readings or videos.
- Your contributions offer new perspectives and encourage further discussion and critical thinking. Outstanding engagement requires substantive responses, including using scholarly references to support your views when responding to others in the forum. Avoid “shutting down” the discussion or merely agreeing with what others have said.
- The readability of ideas discussed in postings is critical, and we can't accept run-on sentences and stream-of-consciousness posts. Before posting, please read your post from the reader's perspective to ensure your points and questions are clear. If you are posting from a phone, please check your sentences and punctuation.
- Referencing: Name the article, slide number, or module you refer to in your post so readers can easily reference it.

The final exam will be taken online at the end of the course in November, 2027. You may opt in or out of this track at any time during the course.

Content Overview:

Sharon designed the first module to help introduce you to the Great Turning view and to ground you in the language of this course. After this module, you will have a foundation for understanding the basic physiology through the Great Turning lens. Physiology studies how our bodies work in harmony with the heavenly cycles. Only from this understanding can we see the message pathology is expressing to us and offer appropriate methods. In Course One of the main program, Sharon will discuss Women's Physiology from the Classical lens followed by the common herbs and formulas used in Course Two. We will then combine all that we have learned into an approach to diagnosis and treatment using the Great Turning's essential functions and applying them to OB/Gyn patients through the rest of the program.

There is a saying that “a single pattern can lead to many different diseases, and a single disease can be the result of any number of patterns.” This saying tells us that the most critical aspect of diagnosis for us to master is recognizing patterns. The natural way to study pathological patterns is through studying classical formulas. The formulas themselves express the pattern of the pathology as well as the intervention the body needs to restore right- relationship. As we move through the courses, you will see this principle at work in every type of pathology we discuss in reproductive medicine from menstrual disorders to pregnancy to menopause.



White Pine Circle Comprehensive Women's Health Program 2026 Syllabus

Ebooks

After we begin to learn formula patterns, you will start to receive exclusive Electronic Digital books compiled and translated by Sharon Weizenbaum. The books contain case studies and discussions about the formulas we cover that she has translated for this course. They begin with a table of contents, making them excellent reference texts for your clinic. Case examples and discussions of the doctor's thinking process are essential for learning diagnosis, formulas, formula modification, and dosage.

Handouts

PDF handouts created from the PowerPoint presentation will be uploaded in the handout section on the menu of the online classroom streaming page a day before the start of each class. Given that PowerPoint slides are not ideal for compiling notes, there will also be a handout summary for taking notes and creating notebooks of the material.



White Pine Circle
Comprehensive Women's Health Program 2026 Syllabus

Full Program Start Dates

Full Program Course Topics	Start Date and Instructor
Module 1: Classical Women's Physiology	Begins Sept 15, 2026 with Sharon
Module 2: Classical Formulas in OB/Gyn	Begins Oct 27, 2026 with Sharon
Module 3: A&P Path, Bio Med. Language And a Full GYN Intake	Begins Dec 8, 2026 (Pre-recorded) with Caroline & Suzanne <i>4 Asynchronous classes</i>
Module 4: Menstrual Illnesses & Intake	Begins Jan 5, 2027 with Suzanne
Module 5: Fertility	Begins March 16, 2027 with Caroline
Module 6: Pregnancy, Birth, Postpartum	Begins May 11, 2027 with Sharon
Module 7: Menopausal Syndromes	Begins July 20, 2027 with Caroline
Module 8: Vaginal/Pelvic Pain/Masses/Cancer	Begins Aug 31, 2027 with All

There will also be access to other supplemental material on the White Pine Circle including the Mindful Inclusion series which includes recorded classes on discussing language to consider when treating Transgender patients, those with Eating Disorders, and Neurodivergent patients. Instructors will link to several other related courses in the White Pine Circle that support each section.



White Pine Circle
Comprehensive Women’s Health Program 2026 Syllabus

Course Schedule Detail

Intro Course	Available From Registration	Physiology, Diagnosis, and the Great Turning (Sharon): 6 Classes (Optional for past GMP students) Asynchronous Pre-recorded
Module One	Begins Sept 15 2026 9/15/26 9/29/26 10/13/26	Classical Women’s Physiology & Diagnosis (Sharon): 3 – 3 hour classes What is classical herbal medicine? The formulas contained in <i>Shang Han Za Bing Lun</i> (divided into the <i>Shang Han Lun</i> and <i>Jin Gui Yao Lue</i>) are considered “classical formulas.” There is implicit physiology described in the structure of the <i>Shang Han Za Bing Lun</i> that is a practical application of the physiology described in the other classic text, the <i>Huangdi Neijing</i> . We will begin with this basic Yin/Yang circle theory that is the basis for the organization of the <i>Shang Han Za Bing Lun</i> . This is a beautiful view of the human beings’ fundamental relationship with natural cycles and, when seen through this view, the classical texts become very accessible and understandable. From this foundation, we will apply this physiology to the cycles of women’s lives. In particular, we will see how these principles of nature illuminate women’s physiology and pathology through a girl’s development toward menarche, menstruation, fertility, pregnancy, postpartum menopause, and post-menopause. The classical theory will shed light on the Five Phases, Six Conformations, and the Eight vessels as they relate to women. It is the experience of the instructors of this program that seeing women through the lens of the Yin Yang circle dynamics of nature as described in the classics adds depth of understanding and effectiveness to the diagnosis and treatment of all types of women’s issues. As textual support for this module, Sharon will provide resources from her previously unpublished translated material and the writings of <i>Fu Qingzhu</i> and others.
Module Two	Begins Oct 27, 2026	Classical Formulas for Gynecology & Obstetrics (Sharon): 3 – 3+ hour classes In this module, Sharon will continue from the foundation of physiology to discuss how the classical herbs and formulas work to benefit women. We start with a



White Pine Circle

Comprehensive Women’s Health Program 2026 Syllabus

	<p>10/27/26</p> <p>11/10/26</p> <p>11/24/26</p>	<p>classical understanding of herb flavors and natures and how they direct the action of herbs within formulas. We will then look at key formulas that <i>Zhang Zhongjing</i> specifically recommends for treating women in his <i>Jin Gui Yao Luë</i> chapters on pregnancy, postpartum and miscellaneous women’s diseases. We will then expand this to classical and some non-classical formulas that the instructors have found particularly important for the treatment of women.</p> <p>By understanding the architecture and energetics of these basic formulas, practitioners will confidently consolidate their clinical tools to address a broad spectrum of issues particular to women.</p>
<p>Module Three</p>	<p>Available</p> <p>Dec 8, 2026</p>	<p>Asynchronous Biomed Videos</p> <p>Anatomy/Physiology, Pathology & Biomedical Language (Caroline): 3 -2.5 hr. Classes and</p> <p>The Intake of the OB/Gyn Patient (Suzanne) Pre-recorded 2 hour class</p> <p>These recommended for students to review the Western Medical terminology that patients present in the OB/Gyn setting and help you better understand the information they bring from their OB/Gyn MDs or Midwife and understand how we apply circle dynamics to an OB/GYN intake.</p>
<p>Module Four</p>	<p>Begins</p> <p>Jan 5, 2027</p> <p>1/5/27</p> <p>1/19/27</p> <p>2/2/27</p> <p>2/16/27</p> <p>3/2/27</p>	<p>Menstrual Illnesses (Suzanne): 5 – 3 hour classes</p> <p>Bleeding, Not Bleeding, Painful bleeding, PMS</p> <p>In this five module course, Suzanne will take the principles of the cyclical activity of the menstrual cycle established by Sharon in the first two modules and apply them to menstrual diseases. This module is when things go wrong with the cycle. This course will focus on diagnostics and treatment using classical formulas but will also include clinically useful non-classical formulas and experiential formulas, external applications, and adjunct treatments as well as relevant case studies. Class time will be supported by instructor moderated discussion forums and assignments.</p>



White Pine Circle

Comprehensive Women’s Health Program 2026 Syllabus

<p>Module Five</p>	<p>Begins March 16, 2027</p> <p>3/16/27 3/30/27 4/13/27 4/27/27</p>	<p>Treating Infertility with Classical Formulas (Caroline): 4 – 3 hour classes</p> <p>There will be four classes on the evaluation and treatment of Infertility using Classical Chinese Medicine. These will include how to do a complete intake of a patient trying to conceive and how to evaluate and treat with and without integrating care with Assisted Reproduction Therapies (ART) using the principles of the classical approach. Building on Suzanne’s Menstrual Cycles lectures, we will review the BBT (Basal Body Temperature) how this applies to infertility pathologies. We will cover common disorders that cause infertility including ovulatory disorders like PCOS , obstructive disorders like Endometriosis and others, as well as “Unexplained infertility” and how they are described on the wheel. Lastly, we will also incorporate Case Studies to illustrate how the principle “Different disease, Same treatment” and “Same disease, Different treatment” is applied in clinical practice. The <i>Language of Biomedicine</i> Intro course also taught by Caroline is highly recommended before taking this module as we will be integrating it with our discussion of IVF patients.</p>
<p>Module Six</p>	<p>Begins May 11, 2027</p> <p>5/11/27 5/25/27 6/8/27 6/22/27 7/6/27</p>	<p>Classical Approach to Pregnancy and Postpartum Disorders (Sharon): 5 – 3 hour classes</p> <p>Building from the foundation of the previous courses, our program now turns to a classical approach to pregnancy, birth and postpartum.</p> <p>We begin with a more in depth exploration of the physiology of pregnancy through the six conformations and five phases for both the physiology of the mother and for the fetus. Sharon will then take practitioners through pregnancy, sharing her methods for treating common issues found in the clinic: habitual miscarriage, threatened miscarriage, nausea and vomiting, suspended fetus, water swelling, polyhydramnios, oligohydramnios, premature labor. We will learn to diagnose, prevent, and treat pre-clinical pre-eclampsia as well as pre-eclampsia when it actually appears. Throughout, practitioners will learn to have an eye to supporting a vibrant and healthy pregnancy. There will be discussion of foods during pregnancy. We will then move to preparation for the birthing process, including creating an herbal toolbox to bring along while attending births.</p> <p>The postpartum time is a phase during which our help can make so much difference for the health and happiness of the mother and baby. Sharon will teach the checks she performs after birth as well as her methods for ensuring that the lochia is clear, nursing is going well and that the mother is strong and balanced. She will share her experience with postpartum depression, mastitis, insufficient lactation, weakness, failure of the lochia to stop, night sweats, unhealing vaginal or cesarean scars and more.</p>



White Pine Circle

Comprehensive Women's Health Program 2026 Syllabus

Module Seven	Begins July 20, 2027 7/20/27 8/3/27 8/17/27	<p style="text-align: center;">Perimenopause and Menopausal Syndromes (Caroline): 3 – 3 hour classes</p> <p>This module will discuss the common presentations seen in clinic of patients with perimenopausal and menopausal complaints including vasomotor symptoms like hot flashes and night sweats, irregular menstrual cycles and bleeding disorders, dryness syndromes, and changes to the entire female physiology at the sunset of the reproductive years. We will define the variations that may present, how to evaluate them using the classic approach, and effective treatment methods. Case studies will be discussed to demonstrate how these principles are applied.</p>
Module Eight	Begins Aug 31, 2027 8/31/27 9/14/27 9/28/27 10/12/27	<p style="text-align: center;">Miscellaneous Disorders in GYN: Vaginal & Pelvic Disorders, Masses and Cancer Care (All): 4 – 3 hour classes</p> <p>This module will look at other miscellaneous disorders that may present in a gynecology patient. The first class in this module with Suzanne will focus on diseases of the vagina and external genitalia, including vaginitis and girdle discharges. In the second class with Caroline, we will discuss the differentiation of pelvic pain disorders not related to the menstrual cycle and work with case studies on these conditions. Class three with Suzanne will be a discussion through cases of the treatment of different types of zheng-jia masses including fibroids and cysts. The final class will finish with a discussion of the management of patients with gynecological cancers and working with biomedical practitioners in patient care as a roundtable discussion with all instructors to finish the course.</p>

Course Policies

Professionalism

Clinical medicine requires a high degree of ethics and professionalism. We hold all teachers and course participants to the same standard of professional and ethical behavior. Although rare (it's never happened), participants may be expelled from classes for unprofessional, disrespectful, or unsafe behavior without prior warning. Such decisions are made at the teacher's discretion and are not subject to review or appeal. An expelled student will not receive a refund.

Course Content, Materials Use, and Authorization

Official registrants and those who had paid their course tuition alone are authorized to access the material and lectures in this course. If you would like to share material for a specific purpose, please ask Sharon, and she will likely give permission. Unauthorized sharing of material or login information with others, copying, broadcasting, or using the material in research, publications, or other media venues without prior written permission is strictly prohibited and grounds for dismissal from the course.



White Pine Circle

Comprehensive Women's Health Program 2026 Syllabus

CEU/CME/PDA Credit

In the United States, classes are accredited (or pending accreditation) by the NCCAOM and California for Professional Development Activity credit. For live-streamed or recorded online lectures, students must sign into the online classroom to complete a post-course quiz with a 70% or better score. *All students must complete the CEU quizzes to obtain CEUs regardless of whether they have attended live or not.* Students are not required to be on the certification track to receive CEUs.

Your Instructors

Sharon Weizenbaum

Sharon has been practicing for 40 years with a focus on women's health and classical formulas. She lived in Hangzhou, China in 1990-1991, studying herbal obstetrics and gynecology in a traditional hospital. Upon her return to the US, in addition to practicing, she began teaching and developing her interest and skill in translation and classical formulas. She has compiled over 25 eBooks (over 3000 pages) of her translated materials that have become clinical reference manuals for her many students. Sharon is the instructor for the White Pine Graduate Mentorship Program, now in its 20th year.

Caroline Radice

Caroline has been practicing and teaching with a specialty in Women's Reproductive Health Care using Chinese Herbal Medicine for 30 years. Her training began at her Master's Program at ACTCM with LiFang Liang, a renowned OB/GYN from China, who has published TCM texts on Gynecology and Integrating Chinese Medicine with Assisted Reproduction. Caroline continued with many years of Classical Herbal study with Sharon Weizenbaum and other practitioners with advanced practice in Classical Chinese Medicine and Gynecology. She is on Faculty with several colleges where she teaches Herbal Medicine and OB/GYN, including PCHS in NY, VUIM in Virginia, and SIEAM in Seattle. She also works closely with many practitioners of Western Medicine including OB/GYNs and Reproductive Endocrinologists, with whom she shares patient care in her private practice in New Jersey.

Suzanne Connole

Suzanne Connole originally found her way to Chinese Medicine after acupuncture helped heal her own chronic debilitating pain. She graduated from Pacific College of Oriental Medicine and then became a doula, lactation consultant and childbirth acupuncturist. She has been in clinical practice for 20 years and a teacher for 15 with a clinical focus on women's health, pregnancy and postpartum. Suzanne has taught at Pacific College of Health Sciences and was Director of Herbal Studies at Tri-State College. Presently she teaches herbal medicine and gynecology at the Won Institute of Graduate Studies and nutrition and herbal medicine at The New England School of Acupuncture. She is on the board of both the Shen Nong Society for Herbal Medicine Studies and the White Pine Circle. After studying with various teachers, she found a pathway to study classical medicine with Sharon Weizenbaum where she is now a TA. Suzanne lives and practices in Kingston, New York with her daughter and enjoys hiking and chasing waterfalls in the Catskill mountains.