

Native American Retreat with Bobby Runningfox and Walter Smith (Walks on Wind) including traditional Sweat Lodge Purification Ceremony

Sunshine Coast Program (subject to change)

FRIDAY

From 2.00pm - Arrival at Glass House Mountains Eco Lodge, 198 Barrs Road,
Glass House Mountains Qld 4518. Registration and room check in
5.00pm - Welcome and introduction
6.00pm - Dinner
7.30pm – Native American Music and Flute experience

SATURDAY

7.30am - Breakfast
9.00am – Meditation
9.30am – Changing your Body Blue Prints for positive results. Q/A.
11.00am - Morning Tea
11.30am – Origin of the Sweat Lodge and emotional preparation. Learning the Mother Earth Walk
and the power of chants
1.00pm - Lunch
2.00pm – Setting up of Sweat Lodge (INIPI), Blessing and Ceremony. Building Medicine Wheel
4.00pm - Afternoon Tea
4.30pm – Power of Mind and Body, Healing with Drum and Rattle
6.00pm - Dinner
7.30pm - Storytelling around the campfire

SUNDAY

5.30am - Fire up The Grandfathers
7.00am – Meditation
8.00am – Sweat Lodge and Purification Ceremony
12.30pm - Lunch
2.00pm - Making your Healing Journey easy
3.30pm - Afternoon Tea
4.00pm - Sacred Drum Circle (participants may bring a drum)
5.00pm – 6.00pm Feedback and Farewell

If you wish to stay Sunday night, please book early.

For further information, call Jutta at Eyesberg Enterprises on 0416 586 816.

What to bring to the retreat:

- Bathers plus robe for Sweat Lodge
- Bath towel for Sweat Lodge
- 2 old large woolen blankets to help cover Sweat Lodge (a must)
- Comfortable clothing (it does get cool at night)
- Torch light
- Cushion to sit on (optional)
- Your Drum if you have one (optional)