



TRADITIONAL SWEAT LODGE INFORMATION

Crow Shield Lodge (CSL) is honoured to offer the opportunity for sweat lodge ceremonies at its land-based sites.

The ceremony is a time-honoured traditional practice of healing and gathering community. Through it, we come together on the land in a good way with our whole selves open to being guided by the experienced ceremony conductor so that a positive sweat ceremony experience can be had by all.

We ask that all who participate follow the guidelines of CSL and the ceremony conductor and that participants are willfully joining in this ceremony understanding what it entails.

WHAT TO PACK/BRING

- Layers of clothing and proper footwear for warmth/comfort throughout the day and to accommodate potential changes in weather
- Change of clothes for both before and after the Sweat Lodge Ceremony. Space to change clothes will be made available, as well as storage/stow space for personal belongings (clothing, items, etc.)
- Tobacco (if you are able), to make offerings before entering the lodge.
- Couple of towels: one to wear in the Sweat Lodge and one to dry off after. Participants may also want to bring a face towel.
- Bathing suit or shorts are permissible (please make sure they are loose fitting), and skirts are suggested for women (but not mandatory).
- Washed strawberries or blueberries.
- Water: do not forget to bring personal water to stay hydrated throughout the day and after the ceremony.
- the Potluck Feast is part of the celebration and our shared Indigenous culture -- honouring our food is important to our health and to all living things and we invite you to bring a small thing to share if you can.

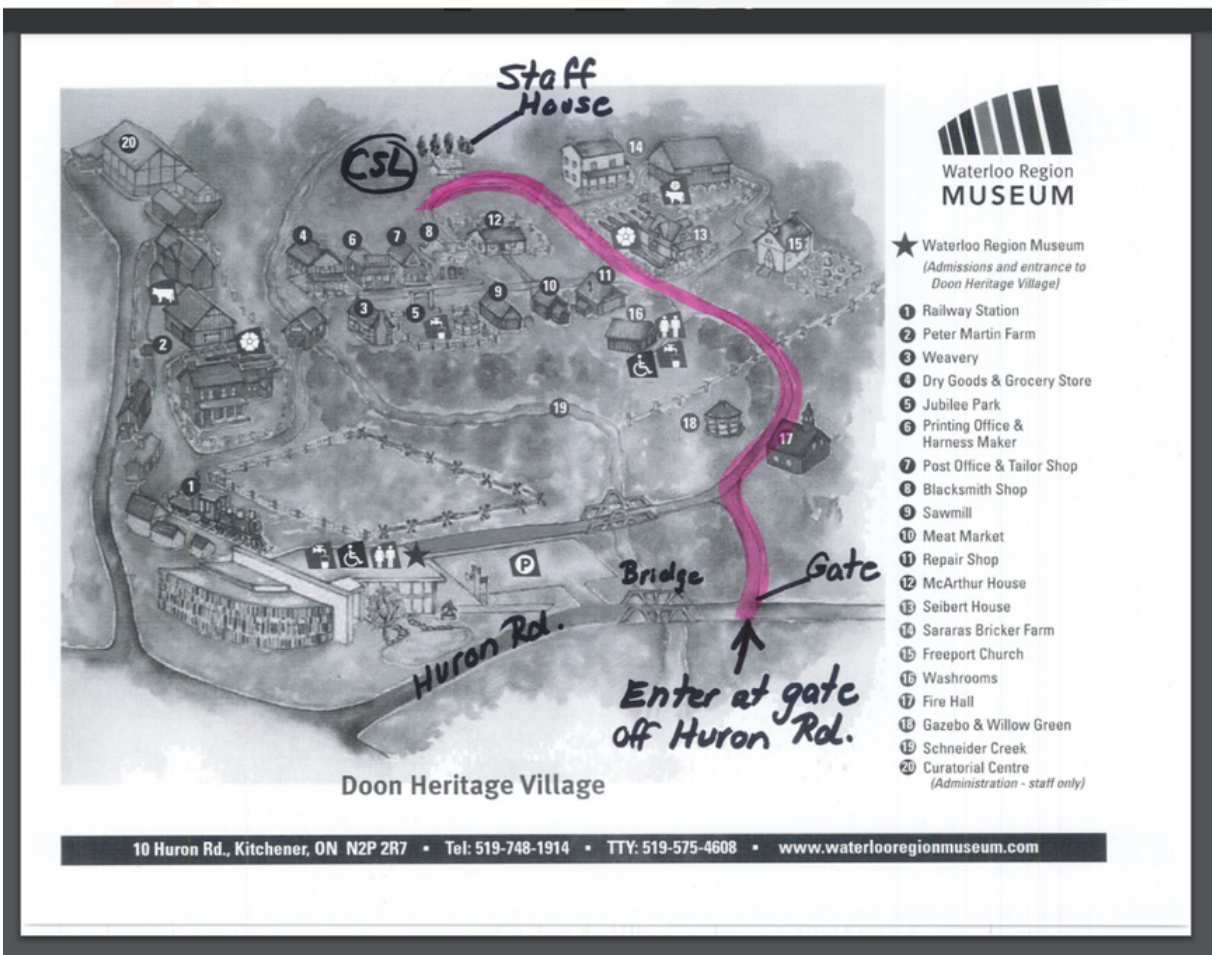
ADDITIONAL PROTOCOL

- It is advisable to fast before the ceremony, but not necessary. If you wish not to fast, please eat lightly. Eating before Sweat Lodge Ceremony can put a strain on the circulatory system.
- For participants with hypoglycaemia, it is advisable for you to eat a small meal like fruits and vegetables.
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- Avoid bringing metal items into the lodge (e.g., jewellery, glasses etc.) Contact lenses should be removed as well.
- Please abstain from alcohol and non-prescription drugs for at least 3 days (5 is 1 preferable). This is a sacred ceremony.
- Moon time protocol is in effect for any women: please follow the teachings of not participating in the Sweat Lodge Ceremony while you are on your moon time.

LOCATION

PARKING: Ken Seilling Museum, 10 Huron Rd, Kitchener. Refer to map below for parking. You can park anywhere along the sides of the roads in the Village, provided there is enough space left for an emergency vehicle to get through.

DIRECTIONS TO SITE: Go to GATE 3 of the museum (down from the parking lot and museum, after the bridge) and the gate will be unlocked. Please pull it closed (not locked) after you so no uninvited people drive in.



Thank you!

KINANA'SKOMITIN



wachay@crowshieldlodge.com



@crowshieldlodge



www.crowshieldlodge.com



Crow Shield Lodge