



Sharing Circles - Various Topics

Pipe Ceremonies - Upon Request

Sacred Life Teachings - Rites of Passage, Life Star & Tipi Teachings

Creation Stories - Cree, Ojibway, Dakota

Women's Teachings

Men's Group

Traditional Medicine Teaching

Ribbon Skirt/Shirt Making

Powwow Regalia Making

Rattle Making & Teachings

Drumming & Singing

Hand Drum Making & Teachings

Paint Nights

Cedar Bath Ceremonies

Healing Touch Sessions

Sound Healing Group Sessions

Laughing Yoga

Indian Residential School Survivors Gatherings

Thriver's Group Workshops & Gatherings

60's Scoop Workshops & Gatherings