

Native American Retreat with J. Reuben Silverbird including traditional Sweat Lodge and Purification Ceremony

Gold Coast Program (subject to change)

FRIDAY

From 2.00pm - Arrival at Solitude Retreat, 3376 Nerang Murwillumbah Road, Numinbah Valley Qld 4211. Registration and room check in
5.00pm - Welcome and introduction
6.00pm - Dinner
7.30pm - Native American Music and Flute performance

SATURDAY

7.30am - Breakfast
9.00am - Meditation
9.30am - J. Reuben Silverbird – *Native American History, Past and Present*
11.00am - Morning Tea
11.30am - J. Reuben Silverbird – *Power of Mind over Body*
1.00pm - Lunch
2.00pm - Building of Sweat Lodge (hands on)
4.00pm - Afternoon Tea
4.30pm - J. Reuben Silverbird – *Origin of the Sweat Lodge*
6.00pm - Dinner
7.30pm - Story telling around the bonfire

SUNDAY

5.30am - Fire up The Grandfathers
6.30am - Meditation
7.30am - Sweat Lodge and Purification Ceremony
12.30pm - Lunch
2.00pm - J. Reuben Silverbird – *Shamanism vs Native Medicine*
3.30pm - Afternoon Tea
4.00pm - Sacred Drum Circle (participants may bring a drum)
5.00pm – 6.00pm Feedback and Farewell

J. Reuben Silverbird is available for private consultations on Sunday evening and Monday daytime. Intuitive Aura Readings need to be pre-booked as numbers are strictly limited (25 minutes - \$50.00).

If you wish to stay Sunday night, please book early. Suggested activity for participants staying an additional night is to visit the Glow Worms at Natural Bridge.

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
- Old woolen blanket to be used at Sweat Lodge
- Comfortable clothing (it does get cool at night)
- Torch light