

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

Hawkesbury River Program (subject to change)

FRIDAY

From 2.00pm - Arrival at Forgotten Valley Country Retreat, Singleton Road,
Wisemans Ferry NSW 2775, 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 – *Origin of the Sweat Lodge*

1.00pm - Lunch

2.00pm - Building of Sweat Lodge (hands on)

4.00pm - Afternoon Tea

4.30pm - J. Reuben Silverbird – *Power of Mind over Body*

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.

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