

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

Yarra Valley Program (subject to change)

## **FRIDAY**

From 2.00pm - Arrival at Stonelea Country Estate, Connelly's Creek Road, Acheron VIC 3714. 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.

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 (2 if possible) to be used at Sweat Lodge
- Comfortable clothing (it does get cool at night)
- Torch light