



Four Winds Foundation

Monthly Sweat Lodge Hosted by the Four Winds Foundation

Join other community members at Deerhaven for the monthly sweat lodge hosted by the Four Winds Foundation. Click link for details...

Four Winds is an educational, non-profit organization dedicated to serving, living and teaching the Natural Ways. Empowering individuals and encouraging the community towards healthy sustainable practices and connection to the earth and our world.

Our monthly community sweat lodges are held each first Saturday at Deerhaven in the Bend/Sisters area. The lodge begins at 1 pm, but we start the fire 2 hours before the lodge. Please join us for preparations.

What to bring/wear to lodge:

- * Potluck item (we always feast after praying and purifying)
- * Women wear long dresses or skirts w/cap sleeve t-shirt (100% cotton recommended). This is a modest tradition, please be mindful: no tank tops, sleeveless tops or see-thru clothing
- * We honor women on their moon and ask them to relax at home & nurture themselves
- * Men wear long shorts in lodge
- * Bring change of clothes
- * Towel and water bottle
- * No metal - please remove all jewelry: rings, watches, glasses, etc.

For more information visit our website at <http://www.fwfoundation.com/> or contact Sweet Medicine Nation at smedicine@earthlink.net.