



EXPERIENCE INDIGENOUS TRADITIONS

OF NORTH AND SOUTH AMERICA

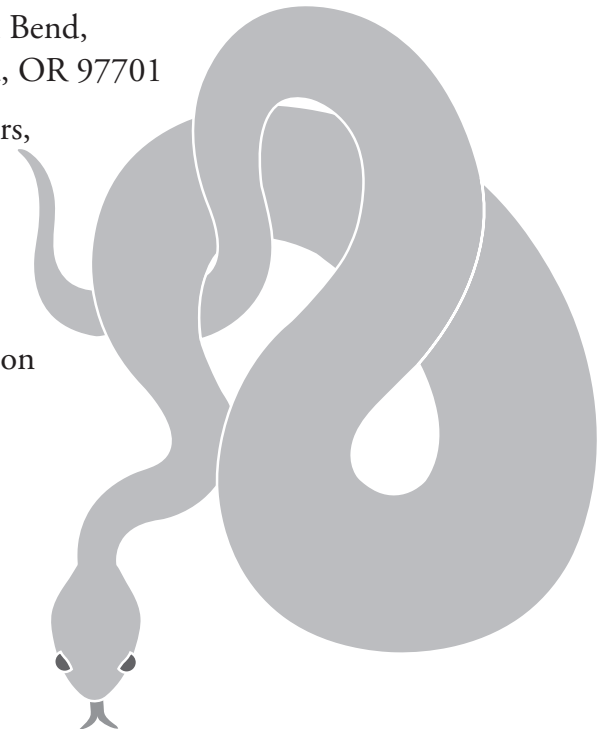
Greetings to the Central Oregon Community. Volunteers from the **Four Winds Foundation** will be offering **Sweat Lodge Ceremonies** and **Classes** this Winter. You are invited to join Little Buffalo and other community members at Sweat Lodges on the second Sunday of each month. The classes, hosted by Tyler Markland and Amara Stanton, will focus on native teachings, crafts, traditions, and ceremonies from South America. We explore the ways that indigenous traditions activate our hearts and our minds . . . and we weave these different threads into a tapestry that reminds us of our everlasting and unchanging unity with Spirit.

Classes: Sundays at Amara and Tyler's home in Bend,
11:00 AM–1:00 PM, 2024 Rachel Ct. #2, Bend, OR 97701

Sweat Lodges: Sundays at Deer Haven in Sisters,
11:00 AM–varying times

Directions to **Deer Haven** on our website:
www.fwfoundation.com

Cost: Classes are \$20
Sweat Lodges are by optional love donation



SCHEDULE

Sweat Lodge: January 10
Class: January 24

Sweat Lodge: February 14
Class: February 28

Sweat Lodge: March 14
Class: March 28

Sweat Lodge: April 11
Class: April 25

**Please call if you have any questions and
RSVP before arriving for an event:**

Amara Stanton & Tyler Markland
503-680-9831