

“Walking the Truth”: A Land-Based Retreat”

With Myra Laramie

Overview:

“Walking the Truth” is a land-based Retreat for front line personnel, from community workers to educators. The focus of the Retreat is to learn how to better live True. Using teachings and traditional forms of knowledge sharing, Myra will offer participants the opportunity to learn naturally and to use their knowledge to walk truthfully. There will be group work and time for reflection and sharing.

Outline:

Sunday:

- Participants are asked to arrive in the evening to settle in and enjoy the sunset and a fire

Monday:

- Sunrise Pipe Ceremony
- Breakfast
- Opening the Circle
- History and Decolonization
- Oracle Teachings [Step 1 & 2]
- Blessing and Lunch
- Video-Gladys Cook
- Group Work
- Blessing and Dinner
- Reflection and Sharing
- Journal Basket

Tuesday:

- Smudge and Blessing
- Blessing and Breakfast
- Oracle Teaching [Step 3 & 4]
- Group Work
- Blessing and Lunch
- Feather Teaching
- Reflection and Sharing
- Blessing and Dinner
- Group Work
- Journal Basket

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Wednesday:

- Smudge and Blessing
- Blessing and Breakfast
- Identification of Self [Oracle Teaching [Step 5 & 6]]
- Blessing and Lunch
- Reflection and Art
- Blessing and Dinner
- Art and Sharing
- Journal Basket

Thursday:

- Smudge and Blessing
- Blessing and Breakfast
- Seven Teachings
- Blessing and Lunch
- Group Work
- Reflections and Sharing
- Blessing and Dinner
- Oracle Teaching [Step 7]
- Journal Basket

Friday:

- Smudge and Blessing
- Sweat
- Blessing and Late Brunch
- Reflection and Sharing
- Blessing and Dinner
- Journal Basket

Saturday:

- Smudge and Blessing
- Blessing and Breakfast
- Sharing and Reflection
- Closing the Circle