

Sun Fire Creations

DREAM CATCHER WORKSHOP

Workshop Time: 1.5 - 2 hours

Provided Materials: Round 6" or 8" metal hoops, Leather lacing, sinew, assorted wooden/glass beads, assorted natural crystal beads, assorted feathers

Material Cost: \$5.00/person (not included in instructional fee)

Instructional Fee: \$250 for classes up to 12 participants. \$10 for each additional participant.

Workshop overview:

In this workshop participants will learn the background folklore and purpose of the dream catcher in indigenous culture and how it can assist with our sense of wellbeing.

Participants will be guided step by step through the meditative creation of their own personal dreamcatcher. While creating, participants will learn and discuss the benefits of connecting to the natural world, circular symbolism and transmutation of negative thoughts and patterns (energy).

Workshop objectives:

- Create something purposeful & learn a new skill
- Learn about indigenous culture and beliefs
- Introspection on personal thoughts and patterns
- Peer connection
- Practicing mindfulness and centering techniques

For more information contact: Sarah Hall @ Sun Fire Creations

www.sarahhall.ca

(780)231-6682