

Sun Fire Creations

Dream Catcher 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).

Objectives:

- Purposeful creation & skill building
- Explore Indigenous culture & beliefs
- Peer connection & capacity building
- Practicing mindfulness and centering through creativity



Small class & large event pricing available.

For more information contact:

www.sarahhall.ca

docs7@hotmail.com

(780)231-6682

