

Sweat Lodge info

We sit in the lodge for 4 gates, meaning we have ceremony inside, each gate your welcome to get a break and can have water with you at all times. I have attached a picture of the lodge so you can find it.

When: Every Third Sunday of the month (please check facebook page to see if there are any changes. <https://www.facebook.com/groups/106191652269/>)

Time: 1 pm-5 pm (I get there at 1230 to get settled in)

Where: 700 E Cleveland St, Lafayette, CO 80026

it's the white house on the corner you will see motorcycles turn into drive and you will see a large metal gate go through that gate down the hill, you will see the lodge and tepee (pictures below to show you)

Women: wear T-shirt and ankle length skirt

Men: T-shirt and shorts

Items to bring:

- change of clothes
- two towels
- water bottle, (You can bring water into the lodge) not metal
- Side dish to share with community sharing after Lodge
- Flowers for Altar
- Donation: please bring a small amount for coyos time (I usually do \$10.00 -\$20.00 per person)

Prep: Night before you hydrate really well with half/half Gatorade and water drink as much as you can

Please let me know if you have any questions or concerns

Trina

