

# THE SPIRIT OF FIRE

## 4-DAY ALGONQUIN RETREAT

### ABOUT THIS TRIP

The Spirit of Fire touches our lives each day, in many ways. For countless generations we have gathered around fire in community, celebration and ceremony. It is said that the sacred smoke leaving the fire carries our thoughts and prayers to the Creator. During our time together we will learn to create fire through two 'Fire by Friction' methods -- the Bow Drill and Hand Drill. We will learn to utilize a variety of local materials found throughout our region and have ample time to practice and focus on proper techniques in order to develop this ancient skill. We will also spend time learning about the Spirit of Fire and how it affects our lives in a deep and meaningful way. There are many teachings and lessons that the fire has for us if we just take the time to listen. Come join us as we journey to the fire and begin to hear its ancient message.

**Dates:** Sept 4-7, 2009

**Prices:** Program: \$C547/p or \$C985/for two

**Included:** Meals from day 1 to lunch on day 4. All necessary equipment, permits, guide, and programming.

**What to Expect:** Arrival from 2-4pm, 3 night/4 days at Retreat centre, paddling and hiking daily, departure between 3-5pm.

