Traditional Sweat Lodge

November 10th, 2017

5 p.m. | Sweat lodge teachings and fire lighting

Lodge entry will be at sundown *(This will vary according to the seasons.)*

**Location:** SCIT Behavioral Health
2800 S. Shepherd Rd., Mt. Pleasant, MI 48858

**What is a Traditional Sweat Lodge?**
A sweat lodge is a purification ceremony known by Anishinabe as the Odaswani. This ceremony cleanses the body, mind and spirit.

**Sweat lodge protocol**
Each person will bring their own natural tobacco, a towel, flip flops (optional), water for afterwards, appropriate clothing: Men wear swim trunks or shorts, women wear long skirts and shirts that cover their shoulders. No piercings or earrings can be worn in the lodge.

**To make an appointment, please call:**
SCIT Behavioral Health Programs at 989.775.4850

**For more information, please contact:**
Steve Pego at 989.775.4879 or sjpego@sagchip.org