



2021 Teachings

Thursday after dinner

Waking up our drums: If you brought a drum and want to awaken it and share a bit of drumming with other women, join NorthStar after dinner on Thursday. All you need is an open heart and a drum (or rattle!)

Saturday, 10:00-11:30 - Teaching:

Emerging Whole, Centered and Balanced – Join Ravin Willow, Jaguar Woman, Heron, and Yellow Birch for an empowering teaching on healing and balance. We hope to inspire each woman to take power over her own personal healing journey by learning a simple technique of energy healing using her own hands. We will also discuss three different types of energy healing modules; reiki, theta, and crystal bowls- and the training needed to pursue these paths. To finish the teaching we will all participate in an energy circle where each woman can practice energy healing on herself while our four teachers share their specific healing talents with the group. Please bring a blanket or towel for sitting on the ground, or a chair if you prefer.

Saturday, 1:00-2:00 - Teaching:

Standing Stones

For Prayer - For Peace

The act of stacking stones has no historical beginning date and crosses multiple cultures. Join Gull in learning the history, purpose, safety, etiquette and techniques of stacking and balancing stones.



* If you want to bring special stones from home you are welcome too. Keep in mind that polished stones present a huge challenge. It only takes 2 stones to practice yet I suggest 3 - 5 for the work shop and size doesn't matter. We can use stones found at the camp however there are rules around this.

Saturday, 3:00-4:30 – Teaching:

Y-CBT (Yoga Cognitive Behavioral Therapy)

Topic? Raising Relaxation and Radiance by practicing the skills of Y-CBT (yoga cognitive behavioral therapy)

How? By practicing particular exercises, breaths, and meditations from the traditions of Kundalini Yoga combined with mind focused skills of self-talk and self-awareness. No previous yoga skills required. Can all be done while seated in a chair or in the more traditional easy pose seated on the ground. So, bring either a chair or a blanket and small pillow to sit upon. Dress in comfortable loose clothing

Why? Come away feeling better about yourself and your ability to be courageous in a crazy world!

With? Firebird, licensed mental health clinician and Kundalini Yoga Instructor