

Workshop Led By: Patty Young

Workshop Fee: \$ 325.00

Deposit: \$ 75.00 reserves your space.

Workshop Fee Includes :

All workshop materials for making your shield and instruction,

Meals:

Saturday breakfast, lunch & dinner;

Sunday Breakfast & light lunch

Sweat Lodge Ceremony

Lodging Information:

- Lodging at Terra Nova Center is on a first come, first serve basis at the Hideaway.
- Camping is available at Terra Nova Center with fully functioning bath house facilities:
- Many area hotels are also available in Brevard NC.

More Information can be found at:

[www.terrannovacenter.com](http://www.terrannovacenter.com)

Questions about this workshop?

Contact Patty Young at:

[creative@nycap.rr.com](mailto:creative@nycap.rr.com)

Mail deposit and registration to:

Patty Young

P.O. Box 361

South Lee, MA 01260

*Terra Nova Center is a spiritual  
retreat center located in the beautiful  
blue ridge mountains of  
North Carolina.*

*Here is where we bring  
the best of us. Where  
we plant the seeds  
for our futures  
and  
harvest the wisdom  
of our lives.*

While visiting Terra Nova, please consider a donation given to support this retreat center. Your support ensures that this and other opportunities for growth continue to have a place to gather.

## *Native American Weekend Workshop*

*Creating Native American Shields  
July 10 - 12 2009*

*Terra Nova Center  
Cedar Mountain NC*



## General Workshop Schedule

### Friday July 10

6:00 p.m. - 6:30 p.m. Welcome Message

Meet in the Chapel.

7:30 p.m. - 8:30 p.m. Preparation for Sweat Lodge

9:00 p.m. (approx) \* Evening Sweat Lodge Ceremony

After the sweat we will sit in the sacred circle in silent meditation through the night and into the morning hours (until approx 2:00 a.m.). This vision quest time will aid in giving you revelations of self you can then incorporate into your medicine shield. This is a silent service to self, a sacred meditation around the fire that will add to your self knowledge. This time of the year in the south is a time of rapid growth and trust. We will work with these energies to move forward in our understanding of our life's purpose and incorporate those revelations into our shields.

### Saturday July 11

7:00 a.m. - 8:00 a.m. Light Breakfast

Served at the Hideaway

8:00 a.m. - 9:30 a.m. (approx) Morning Sweat Lodge

Ceremony:

9:30 a.m. - 10:30 a.m. Self Reflection Period



### 10:30 a.m. - 12:30 a.m. Shield Making

Meet in the chapel

We will begin with a short history of medicine shields, proper placement in the home, and the different native symbols that can serve to express who you are. Several medicine shield examples will be available for you to see and instruction on how to create your shield. Your shield can be made of animal hide, fabric, or a combination of materials. We will have many different natural elements for you to use in creating your shield, beads, leathers, fur, feathers, paints, stones, and other items.

**NOTE:** If you have a special item that you would like to incorporate into your medicine shield then make sure you bring that along with you.

12:30 p.m. - 1:30 p.m. Lunch on the Lawn

*\*\*weather permitting*

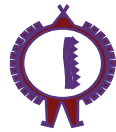
1:30 p.m. - 5:30 p.m. Shield Making Continues One on one instruction and guidance will be available if you need assistance completing your shield.

6:30 p.m. - 7:30 p.m. Dinner and Fellowship

Dark Thirty Bonfire on the Beach &

Drumming Session with **THUNDER DRUM.**

Bring your drums, rattles or any other instrument you have to make a joyful noise.



During this Fire Circle you will be asked to present your shield and share your story.

### Sunday July 12

8:00 a.m. - 9:00 a.m. Breakfast

Served in the Hideaway

11:00 p.m. - 12:00 p.m. Church Services in the

Chapel with ~ Rev. Marian Starnes

1:00 p.m. - 1:30 p.m. Closing Circle at the Medicine Wheel.

\* You may choose to do the evening sweat or the morning sweat, if you want to do both the morning and evening lodges indicate that on your registration sheet. You may want to participate in the sweat ceremony as a support person for someone, just let us know on your registration.

\*\* As always weather in the mountains is unpredictable. Should rain be an issue our drum circle will be in the Gym and our Vision Journey will take place in the chapel.



July 10 - 12 2009

*A very special weekend of personal discovery and expression of self.*

Through traditional Native American methods and respectful ceremony you will create your own medicine power shield. In taking this sacred journey you will create a powerful tool to be used for protection, centering and as a statement of your highest self. Your shield will tell the story of who you are, what your spirit guided power is and what service you bring to the world. Honoring your unique path and life's purpose, the shield serves as a fundamental key to remembering ourselves.



During this workshop you will spend time in personal reflection, meditating on your soul's journey thus far, where you have been and where you wish to go; perhaps discovering along the way strengths and untapped abilities that are now ready to come to the fore. In creating your shield, we will work with native American symbols and their meanings as well as tap into your own personal symbology.

## Workshop Registration Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ St: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Weekend Workshop Fee: \$325.00 Deposit: \$75.00

Amount Enclosed: \_\_\_\_\_

**Check, Money Order or you can pay online with Pay Pal**

\_\_\_\_\_ Yes, please send pay pal invoice I will pay online

### **Please Check One Lodging Option.**

- Hideaway: Lodging at Terra Nova Center at the Hideaway is on a first come first serve basis.
- Camping
- Other Arrangements

Indicate any dietary restrictions:

\_\_\_\_\_

### **Please Check One Sweat Lodge Ceremony Option.**

- I will be participating in the Friday Evening Sweat Lodge
- I will be participating in the Saturday Morning Sweat Lodge
- I will be participating in Both Sweat Lodges
- I will be participating as a support person for those in the lodge

Send your registration to:

**Patty Young, P.O. Box 361, South Lee MA, 01260**

**Questions: [creative@nycap.rr.com](mailto:creative@nycap.rr.com)**