

# PRAYERFUL SWEAT LODGE CEREMONY

**2026 schedule:**

**MARCH 21**

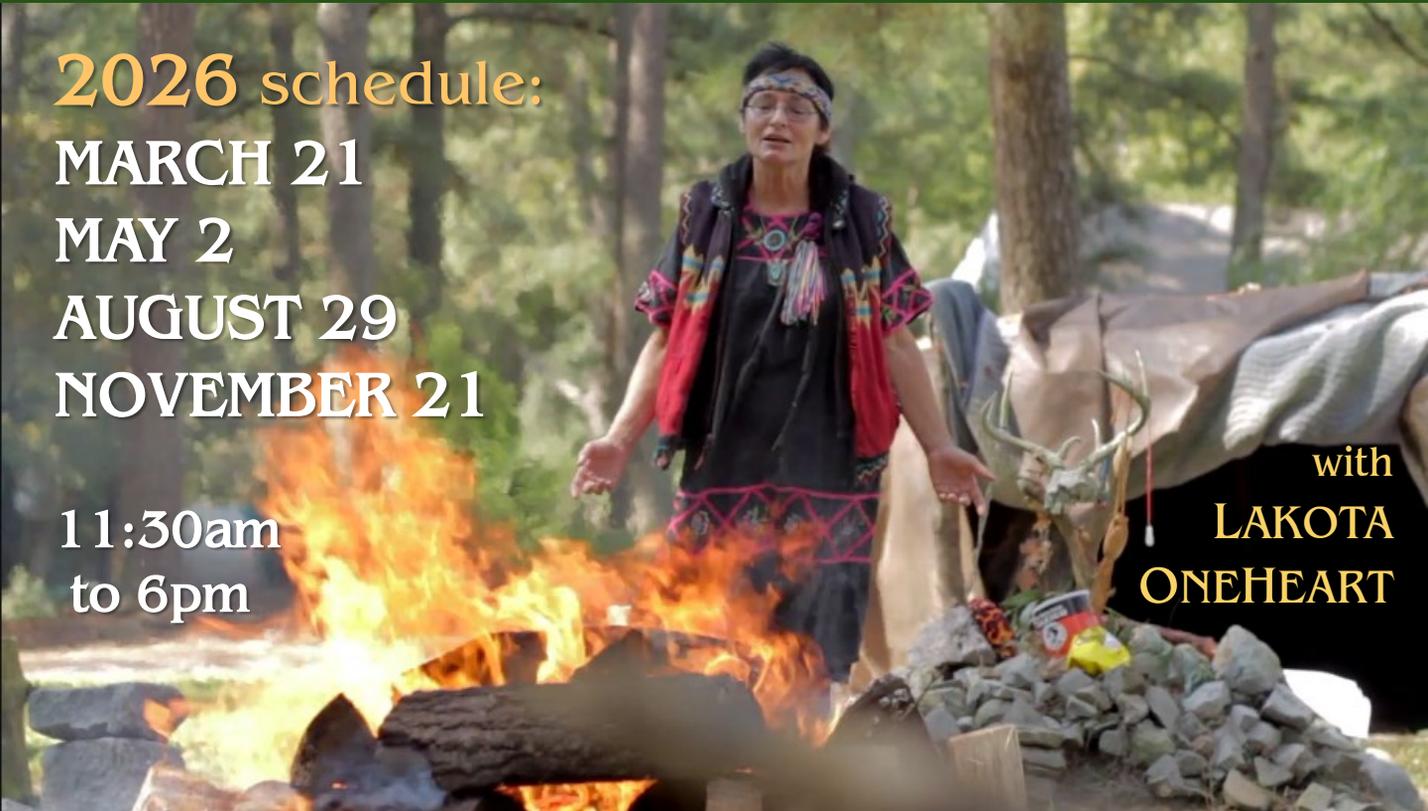
**MAY 2**

**AUGUST 29**

**NOVEMBER 21**

**11:30am  
to 6pm**

**with  
LAKOTA  
ONEHEART**



“Sweat Lodges are a gift of the white buffalo calf woman Peta San Win, an Elder and Holy person, who gifted the Sacred Pipe long ago to the Lakota tribe. It’s a regenerating ceremony that rids the body of toxins, frustration, and anxiety by sweating (rarely overwhelming) and praying prayers in darkness, with herbs to cleanse body & mind, along with pre-lodge inspiration and a ceremonial feast afterwards.” *LaKota OneHeart*

**LOCATION:** Currituck, NC (address given on registration)

**FEE:** \$77 **LIMIT:** 40 people **BRING:** See details next page.

**PRE-PAY** to secure place: **Venmo:** @Wes-Coons-1

**CONTACT:** Payment Questions: Wes Coons – 757-478-5618

Further info or directions: Liama – 757-646-8870

**Rev. LaKota OneHeart** is of Abanaki, Lakota, Mic-Mac, and French descent. As a young child, LaKota communicated clearly with her Spirit Ancestors, who have guided her medicine walk throughout her life. The sacred healing ceremonies and teachings she shares arise from her connection to and guidance from Creator. She is an intuitive Spiritual Advisor, Medicine Wheel Healer, Spiritual Dance Leader, and Artist, whose art expresses her own medicine walk.

## PREPARATION & ITEMS TO BRING TO THE SWEAT LODGE CEREMONY

Please arrive by 11:30am for registration. Event begins at 12 noon. There will be a teaching and the making of prayer ties (material and instructions provided on arrival) followed by a Prayer Sweat Lodge.

*Please drink plenty of water, eat lightly and avoid alcohol, recreational drugs and non-essential medications for this event.*

*Please bring:*

**Potluck:** we all contribute to a potluck meal after the sweat lodge. Please bring a dish to share (cold plate, hot plate, fruit, salad, side dish, dessert). We have space for crock-pots.

**Altar blessings:** any special items to place on the altar in front of the Lodge to be blessed

**Water:** extra water for yourself (suggestion: with added Himalayan salt to help replace lost minerals) Ratio ¼ tsp per quart of water.

**During the Lodge:** long skirts and short/long-sleeved shirt for women (leggings optional), shorts or skirts/sarongs and t-shirt for men. Old shoes, sandals, socks. A cushion or folded blanket to sit on inside the lodge, and if cold, a blanket or big towel to wrap up after. (Please be aware these items may get dirty and/or wet during the Lodge.)

**After the Lodge:** plastic bag for wet clothing, towel, dry change of clothing and shoes for afterwards. Hat during hot weather.

Any gifts you wish to bring to the Lodge leader (optional, your choice)  
Current needs: volunteer help on the mountain (“handyman” and carpentry jobs, gravel, and backhoe operators), dog and cat food (dry large breed dog food, canned cat food), D batteries, filled propane tanks (small and large), fat sticks or fire starters, dog biscuits (large).

The Lodge fee is an energy exchange donation, and should you wish to give any other donations at anytime, checks can be made out to: Blue Buffalo Springs, LLC.