



COME AS YOU ARE SWEAT

Tuesday

NOVEMBER 24, 2026

12:00 - 5:00 PM

XFN Community Services Sweat Lodge

Full Moon Sweat:

The November Full Moon, traditionally known as the **Beaver Moon**, arrives under the curious, communicative energy of Gemini. It invites us to notice what has been moving through our minds, what has remained unsaid, and which stories we may have been repeating without questioning.

FOR MORE INFORMATION CONTACT:

Courtney at 250-989-2355 ext. 132

