



COME AS YOU ARE SWEAT

Monday

OCTOBER 26, 2026

12:00 - 5:00 PM

XFN Community Services Sweat Lodge

Full Moon Sweat:

The October full moon (Hunter's Moon) invites us to harvest the wisdom and lessons gained throughout the year, while releasing what no longer serves us. It is also a time when the veil between the physical and spiritual worlds is believed to be thinner, creating space to honour our ancestors and seek spiritual guidance.

FOR MORE INFORMATION CONTACT:

Courtney at 250-989-2355 ext. 132

