Breitenbush welcomes you to experience a Sacred Sweat Lodge Ceremony according to Native American tradition. In order to participate in this ceremony in a respectful way, we ask you to honor the following basic rules.

1. Because of the powerful energy flow of women on their moon (menstrual) cycle, they are asked to refrain from participation. This is in accordance with tradition. If more information is desired, please ask the leader of the sweat.
2. Remember to walk and speak with respect while in the sweat lodge area.
3. Keep the Spirit Path open. The Spirit Path is the space between the fire pit and the lodge door.
4. Wear loose clothing. (You WILL be sweating!) Clothing of some kind must be worn by all participants at all times—shorts for men, loose cotton dresses or shorts and tops for women. Please do not wear bathing suits.
5. When preparing for the sweat, have only a light meal. Drink some liquids, but not a lot; too much water will make you feel bloated during the sweat.
6. The Sweat will begin at 7 p.m. on Saturday. It takes place on the floodplain, beyond the labyrinth. It is important to be prompt to help create a respectful ceremony. Late arrivals may not be allowed to attend. The ceremony will last between 3 and 4 hours.
7. There is no charge for the Sweat Lodge ceremony itself. But please remember that it is through the generous spirit of your donations that these teachers can continue to offer their services. Personal gifts for the Sweat Leaders (such as pipe tobacco, spiritual gifts, and financial donations) are acceptable and appreciated.
8. There is almost always a waiting list to attend the Sweat Lodge. If you need to cancel, please let Brian know ASAP so that he can contact the waiting list.
9. The sweat lodge is not recommended for pregnant women or for people with heart disease or high blood pressure.
10. If you have other questions, please contact the office at (503) 854-3314, or talk with the Sweat Lodge Leader directly. Breitenbush wishes you a sacred experience.