

# NATIVE AMERICAN MEDICINE WHEEL WITH CAROLYN BERRY

**SUNDAY, NOVEMBER 6**  
**10 A.M. – 3 P.M.**

Carolyn Berry, whose lineage roots include the Southern California Band of Tongva American Indians, will be with us this day to lead us through a sacred ceremony known as the Medicine Wheel. Carolyn has given teachings on and guided journeys around the Wheel for over 15 years. She embraces it as the Map of Life designed by the Great Mystery.

To Native Americans, the journey in life is walked on circular paths, interconnected with all that is...The Spirit-Life, the Emotional-Life, the Physical-Life, the Mindful-Life, Above, Below, and All That Is. The Medicine Wheel is a working model used to teach the subtle construct and balance of life and the interrelatedness of all activities in the Universe. The Medicine Wheel itself is a circular symbol of truth, power and knowledge, often used to improve our knowledge of ourselves and the other creations around us. It may be guided for praying, fasting, healing, ceremony, celebrating, spiritual and wisdom questing, self-improvement, ceremony, and celebrating.


In keeping with the season, Carolyn is setting the intention for this wheel to honor “Harvesting and Releasing”. She invites you to bring your favorite stone and object that represents something that you want to harvest as well as an object that you want to release. The only objects that are unacceptable to place in this Wheel are money and credit cards.

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**WE WILL RESPECT  
THE NATIVE TRADITION OF  
FEASTING TOGETHER SO PLEASE  
BRING FOOD TO SHARE!**

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*Please let us know if you will be joining us for this most auspicious and sacred ceremony*

*Fee: It is also traditional not to charge a set fee for this ceremony for it is understood that out of respect for the ceremony guide, something be given. For this day, a basket will be placed to receive currency or sage as gifts of gratuity.*

*Reservations for this program can be made by calling Out Back Yoga at (818) 349-1790 or by e-mail to [outbackyoga@socal.rr.com](mailto:outbackyoga@socal.rr.com).*

*To learn more about Out Back Yoga Integrative Healing Arts Center please see our web site at [outbackyoga.com](http://outbackyoga.com).*

