

END NOTE: MNA MAAJIISHKAAWIN – MOVING FORWARD IN A GOOD WAY: WITH RESURGENCE & RECLAMATION

WITH SOPHIE
PHEASANT

I TAKE CARE
OF THIS **bundle**
AND IT
TAKES CARE OF ME



HOW CAN I BE WARMTH, LIGHT, AND MEDICINE TODAY?

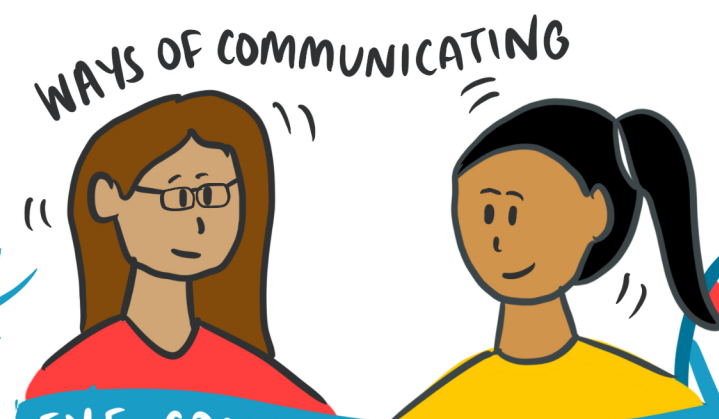
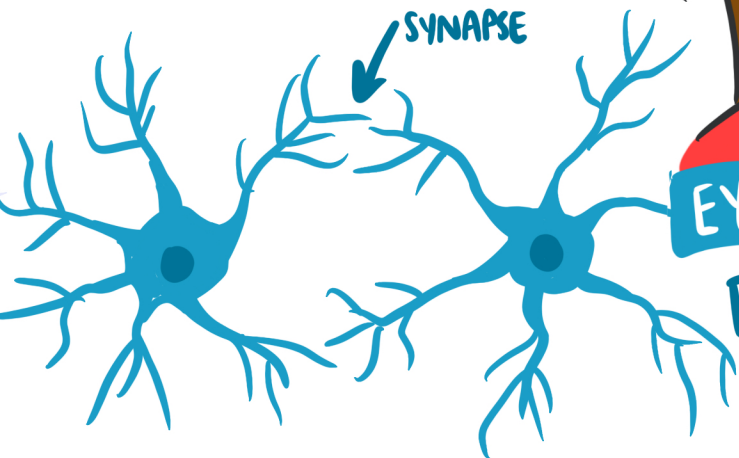
ACKNOWLEDGING "ALL OF CREATION"

"KINA GEGO BEMAADIZIIMGAG"

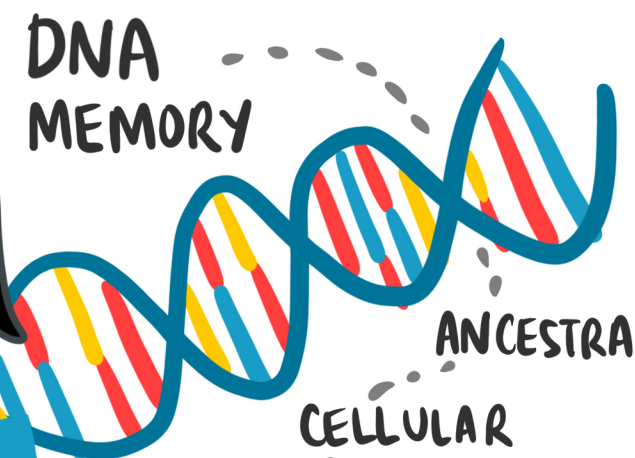
WE NEED TO VISIT THE **LAND** ALL THROUGHOUT THE YEAR



inviting
OPPORTUNITIES
OF ABUNDANCE



WAYS OF COMMUNICATING
EYE CONTACT & NODS
FORMING NEW SYNAPSES



DNA
MEMORY

ANCESTRAL
CELLULAR

MUSCULAR

WHAT DO I PUT
IN MY CANOE?

WHAT WATERS DO
I PUT IT IN?



PASSING ON FAMILY KNOWLEDGE

REGAINING IDENTITY

what can I
do

- ONCE A DAY
- ONCE A WEEK
- ONCE A MONTH
- ONCE A SEASON

WELLNESS
PLANNING

DOING &
BEING

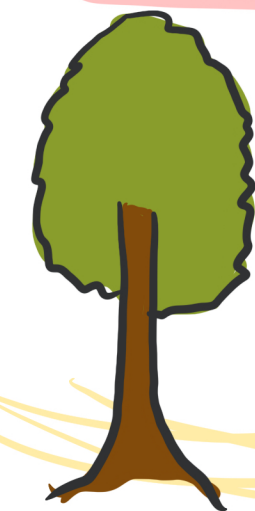


MOVEMENT AS MEDICINE



EXPERIENTIAL
LEARNING

LEARNING
NEW
UNDERSTANDINGS



POPLAR
TREES

GO OUT &
MAKE
FRIENDS
WITH THE **LAND**

FOOD
SALVE
TEA

OUR JOURNEY TOGETHER BUILDING OUR BUNDLES

24 FEB 2023

PROVINCIAL CHILD &
FAMILY PROGRAMS

LIVE GRAPHIC
RECORDING BY

emma
richard