



# SATYA RETREATS

## **May 25<sup>th</sup>, 2018**

Arrivals into Rapid City. Please call hotel to arrange free shuttle service from airport to hotel.

Welcome Dinner & Trip Orientation at hotel – 7pm

## **Day 1 – May 26<sup>th</sup>, 2018**

Yoga Practice is 7-9am with breakfast hour until 10am when we depart for our first day's experience. During this time we will also have tour orientation led by Rain Bear Stands Last.

At The Place of the Thunders, Hinhan Kaja Paha, we appreciate the beauty of the highest point in the Black Hills upon which Black Elk experienced much of what embodied the story of his life as told in Black Elk Speaks. It's an energizing hike of 7,242-feet to the top of this recently renamed mountain. After protest from Lakota people, the name of General Harney (whose claim to fame was the massacre of Indian women and children in 1855) was finally removed and replaced to honor the life of Black Elk. Interestingly, the name most Lakotas really favored - Hinhan Kaja Paha, meaning Making of Owls Hill, was shelved because local non-natives thought it was confusing and hard to pronounce (Hin Haan Kaja). Along the way among the granite spires of the Black Hills, we experience the tradition of storytelling and historical/cultural explanations of the Lakota worldview. This day lunch will be on the patio at the Sylvan Lake Resort, and dinner in Rapid City. After dinner we will head to Spearfish Canyon where we will spend the next 4 nights.

## **Day 2- May 27<sup>th</sup>, 2018**

Yoga Practice is 7-9am with breakfast hour until 10am when we depart for Mato Tipila, which means 'Bear's Lodge' in Lakota language and is a far cry from the Anglo moniker of 'Devil's Tower'. Native American star knowledge teaches the concept that what is on earth is merely the reflection of the real world in the sky; sites that are important within the Lakota world are directly related to constellations. At one of the most sacred of those earthly venues we learn that this is not simply a giant, awe-inspiring obelisk of

granite jutting forth from the ground for the benefit of rock climbers – this place has deep spiritual significance and historical record to seven different Plains cultures. And as you walk the circle in the shadow of the Great Bear who created the defining features rising before you, ancient knowledge supersedes modern science and the ethereal transcends the literal. Among the grassy meadows of this idyllic venue, you will hear the story of the Racetrack and understand the true relationship, and the compact of survival between the buffalo and the People.

Tonight is music night and our special guest brings his own brand of Lakota music-making to the Spearfish Canyon Lodge in our yoga room.

This day we enjoy a delicious boxed lunch from the Lodge kitchens, and dinner is also included tonight at the Lodge.

### **Day 3 – May 28<sup>th</sup> 2018**

Yoga Practice is 7-9am with breakfast hour until 10am when we meet our special guest for today. We will spend a relaxing day enjoying the environs of the canyon in the company of Barbara Braided Hair, a Northern Cheyenne women's advocate who will be talking on a variety of important issues for Native people, as they present within Northern Cheyenne culture and spirituality. Barbara is deeply traditional and as the first bank manager on her reservation, she is also very firmly walking in both worlds.

Barbara's calling is leading Cheyenne women back into the role they traditionally held as culture keepers and matriarchs within families and the culture at large. Barbara's family collectively works for the betterment of the Northern Cheyenne and are profoundly involved with the spirituality of the tribe.

This day, both lunch and dinner are on your own at the Canyon restaurant.

### **Day 4 – May 29<sup>th</sup>, 2018**

Yoga Practice is 7-9am with breakfast hour until 10am when we depart for Bear Butte Lake where we learn that in a way it began and ended with Bear Butte. With the sun yawning sooner on twilight's unfolding stage, Crazy Horse was born on Rapid Creek as the Lakotas drifted away from their council at Bear Butte in the year of the Big Horse Steal. Sacred and serene, its ambience never challenges but shares the great mystery with the Lakotas and Cheyennes who make the Vision Quest. It was here that the prophet Motseyoef, 'Sweet Medicine', collected the Sacred Arrows for the Cheyenne, and then brought them the Massaum, the 'wonderful dance'. The 'maiyun'

spirits who walk through the seven realms of the universe communicate with the Cheyenne on Nowah'wus and show themselves upon the earth as the wolf, the buffalo, badger and bear. After the initial explanations of this, the center of the Cheyenne Universe, we meet our special guest for today - Don Shoulderblade who is a healer and MEDICINE person for the Northern Cheyenne people. This day we enjoy a delicious boxed lunch from the Lodge kitchens, and dinner is included tonight at the Lodge. This evening after dinner, Seane will lead a processing session for the group at Spearfish Canyon Lodge.

### **Day 5 – May 30<sup>th</sup>, 2018**

Yoga practice is 7-9am with breakfast hour until 10am – then check outs at the Lodge. We will plan to depart from the Lodge today at 11:00am.

Pine Ridge Indian Reservation is our first destination of the day. The chequered history of this, the second largest reservation in the United States, will be explained and so too the many challenges that modern day Lakotas face which often hold them in physical, but not spiritual, poverty. We will stop at Red Cloud Indian School, the Lakota Badlands (which were used as a bombing range during WWII, displacing many Lakota families with no notice) Wounded Knee and other landmark sites on the rez, before making our way to the spectacular NPS Badlands where we enjoy dinner and meet with Chairman Brandon Sazue of the Crow Creek Lakota – one of the Standing Rock Water Protectors who were arrested and abused. With the backdrop of the setting sun against the Badlands moonscape, Brandon will speak to many of the political, cultural and spiritual issues facing Lakota people of the Seven Council Fires, the Oceti Sakowin.

This day we enjoy a delicious boxed lunch from the Lodge kitchens, and dinner is included at the Cedar Pass Lodge tonight. Afterwards, we will head back to Rapid City for our final night.

### **Day 6 – May 31<sup>st</sup>, 2018**

Departures & Check-Outs.

Continental Breakfast will be available from 6am-10am at hotel.

Please arrange your free airport shuttle with the front desk, according to your departure flight times.

Safe Travels and Love!