

Metis Sash Weaving on the Hand Loom

Duration: 8 hours (4 hours x 2 days)

**Online & Live Version

Available

Discounts for groups larger than 10 or 20 participants. No minimum for online workshops. 10 person minimum for live workshops.

Description of Workshop: Begin with the basics of loom weaving and learn to make a full-sized version of the Metis sash, in your choice of colors. These sashes are patterned after *L'Assomption* sashes worn by Red River traders in the 1800's. Workshop includes 2 projects: Red River scarf (beginner project) and a full-sized custom colored sash. Participants receive a custom loom, pattern and weaving supplies, included in the workshop fee. Two live Zoom meetings provide additional teachings about contemporary and historical sash creation, and connection with the community of Metis weavers. Weavers have 1 year of access to the workshop videos and other content. This workshop is available as a Live weekend workshop as well as an online video workshop. Contact Kalyn@KodiakHerbal.com to register your group.



www.kodiakherbal.com Contact Kalvn@KodiakHerbal.com to register your group.

Lii Sayncheur Flayshii – Metis Fingerweaving

Duration: 6 Hours to learn 4-5 fingerweaving patterns. This workshop can also be done as a series of 2 hour workshops, with a new pattern in each session. **Online & Live Version Available

Discounts for groups larger than 20. Minimum 10 participants.

Workshop Description: Finger-weaving is a method of thread-twining that originated with the Algonquin Peoples of Eastern Canada. Using only their hands, fingerweavers create solid decorative shapes including arrowheads, diamonds, flames and lightning bolts. This traditional skill is used to make sturdy belts, bands, handles, straps and bags. Each piece is unique, and can be used for a number of decorative and practical purposes; the methods range from simple to challenging as you advance through the patterns. Historical & contemporary meaning and uses of the sash in Metis culture is presented while participants try their hand at various traditional patterns using colorful yarn.

Online Video & Live versions available. The video version contains all teachings, history, and all patterns. Access to videos is granted to participants for 1 year. Online participation price is currently set at \$98/person, with discounts for groups over 10 or 20.



Metis Wolf Willow Rosaries

Duration: 2-3 Hours

****Online & Live Version Available**

Discounts for groups larger than 20. Minimum 10 participants.

Workshop Description: Silverberries or wolf-willow berries are a sweet, sparkly berry used by the Metis to decorate clothing, make jewelry, create powerful medicine and even make dessert. The Live version of this workshop includes a short nature walk (when possible) to identify, meet and make an offering to the Rosary Bush. Gathering of berries is also done (where gathering is permitted).

Online Video Version: Following along via video, participants learn to prepare berries from scratch for beads, medicinal tea and 'Metis ice-cream'. We'll make our own rosary, prayer beads or necklace. Where to find wolf willow, respectful harvesting and how the Metis use this plant for healing are included with downloadable handouts.

Silverberries & jewelry-making supplies included.



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Metis Medicine, Food & Tools from the Plant People – *Lii Bonn Michinn*

Duration: 2 hours

Discount for groups larger than 20. Minimum 10 participants.

Explore the traditional medicine of Canada's Metis Homeland. We'll discover cultural, safety and ecological considerations of wild-harvesting, and talk about how the Metis make and use medicines, clothes and food out of raw materials. 5-6 species of plants & fungi will be identified, introduced and discussed for their food, medicine, tool & shelter uses. Historical practices in Metis medicine will also be presented. **Online & Live Version Available



Metis Tree Medicine – *Muskehke Mitos dii Michif*

Duration: 2 hours

Discounts for groups larger than 20. Minimum 10 participants.

The Live workshop includes a tree identification walk for up to 4 poplar species/hybrids, and is great when done outdoors, cooking over the fire or camp stove. Medicine gathering (where permitted) is possible, or the instructor will provide materials pre-harvested. Two medicines are created for participants to bring home. Online version includes live video instruction & supplies included for salve making.

Workshop Description: Healer, pain-reliever, sun screen, sour-dough bread starter – All gifts from the Poplar family! Poplar is the ‘*Man’s Best Friend*’ of trees, used by Metis & many other cultures around the world since the beginning of time. We will go on a hike to meet the stately balsam poplars (and other tree-cousins in the Populus family), then brew & sample traditional balsam medicines.

History & protocol teachings are included in this lesson, as always! We finish off our celebration learning by making a medicine salve together.



The Metis Seasonal Round – Traditional Living Calendar

Duration: 90 min. per season

Discounts for groups larger than 20. Minimum 10 participants.

The life of Metis people is traditionally guided by the Seasons, each month providing another connection to nature and a chance for growth & plenty. From material culture to ceremony & religious practices, the Metis have a multitude of activities associated with each Moon of the year. This teaching is a 4-part workshop that can be presented over the course of 1 year, or for individual seasons or holidays.

This workshop includes:

- Traditional Food sources, harvesting & preservation methods
- Craftsmanship, art & material culture in all 4 seasons
- Historic laws, religious practices & belief systems
- Story-telling, family relations & child-rearing

