



# Metis Culture Experiences

**Engaging Group Activities with an Indigenous Twist! Single sessions \$600, 3 same-day sessions for \$1500. Supplies always included. Indoor/Outdoor, Zoom & In-Person options available for most experiences. Host at our apothecary for groups smaller than 8. Mileage may apply for programs outside of Calgary area.**

	<p><b>Metis Sash Weaving</b> <i>90 mins. Supplies Included</i></p>	<p><b>Finger-weaving or Loom-weaving Activity</b></p> <ul style="list-style-type: none"> <li>🕒 Host up to 15 people/session. Create a finger-woven bracelet or try out the loom while learning history &amp; meaning of the Metis Sash.</li> </ul>
	<p><b>Metis Scavenger Hunt</b> <i>90 minutes</i></p>	<p><b>Plants with Historic Health &amp; Food Uses</b></p> <ul style="list-style-type: none"> <li>🕒 Host up to 15 people in a local park for a clue-driven scavenger hunt featuring Metis artifacts &amp; plants used for food &amp; medicine.</li> </ul>
	<p><b>Metis Plant Culture</b> <i>90 minutes</i></p>	<p><b>Metis Medicine, Food &amp; Tools from Plants</b></p> <ul style="list-style-type: none"> <li>🕒 Visual presentation on Metis relationships with Plants, our Medicine and Life on the Prairies.</li> </ul>
	<p><b>Metis Seasonal Traditions</b></p>	<p><b>A Year in the Life of the Metis - 1 of 4 Seasons</b></p> <ul style="list-style-type: none"> <li>🕒 Visual Presentation. 1 Season = 90 minutes, or Enjoy a quick overview of the whole Year.</li> </ul>
	<p><b>Metis Storytelling</b></p>	<p><b>Metis History and Cultural Awareness</b></p> <ul style="list-style-type: none"> <li>🕒 Up to 15 people/session. Circle story-telling From the words of Marie Rose, Metis Author &amp; Historian from Red River/Pincher Creek.</li> </ul>
	<p><b>Art of the Blend Tea Party</b> <i>GF, DF, Vegan options available</i></p>	<p><b>Sample Herbal Teas &amp; Finger Foods</b></p> <ul style="list-style-type: none"> <li>🕒 \$95/person, min. 6 people, 2 Hours. Fun &amp; tasty culture experience! Host in our space (8 person max) or yours (up to 30 people).</li> </ul>
	<p><b>Metis Flower Beadwork</b> <i>Supplies Included</i></p>	<p><b>Metis Flower Beadwork Activity</b></p> <ul style="list-style-type: none"> <li>🕒 \$95/person, 5-15 people, 2 Hours. Discover the Unique beauty of the Flower Beadwork People. Create a beaded pin or hairband to take home.</li> </ul>