

# Laboucan Lodge

Keith Laboucan - Lodge Keeper and Facilitator

Keith Laboucan, member of the Driftpile Cree Nation, is the owner and founder of Culture Is My Curriculum (CIMC), which helps guide others in the deeper understanding of Indigenous history, teachings, and story-telling. He is a seasoned performer of various art forms, including pow wow drumming and singing, and is also a multi-award winning hip-hop artist.

Keith is honored by those aforementioned experiences; however, the sweat lodge (matotisan) has become a larger part of his lifestyle. He now carries on family traditions instilled within him through his bloodline as intended by his late mother, grandparents and great grandparents. The sweat lodge is a powerful mind, body and spiritual healing ceremony. It is often referred to as the womb of Mother Earth. The lodge provides him with an opportunity to not only communicate with the ancestors (aniskac wahkomakanak), but also a chance to embrace the interconnectedness of spirituality while simultaneously harnessing its unique abilities.

Since its inception over 10 years ago, the Laboucan Lodge has hosted cultural experiences to several community members, international delegates, provincial agencies, schools and individual requests as needed. Many have expressed their gratitude for increased well-being through mental, physical, emotional, and spiritual balance.

Sweatlodge Teaching:

Lodge Keeper and Facilitator, Keith Laboucan (and Family)

This session will take place at the Laboucan residence in Driftpile Cree Nation.

All participants will arrive in Jousard and transfer to a connecting route directly to the land base for the day. Lunch will be provided on-site prior to the ceremony and conclude with a traditional feast once the lodge has completed.

#### Dress Code | Guidelines

- ❖ Men - Shorts (Trunks) and Towel (no black base colors)
- ❖ Women - Long Dress or Ribbon Skirt and Towel (no black base colors)  
Note: Women are not permitted if on moon time
- ❖ Lodge holder will provide an orientation on conduct prior to ceremony, including when to present protocol, smudging personal items, etc
- ❖ Washrooms and trash bins are accessible on-site