



*“Deepening our connection to nature through Ancient Wilderness Living Skills”*



STICKS & STONES WILDERNESS SCHOOL and EARTH MENTORSHIP PROGRAMS present



# EMPOWERING ANCIENT WAYS

This program has come together after much introspection as to how to thoroughly incorporate as many universal wilderness skills and teachings as possible into a week-long class. Empowering Ancient Ways is a foundation course which offers a comprehensive introduction to the many key components of Wilderness Living. Dynamic content has been carefully selected to give participants a broad skill set and a sense of deeper connection to nature.

## Course Topics Include:

- Shelter, Water, Fire, Food
- Wildlife Tracking
- The language of nature, concentric rings and baseline symphony
- Stone, bone, and antler tools
- World of Tree & Plant Fiber-Harvesting, Processing & Preserving
- Tanning and Preserving Hides & Animal Skins
- Wild Edible, Medicinal and Utilitarian plant applications
- Traditional Hunting and Trapping methods
- Stalking, Natural Movement, and Camouflage
- Caretaker Ethics Emphasized
- Empowering our ecological footprint
- Traditional cooking and food preservation
- Container-making, and more!

For more details or to register, please visit [www.sticksandstoneswildernessschool.com](http://www.sticksandstoneswildernessschool.com)  
email [sswsinfo@gmail.com](mailto:sswsinfo@gmail.com) or call (519) 216-6842



### When:

April 25 - May 1, 2010

### Where:

Kimbercote Farm  
Heathcote, Ontario

### Cost: \$650

Price includes instruction, course materials, meals and accommodations.

\$300 deposit due by March 15th

