



# Camp Yowochas

## Activity Guide

# Natural Sauna

Camp Yowochas' natural sauna is similar to a sweat lodge. This unique experience has participants in a log and soil structure that is heated naturally. Metal plates are placed into a fire for approximately three hours and then put onto the shelf in the sauna. Water is then poured onto the plates to create steam. A group of 10-15 can sit and relax after a hard day at play. Participants can choose to wear swim suits or clothing into the natural sauna.

### Program Specifics

- ◆ Groups up to 15
- ◆ Well suited for all ages
- ◆ Available year– round
- ◆ Participants can help with the fire building process
- ◆ Participants will have the opportunity to visually see how the natural sauna works from start to finish.
- ◆ This activity is led by a Camp Yowochas trained staff



### Safety Considerations

Activity is closely and constantly supervised and time spent in the sauna is limited for all participants. The participants in the sauna are separated from hot plates by a barrier, and water is available to extinguish the fire at all times.