



UNIVERSITY
OF MANITOBA



SMUDGING LOCATION

THIS ROOM WILL BE USED AS A SMUDGING LOCATION

Smudging is an Indigenous tradition which involves the burning of sweetgrass, sage and/or cedar. Sage and cedar smudges produce a very strong and distinct aroma but the smoke associated with it is minimal and lasts a very short time. Sweetgrass has a very mild aroma and produces less smoke. A smudge is burned primarily for purification and to help to create a positive mind set.

Under the Province of Manitoba's "*The Non-Smokers Health Protection Act*" smudging is permitted. The University of Manitoba has recognized that smudging is a part of the Indigenous traditional way of life and is therefore permitted on campus.

FROM: _____ **TO:** _____

DATE: _____

For more information contact:

The Indigenous Student Centre
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