



Smudging

Smudging involves the burning of traditional medicines such as sweet grass, cedar, and sage during Indigenous events.

This practice is based on traditional beliefs that the smoke produced is a means of purification and creates a positive mindset for those involved. The smoke is minimal and often dissipates quickly. Today we will be smudging with sage.

Smudging is voluntary.

If you do not wish to smudge, please inform the smudging team as you enter the meeting room.

The University of Windsor's Smoke-Free Campus Policy provides an exemption for burning or use of sacred and traditional medicines by Indigenous peoples for spiritual or cultural purposes in accordance with section 19 of the Smoke-Free Ontario Act. For more information, please visit uwindsor.ca/SmokeFreeCampus.



University
of Windsor