



Sharing stories, finding solutions

NOTE. DJIRRA'S KOORI WOMEN'S PLACE (KWP) IS CLOSED FOR RENOVATION SO WE'RE TAKING OUR WORKSHOPS OFFSITE DURING NOVEMBER AND EARLY DECEMBER 2019.

KWP presents

Wayapa Wuurrk at Vic Park Oval

Are you feeling disconnected from the world around you?

Come and hear from Gunditjmara/Muthi Muthi woman Mikaela Egan, as she shares wellness through Wayapa Wuurrk: An Earth Mindfulness Practice.

Wayapa Wuurrk translates to "Connect to the Earth" in the languages of the Gunditjmara and Gunai people. Based on ancient Indigenous wisdom, Wayapa combines mindfulness, narrative meditation and physical movement. By including EARTH into MIND, BODY SPIRIT, we can truly create holistic wellbeing and sustainability.

Wayapa is a lifestyle of reconnection, reigniting our innate connection as Aboriginal people to mother earth and all the elements that she has in order to create balance in our planet and within our own spirit. Are you ready to connect to mother earth on a deep and meaningful level?

Wear comfortable clothes

Workshop details

When: Wednesday 27th November

Time: 11am - 12:30pm (Lunch provided)

Where: Victoria Park Oval,
Lulie Street Abbotsford. If you're not sure where to go, the KWP team will leave Djirra at 10.50am (approx. a 3 minute walk).

Places are limited, please register by contacting our Koori Women's Place team on 9244 3333 or kwp@djirra.org.au

How to find us: Hoddle St buses and Victoria Park station are with an easy walk of Djirra's KWP. Free 4 hour parking is available on Lulie St, Abbotsford.

1800 105 303

www.djirra.org.au

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