



Sharing stories, finding solutions

# KWP presents

## Wayapa Wuurrk

*Are you feeling disconnected from the world around you?*

*Hear from Gunditjmara/Muthi Muthi woman Jacara 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 10th June

**Time:** 12pm - 1:30pm

**Registration is a must. We'll share the zoom ID on the day.**

**KWP workshops are free and open to all Aboriginal women**

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

1800 105 303

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