



Sharing stories, finding solutions

KWP presents

# Virtual Wayapa Wuurrk

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

*Come and 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?*

## Workshop 1: Introduction to Wayapa

**When:** Monday 6th July

**Time:** 10am - 11:30am

## Workshop 2: Deeper connections

*This session will build on the introduction work shop and take a deeper dive into the world of Wayapa - The session will tailor Wayapa to your own self care and your work with the community. Utilising a combination of yarning and the move went practice.*

**When:** Thursday 9th July

**Time:** 10am - 11:30am

**Join for one or both**

***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

[www.djirra.org.au](http://www.djirra.org.au)

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