



Sharing stories, finding solutions



KWP presents

The art of meditation!

Lee Couch is a proud first nations woman from the Gamiilaroi Tribe Northern NSW born and raised on the lands of the Kulin Nation. She is an accredited mindfulness meditation teacher, earth educator and personal development facilitator with over 10 years' experience in health and wellness.

The workshop offers a safe and supportive environment.

The Art Of Meditation offers a new approach to healing by providing an interactive approach to meditation. The design of the program is to assist participants in connecting, expressing emotion, feel more grounded and at ease through art therapy, cultural connection, and yarning while increasing opportunities for healing of individuals. The journaling of your experience through art, drawings, and symbols encourages a more intuitive way of thinking and captures your sense of connection.

Strictly limited.

When: Wednesday, 16th December

Time: 11am - 12:30pm

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

1800 105 303

www.djirra.org.au

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