



Sharing stories, finding solutions

KWP presents

Self-healing journey Meditation series

Lee Couch is a proud Gamilaroi woman, born and raised on the traditional lands of the Kulin Nation. She is an Accredited Mindfulness Meditation Teacher, Earth Educator, and Personal Development Facilitator with over 15 years of experience in Health & Wellness.

Her service is "Holistic Wholeness," weaving the gifts from Mother Earth into her First Nations Business as a guide to heal. Earth Mindfulness is a practice of Aboriginal culture that connects you to the spirit of the land. She believes acknowledging and embracing spirituality is a gift that recognises the importance of taking care of ourselves, our spirit and land whilst healing the mind, body.

In this one hour 4 week series, participants can expect to engage in their healing journey through deep listening and expressing emotions and yarning. All materials supplied.

When: Self-Love - Wednesday 7th April
Inner Child - Wednesday 14th April
Forgiveness - Monday 19th April
Gratitude - Monday 26th April

Time: 10.30am - 11:30am

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

 @DjirraVIC

 Djirra

 DjirraVIC

