



Sharing stories, finding solutions

KWP presents

Maarumali Workshop

Maarumali translates to heal in the Gamilarray language.

In this workshop, Lee empowers you with tools and information to be the healer on your healing journey using her essential oil blends maarumali & wadhi. She will take you on a step-by-step journey on how to use the blend and the four stages of healing, physical, emotional, releasing limiting beliefs and spiritual connection. We will conclude with a gentle breathing meditation to connect to Country.

Participants are required to bring the essential oil blends, a pen, and paper.

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.

Workshop details

When: Thursday 28th October

Time: 11.00am - 12:00pm

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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