Djirra

Sharing stories, finding solutions

KWP presents

Wala Mindful Movement Workshop

(strengthening spirit through meditation & yoga practices)

Thara is a proud Yorta Yorta woman living on Wurundjeri Country. She has a love of culture and country, and expresses this with her passion for dance, movement, and creative arts. Wala Connections works with young people and women delivering dance and movement workshops.

This is a cultural safe and inclusive workshop with options and choice in how you participate. We will be encouraging movement for energy release and healing, though participants are welcome to observe.

Workshop details

When: Thursday 4th November

Time: 10.00am – 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

Please register by contacting our Koori Women's Place team on 9244 3333 or kwp@djirra.org.au