



Sharing stories, finding solutions

KWP presents (after hours)

Mapping our Emotions with Lee Couch

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

This is an incredible session that allows you to tune into the body and reflect on how you are functioning and what emotions or pain are present, we will look at the deeper meaning of what you are carrying through a metaphysical lens and conclude with a breathing meditation.

Workshop details

When: Wednesday 8th March

Time: 5.30pm - 6.30pm

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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