Media Release

Monday March 13th *For immediate release*

YUIN HEALING TRAIL: AN IMPORTANT EVENT AS WE MOVE TOWARDS A VOICE TO PARLIAMENT, TRUTH TELLING AND TREATY

Familiarity with Culture, Community and Country increases comfort and confidence in decision making

Important research undertaken by Reconciliation Australia through their Workplace RAP Barometer (2022) with 32,566 employees in over 200 RAP organisations shows that exposure to Cultural experiences within the RAP framework, hugely impacts attitude to reconciliation. A 20 -30% difference in attitude exists between the general public and those who have attended 2-3 RAP activities on indices such as importance of relationship between First Nations and non-indigenous Australians, importance of learning about past issues of European colonisation and importance of undertaking truth telling processes.

The Yuin Healing Trail will provide an opportunity for incoming tourists and residents to experience a weekend of First Nations Culture and nature-based Wellness activities to Connect with Country. Ngungwulah Aboriginal Corporation and SoulAdvisor, alongside Shoalhaven Council are bringing this opportunity together to emphasise healing and wellness with events held by our First Nations community and the wider wellness community in an accessible, informative and inspirational way contributing to a better future for us all.

Shoalhaven is in Yuin Country and known for its white sandy beaches, rejuvenating rainforests, stunning coastline, pristine hinterland and collection of gorgeous coastal towns. It's no wonder we've been chosen as one of the leading wellness destinations in Australia by Well Traveller.

This event is being built on a regenerative tourism framework that, in the words of Matt Sykes, founder of Regeneration Projects emphasises 'a generative mode of operation that improves the well-being of all'. The Yuin Healing Trail encourages relationship with Community, Culture and Country, so that when the weekend finishes, both the visitors and our destination are better off.

The invitation is to drive from Berry to Jervis bay, Kangaroo Valley to North Durras and drop into all that is on offer to be part of the unfolding story of this place. Our local Yuin businesses working in the Cultural Tourism space will be reaching out with stories and offerings that are all about a return to connection for us all and a chance to 'walk in two worlds' to experience a different way of seeing things.

When: 13th-15th October,

What: 30+ experiential and immersive offerings will foster reciprocal healing on Country such as storytelling, connecting to Country, Yuin astronomy, smoking ceremonies, weaving, bush tucker, women's gathering tents, painting up and understanding the cultural significance of ochre, a Sorry Business tent, meditation and mindfulness, movie showings and discussions of cultural burning, Wayapa Wuurk, yoga classes, open days and offerings from health practitioners, wellness menus at food providers, led bushwalks,participatory art workshops, men's circles and so much more.

How: Stay tuned for the launch of YuinHealingTrail.com.au at our launch on Friday May 5th . This website will provide a trail of local providers and events so you can map out your journey to wellness.

For all details contact Cate Peterson, Director of Ngunwulah who says:

"*Our definition of wellness is very broad and explores the First Nations way of looking at health and wellness. It's multigenerational, it's knowing who you are, and it's all about having a strong sense of purpose based on lineage and connection to family, community and above all Country. When it comes to the Yuin Healing Trail here in the Shoalhaven, this includes everyone from restaurants to astronomers to creators - anyone and everyone who enhances wellness and the way that we define it".*

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