Media Release

June 2nd 2023 *For immediate release*

EMBRACE INDIGENOUS EARTH CONNECTION AT YOUR LOCAL PARK

The Wayapa Way - Reconnecting to Earth, Spirit and Self

There is a reason that First Nations peoples refer to our planet as Mother Earth with profound significance.

She is our sustainer, providing us with all of the necessities we need for life. By acknowledging her as our Mother, we honour the interconnectedness that ensures our wellbeing.

When we lose our connection with the Earth and neglect this relationship, we sever this natural harmony and disrupt the balance that nourishes and sustains us.

It is crucial for us to restore our connection and recognise our reliance on our planet, fully embracing our role as its caretakers. Only then can we re-establish the reciprocal bond that nurtures and sustains all life.

It is with this belief that showcasing Wayapa Wuurrk® across Shoalhaven plays a vital role in SoulAdvisor and Ngungwulah Aboriginal Corporation's lead up to the Yuin Healing Trail.

In 2014, Jamie Thomas and Sara Jones co-founded Wayapa Wuurrk® in consultation with Jamie's Elders and community. Wayapa Wuurrk® means "connect to the Earth" in the language of the Maara and GunaiKurnai peoples respectively.

No matter how many gym sessions we do or steps we count, we cannot be well if Mother Earth is sick.

Wayapa® was created to change thinking around how we view the idea of what it means to be well. It adds the most important word - Earth - to the well-known concept of mind body spirit wellbeing.

Jamie says *"imagine if all 7.5 billion people on Earth took care of their own special place".*

Now an internationally-accredited modality, Wayapa® is an earth connection practice which is all about reconnecting the disconnected and providing practical, sustainable measures for generations to come.

Wayapa® offers a powerful combination of Earth mindfulness, narrative meditation, physical movements and environmental stewardship. By living the Wayapa® way, we can rediscover our sense of belonging to the Earth and restore holistic wellbeing.

Four certified Wayapa practitioners Michele Heaton, Shane Venables, Dr Jodi Edwards and Stuart Wolf will be introducing this modality across the Shoalhaven region between 21 -25 June 2023.

These sessions are proudly supported and funded by NSW Office of Sport. Thanks to their kind generosity, residents and visitors of Yuin Country can come and try Wayapa® for free. It is a physical as well as a talking practice but accessible for all.

Tickets are limited, so please book your complimentary ticket via the SoulAdvisor events page to secure your spot.

SoulAdvisor's purpose is to be a global facilitator of health and wellness through access, education and advancement of traditional and complementary therapies. SoulAdvisor is honoured to play a role in helping others grow an understanding and respect for traditional healing and knowledge through their curated content, collection of videos, events and qualified facilitators.

Ngungwulah Aboriginal Corporation's primary objective is to advance Aboriginal and Torres Strait Island people's culture within the Australian wellness community and beyond to heal Country and all of us living on Country. Through respectful introduction of conversation, learning opportunities and communications they assist in integrating First Nations' ways of being, doing and knowing.