MEDIA RELEASE

September 11, 2024

Invitation to Join the **Yila Healing Trail**
October 11–20, 2024
Locations Across Shoalhaven

The Yila Healing Trail, a transformative 10-day festival in the Shoalhaven, is set to celebrate community and individual healing through our natural environment and the indigenous teachings on **Connection to Country**. This groundbreaking event is an invitation for locals and tourists alike to immerse themselves in a unique program of cultural knowledge sharing, wellness practices, and connection to nature, led by First Nations Elders, Traditional Custodians, and local facilitators.

Promoting Indigenous Wellness and Cultural Knowledge
The Yila Healing Trail is an exciting new project designed to restore Indigenous wellness practices while creating employment opportunities for First Nations peoples and local communities. Over the past 18 months, Ngungwulah Aboriginal Corporation has hosted a series of cultural events building toward the 10-day Yila Healing Trail.

Participants can engage with programs on Yuin Astronomy, Local Seasons and Stories, Connection to Country walks, Bush Tucker, Cultural Burning, Honouring Creation Ancestry, Dying on Country, Women's Business and more. Many events are free or subsidised thanks to the generous support of the Department of Regional NSW – Stronger Country Communities Fund.

"The funding allows us to promote Traditional practices to the wider community while rekindling a deep love for Country. We invite everyone to join the Yila Healing Trail, to connect deeply with Country and challenge yourself to become a steward for land, sea, rivers and skies."
- Ngungwulah Aboriginal Corporation Director Uncle Paul McLeod

A Wide Range of Activities for Everyone
In addition to cultural experiences, the Yila Healing Trail includes events focuses on nature connection and wellness. Highlights include:

- Deep Ecology pioneer John Seed in an intimate gathering at Barn on the Ridge and an immersion the following day
-A dinner at Silos Winery featuring Michelle Maloney, co-founder of the Australian Earth Laws Alliance, leading a dinner discussion on “Evolving to Stewardship.”,Nabu Deidre Lowe, the first Aboriginal woman on the Australian Conservation Society board and Professor Tonia Gray, a tireless advocate for outdoor play.
- Shoalhaven Bereavement Services shining a light on end-of-life through events in local graveyards and halls.
- Creative workshops at Madcow Studios and sunrise horse riding along the beach.

“The Yila Healing Trail highlights ways to be a healthy, happy, grounded human in reciprocal relationship with this beautiful planet.”
- Ngungwulah Aboriginal Corporation Director Uncle Paul McLeod

Grand Finale with Local Schools and the Nature Conservation Council
As part of the Yila Healing Trail over 500 students across the Shoalhaven have been gifted traditional clapsticks and taught a Dharawal/Dhurga language song about connection. These students will perform the song at the trail’s grand finale, coinciding with the Nature Conservation Council’s Picnic for Nature event in Ulladulla.

The Yila Healing Trail provides a unique opportunity for both locals and visitors to engage with nature and Indigenous culture, fostering an understanding of the depth of knowledge First Nations peoples hold. As Uncle Paul emphasised, “Respect for Country is respect for oneself.”

For more information and bookings, visit us HERE

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