

1 Day Wellbeing Immersive Experience In Lower Hermitage

for members of the public

JUNE
21
WEDNESDAY

9:30AM - 4PM ACST

\$450 per person

Only 10 places available

CLICK HERE
TO REGISTER

Connect to the glorious natural surroundings of Kurna Country - A place to be fully and authentically you

Feeling a little flat and overwhelmed? Pulled from pillar to post constantly between work, family and other commitments? Feeling like your inner fire is extinguished and disillusioned with your life?

How much time do you allocate to fully switching off the phone, practising self-care and connecting to Country / nature? How would your life improve if you did?

Embrace the opportunity to possibly reconnect with yourself, or strengthen your team, in our incredibly spiritual and therapeutic Bidagubala (becoming quiet) yarning circle with Indigenous connectedness. Connect and explore relationship with yourself, with others and to Kurna Country, surrounded by wild birdsong. Regular visitors are grey kangaroos and koalas, with an array of birds such as wrens that come very close.

INCLUDES:

- ✓ Indigenous healing practices and Ngardi Guwanda (deep listening),
- ✓ A Kurna traditional smoking ceremony to cleanse our energy, and a Welcome to Country.
- ✓ Therapeutic, culturally-informed and trauma-integrated immersive experiences throughout the day retreat.
- ✓ Fully catered: morning and afternoon tea, and lunch.
- ✓ Will either be outside or inside depending on the weather - both will have a fire. (If inside, avoid if have allergy to cats).