

YogaSphere@ConnectGround

Wayapa Wuurrk

with Allara Pattison

Overview

Wayapa Wuurrk, is an Earth connection practice used to reconnect the disconnected and promote holistic health. The physical modality of Wayapa incorporates 14 earthly elements, deep breathing, deep listening and narrative meditation, all helping us reconnect to the earth.

Practitioner Allara delivers a unique Wayapa experience for anyone wanting to become more connected to the Earth. Sharing stories about her connection to country, she gives advice for others on how to take care of the earth, inherently healing both country and ourselves.

General Information

Venue/ 622 Lygon Street, North Carlton 3054 Victoria

Dates & Times/ Wednesdays/ 19th Feb 6.00 -7.30, 26th Feb 6.00-7.00pm, 4th March 6.00-7.00pm, 11th March 6.00-7.00pm, 18th March 6.00-8.00pm

Cost/ \$125

Book & pay by calling the office on P: 03 9489 6300 or E: admin@gestaltcentre.org.au

Presenter Bio

Allara has been a certified and practising Wayapa Wuurrk-er since the inaugural Diploma intake in 2016. Allara's practice is about creating a lifestyle, based on core values of looking after Mother Earth as a starting point for healing ourselves