

Ngarra-Djarra Gurri Bunmarra meaning 'Heal, Well Health' in the Woiwurrung language of the Wurundjeri Nation, is a First Nations Healing and Wellness practices focused on sistahood, connection and ceremony.

In our wellness space, we unlearn habits that keep us in spaces of exhaustion and disconnection to what is good and what is true.

Engage in practices of a living tradition, of being STILL and one with your mana.

The 'Holding Space' wellness gatherings for women focus on feminine energy work through movement, ceremony, weaving and yarning. These practices return us to traditional medicine, which guide and transform our perception of the world we know, connecting our ancestral blood memory to our knowing and gifting our journey to releasing and renewing our energy.

'None of us are born to journey alone, as a First Nation I learnt early that my community, family and culture are my basic protection from being disconnected from what is good and true to me, my wellness and my healing. Keeping ceremonial practices remind me the importance of caring for self, through sharing medicine, which then connects to the overall wellness of my community'. Terori HA

Sistas joining us will share in ceremony to cleanse, renew, reflect and reconnect to what is true to their own journey, their healing and holding wellness and abundance. Our gatherings are a celebration of all that holds joy and is filled with empowering sistahood, reconnecting to what is natural and holding space to heal.

Women are given a small wellness gift pack with their registration.

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