



CULTURE THERAPY WORKSHOPS

A SENSORY EXPERIENCE



Join Dr Candace Kruger in a *Language in Song* workshop where the fusion of regional Yugambeh language and song provides a powerful pathway to cultural enrichment and personal well-being.



Weaving Cultural Connections with Erica Euell.

Discover how weaving promotes mindfulness and well-being, as the intricate dance of patterns and fiber fosters concentration and a positive outlook, helping to alleviate stress and anxiety.

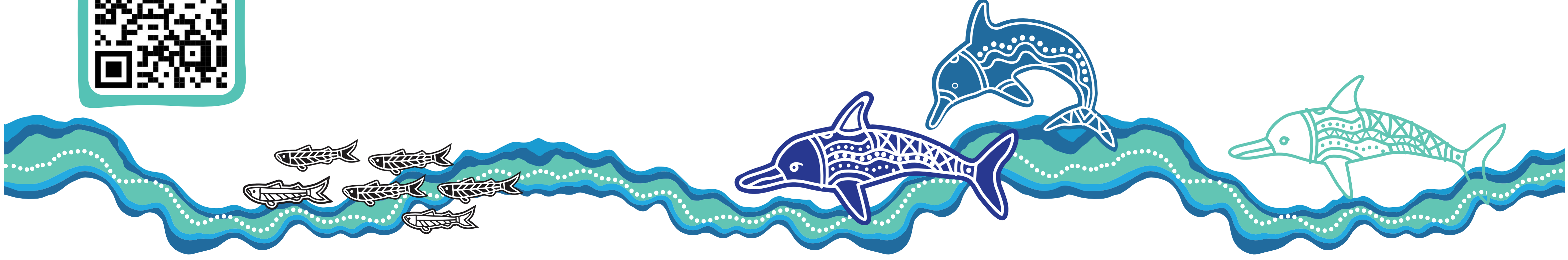


Art and Colour Therapy. Release emotions and stress through the creative process, to combine creative expression with mental well-being to reduce stress, enhance communication and build personal enrichment.



FIRST NATIONS HEALTH EQUITY

is everyone's business!





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Join Glenn Barry and Mark Williams to experience the benefits of *didgeridoo healing*. Discover how the didgeridoo's sound waves can restore your body's natural resonance to foster a state of health and harmony.



Join Lystra Rose to *Scent the Scene* and fill the surrounds with story and culture. Weave words and scents (Sea Country, Campfire Yarns, Rainforest Tracks or Mountain Gums) to heal, refresh, and renew.

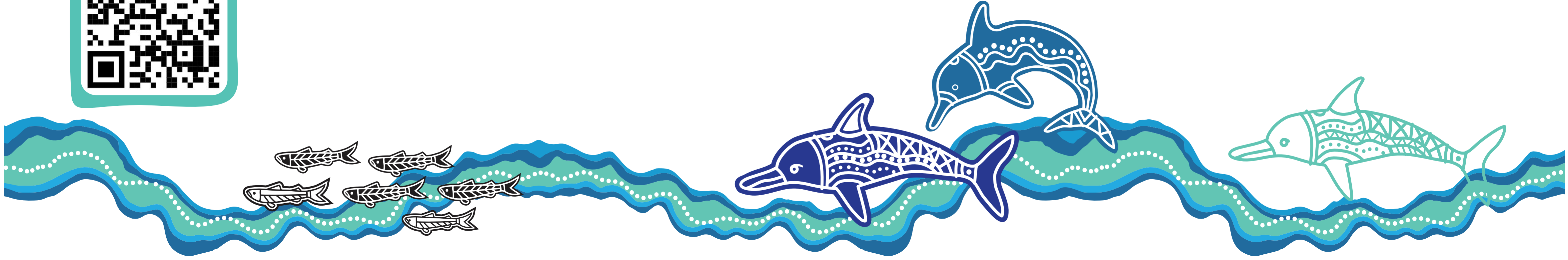


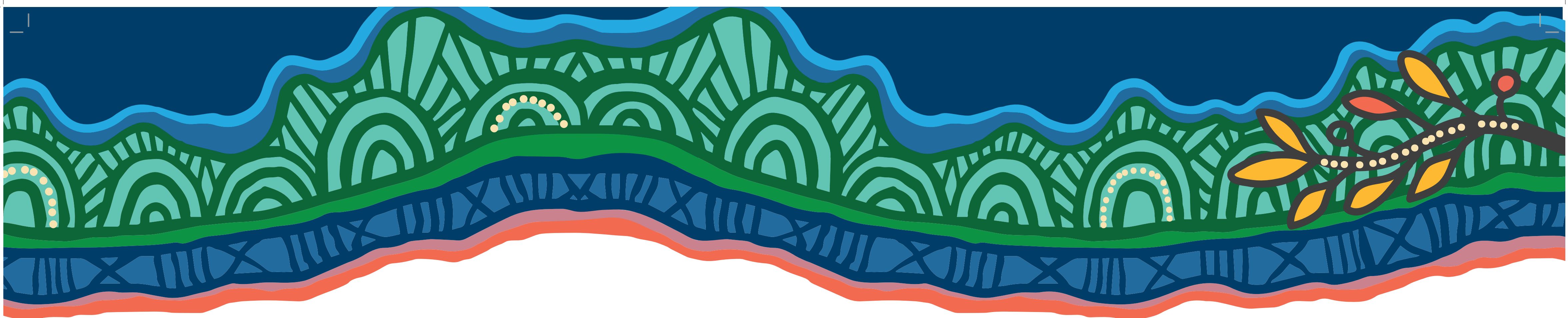
Join Lann Levinge in *Moving Meditation: A Sensory Response to Country*. An integration of First Nations wisdom, knowledges, stories, and culture which explores the profound health benefits of mindfulness, sound energy, and chant through Country.



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Immerse yourself in a profound cultural practice that embodies story, ritual, and spiritual connection of Aboriginal peoples through Biren Cultural Group's expressive movement and intricate patterns.



Celebrate with the Wagga Torres Strait Islander dancers as they showcase the vibrant expression of the rich cultural heritage of the Torres Strait Islands, characterised by intricate footwork, dynamic movements, and storytelling through performance.



Join Kyra Togo to create woven pieces that embody the beauty in functional artwork. Participants will be supported in an immersive exploration of weaving to discover the tangible link between the weaver, Country and Ancestors.



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