





Cultural Acknowledgement






Wayapa Wuurrk translates to “**Connect to the Earth**”
in the languages of the Peek Whuurrung Maara
and GunnaiKurnai Peoples

Wayapa Wuurrk





"I believe that we are all Earth people, some are just more disconnected than others. As an Aboriginal person, it is my responsibility to share my connection to this Country and teach others how to respect and care for it, to heal it and let it heal us. So that is why I created Wayapa."

Jamie Marloo Thomas






So what is Wayapa?

It's a global wellness practice that anyone can do that's based on Aboriginal knowledge of connection to country, earth mindfulness, narrative meditation and a sequence of physical movements to create

Earth Mind Body Spirit Wellbeing.






Why is Wayapa Different?


- It focuses on taking care of the environment as the starting point for true wellbeing
 - We can't be Well if the planet isn't
- It shares the importance of Connection to everything around us
- It's based on Indigenous knowledge passed down from the beginning





Original People's Knowledge

- For 80,000+ years, Aboriginal people Lived Life Well because they lived in Harmony with everything that sustained them
 - They knew they were connected to everything from the moon to the tree to the bird to the rock
 - They observed their environment to survive & thrive
 - They practiced true mindfulness of living “in” the now not “for” the now
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Wayapa has been trademarked &
is only known certified Indigenous Wellness
modality & accredited course with the
International Institute for Complementary
Therapists




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Wayapa is a Lifestyle
rather than just a Practice






Earth Benefits

- Mother Earth sustains us... so what can you do every day to give back to her?
 - Organic food
 - $3 \times 1000 = 3000 \times 5 = 15000 \times 52 = 780,000$ cups
 - Shopping consciously (Good On You App)
 - Two-way energy exchange
 - Small steps can have a BIG impact
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Mind Benefits

- Struggle to meditate? The 14 Wayapa Elements provide a narrative story that stills the mind to focus on the connection.
 - Creates space, clarity, awareness, reflection, healing & slows down the “busyness”
 - Relieves anger, stress, anxiety, depression, disconnection
 - It can be done as a visualisation, great for insomnia!
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Body Benefits

- Wayapa can be done as a physical 20mins movement practice sitting or standing
 - For people of all ages & capacities
 - The Practice energises our bodies, detoxifies, strengthens muscles, lubricates joints, improves balance, increases our immunity, improves neural behaviour patterning to name a few
 - Spending time outdoors is good for the soul
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Spirit Benefits

- Many of us have a feeling of “disconnection”, a void deep inside us, nothing is enough
 - Many numb this painful feeling with retail therapy, too many drinks, watching tv for hours or spending hours on phones & electronics, gambling (sound familiar?)
 - The disconnection we feel is from being cut off from having a relationship with our Mother, which is why we call her Mother Earth
 - When we start caring, we start having a Purpose which makes us feel good – Connected
 - We feel Belonging to our Earth...we understand that we are not alone, we're not isolated
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Our responsibility for providing a healthy planet for the next 1500 generations is a concept that's been lost in this "I" society that has a focus on individual and instant gratification...

It's time to take our ego out of the equation and start picking up rubbish for our own survival.






The Wayapa Practice – 14 Elements

1. The Creator
2. The Sun
3. The Moon
4. The Land
5. Lightning
6. Rain
7. Wind
8. The Tree
9. Air Animal
10. Land Animal
11. Water Animal
12. The Hunter
13. The Gatherer
14. The Child





Wayapa®

- Can be done in 3 different ways:
 - Environmental
 - Personal Experiences
 - Cultural Overlay
 - To receive full benefits of Wayapa, the Concepts, Elements & Movements must be understood first so join me tomorrow at the Wayapa Workshop to learn more
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Wayapa® Aboriginal Made in Australia

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