







# Cultural Acknowledgement



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

Co-Founded in 2014 by  
Jamie Marloo Thomas & Sara Jones



***"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?

An Earth Connection Wellness Practice based on  
Aboriginal wisdom that combines earth  
mindfulness, narrative meditation and physical  
movement to create holistic wellbeing &  
sustainability.



# Why is Wayapa unique?

- It focuses on healing the planet as the starting point for healing ourselves
  - We can't be Well if the planet isn't
- It shares the importance of Connection
- It takes ego out



# Indigenous Wisdom of Wayapa


- World's oldest continuing culture because we lived in Harmony with our environment, not above or below
- We don't believe we are separate from our environment, animals & plants are our family, the earth is our Mother
- It sustains us, we are dependent on it



# Indigenous Wisdom of Wayapa


- We understand that everything is energy, our Mother provides the energy so we must give to receive
- For us, Earth Mindfulness meant observing all of the cycles & seasons for our survival
- Deprogramming genders, we are all Custodians of the Earth





Wayapa is a Lifestyle  
rather than just a Practice

Wayapa creates  
Earth Mind Body Spirit Wellbeing





# 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
  - Small steps can have a BIG impact
  - There is also the way we feel when we spend time outside, it's a two-way energy exchange.



# Mind Benefits

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



# Body Benefits

- Wayapa can be done as a physical 20mins movement practice sitting or standing
- For people of all ages & capacities
- Energises our bodies, detoxifies, strengthens muscles, lubricates joints, improves balance, increases our immunity, improves neural behaviour patterning



# 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, comfort eating, watching tv for hours or spending hours on phones & electronics (sound familiar?)
- The disconnection we feel is from being cut off from having a relationship with our environment, our Mother, which is why we call her “Mother Earth”
- When we start caring, we start having a Purpose to look after our “home” with our daily actions which makes us feel good –it makes us feel Connected
- We feel Belonging, knowing we are a part of something bigger



# Wayapa®

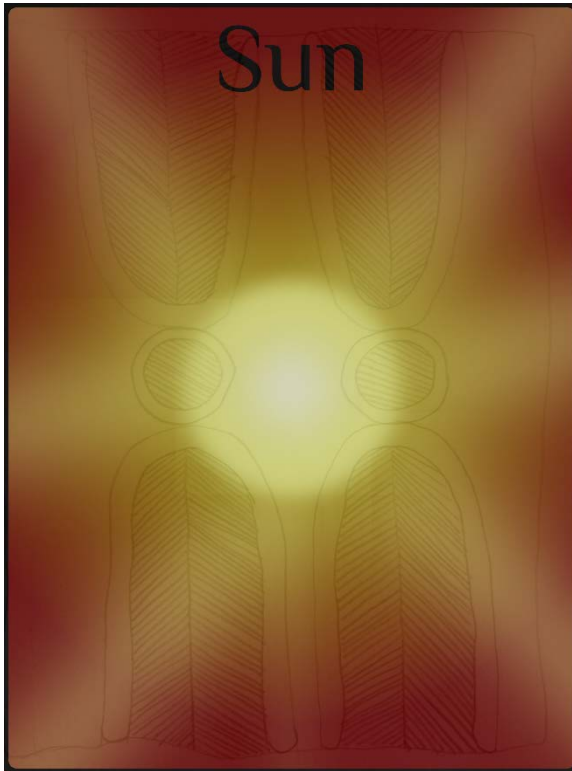
- Can be done in 3 different ways:
  - Environmental
  - Personal Experiences
  - Cultural Overlay
- To receive full benefits of Wayapa, the Concepts, Elements & Movements must be understood first

# Wayapa® – 1st Element



Pernmeeyal, The Creator  
of all that we know  
& beyond

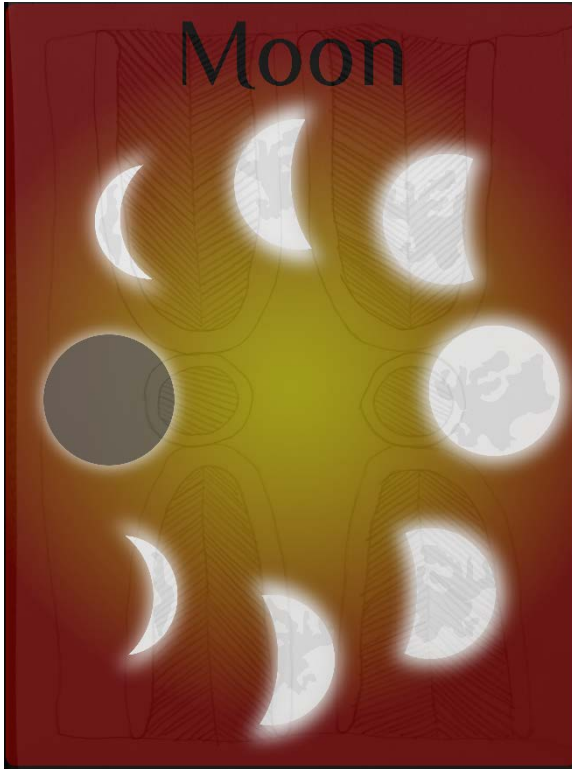
# Wayapa<sup>®</sup> – 2nd Element



Nganong, The Sun

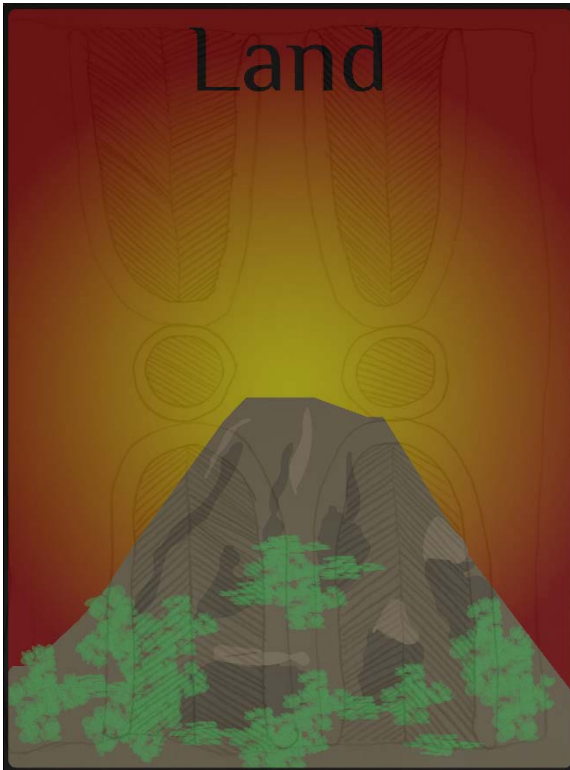


# Wayapa<sup>®</sup> – 3rd Element



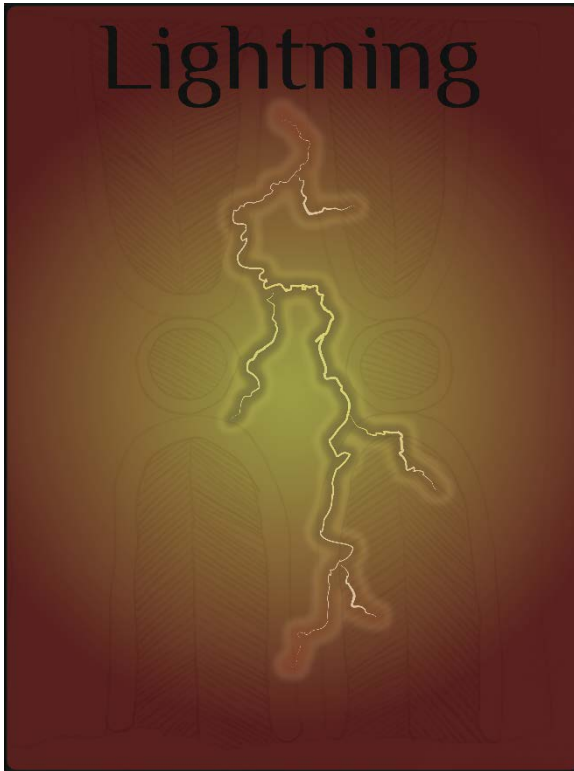
Tarroo, The Moon

# Wayapa® – 4th Element



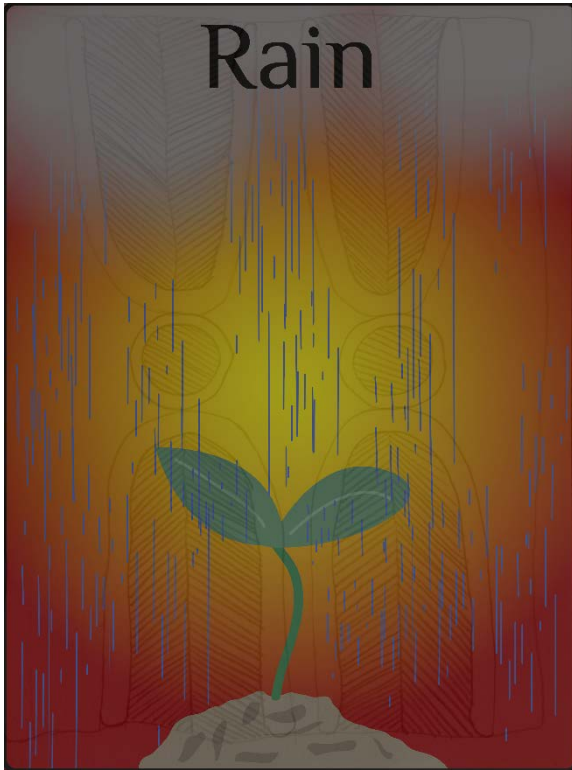
Meerreeng, The Earth

# Wayapa® – 5th Element



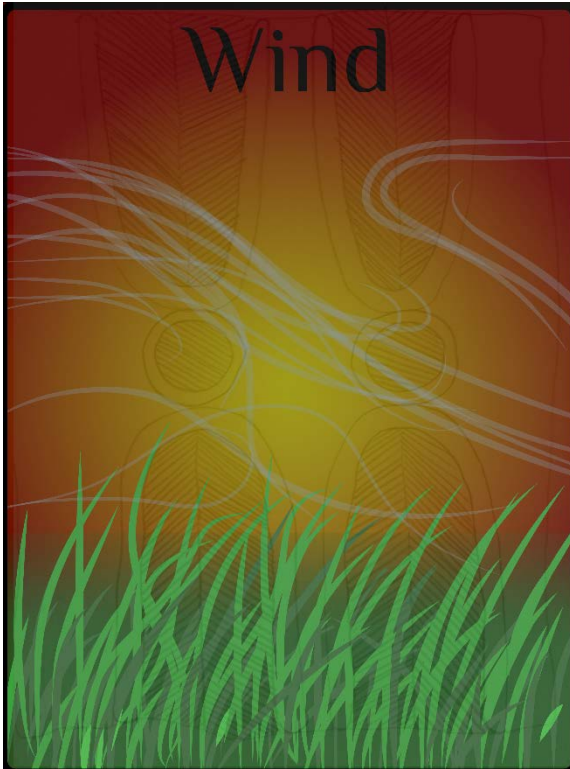
Yawan, Lightning

# Wayapa® – 6th Element



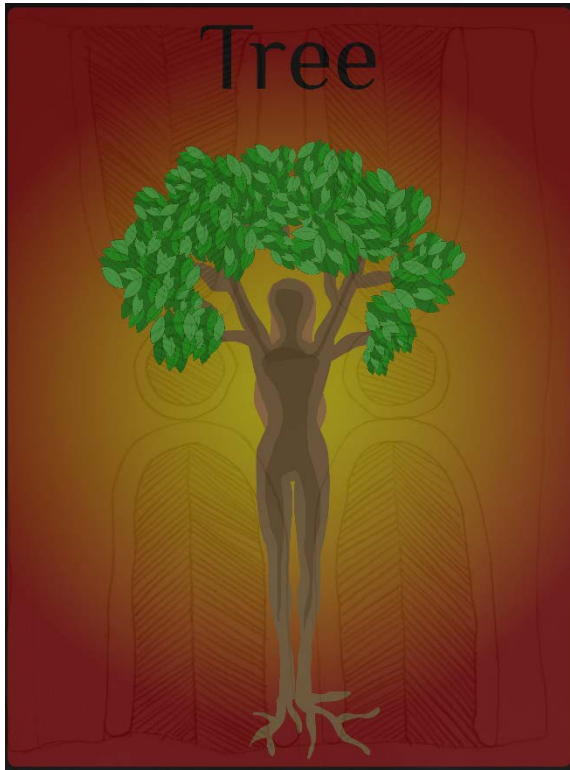
Mayang, The Rain

# Wayapa<sup>®</sup> – 7th Element



Laplap, The Wind

# Wayapa<sup>®</sup> – 8th Element



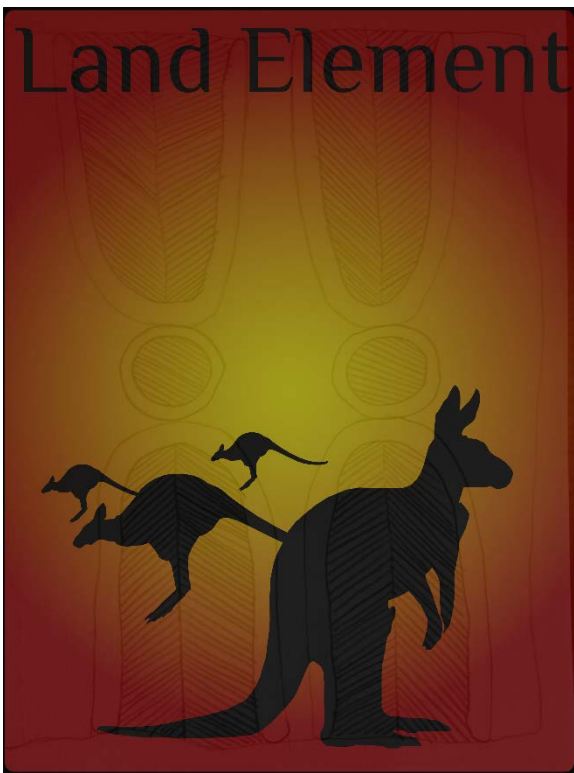
Paleep, The Tree

# Wayapa® – 9th Element



Bunjil, The Eagle  
Air Animal

# Wayapa® – 10th Element



Koorrayn, The Kangaroo  
Land Animal

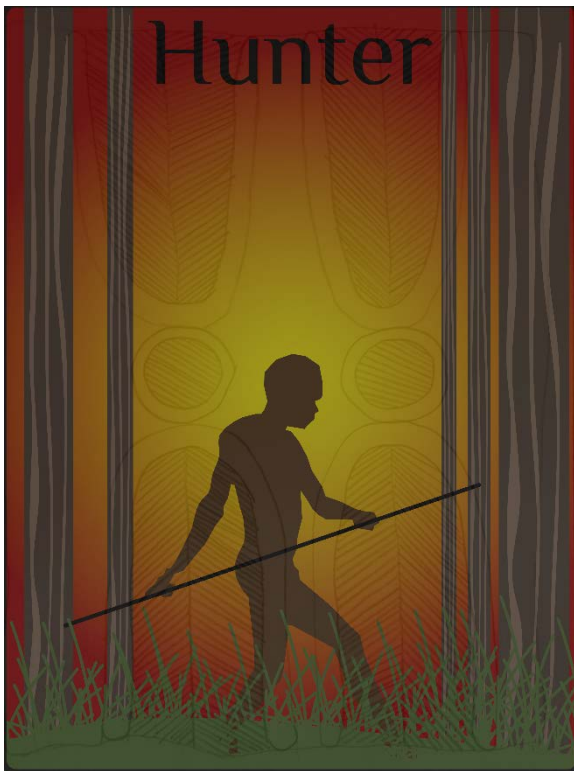


# Wayapa® – 11th Element



Kuyang, The Eel  
Water Animal

# Wayapa<sup>®</sup> – 12th Element



Maar, The Man  
The Hunter

# Wayapa® – 13th Element



Thanampool, The Woman  
The Gatherer

# Wayapa® – 14th Element



Thookay Bpoopoop,  
The Child/The Creator

Wayapa has been trademarked &  
is only known certified Indigenous Wellness  
modality & accredited course with the  
International Institute for Complementary  
Therapists



**International Institute  
for Complementary Therapists**  
*Professional Membership and Insurance for Every Therapist*  
**IICT CERTIFIED MEMBER**



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TRAINING PROVIDER**

INTERNATIONAL INSTITUTE FOR  
COMPLEMENTARY THERAPISTS



# Wayapa Practice

\*Do movements to your own capacity



# How Will Wayapa Change the World?

- Imagine if everyone in the world practiced Wayapa every day? Our focus would be on taking care of the planet to be Well!
- Reconnects people to their relationship with nature
- Places importance on Indigenous Thinking
- Creates employment & economic development for Wayapa Practitioners
- Funds the work of the Wayapa Wuurrk Aboriginal Wellness Foundation to deliver mentoring programs to Aboriginal people
- And most importantly, we create a sustainable future for the planet & us and another 1000 generations



Wayapa® Aboriginal Made in Australia

**Want more?**

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Instagram Twitter LinkedIn YouTube

Online Course “How to Reconnect the Disconnection  
with Wayapa”

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