

WOMEN'S HEALING MOVEMENTS PROGRAM

Unique Get Together Society - Strength of a Woman

Focus on Movement

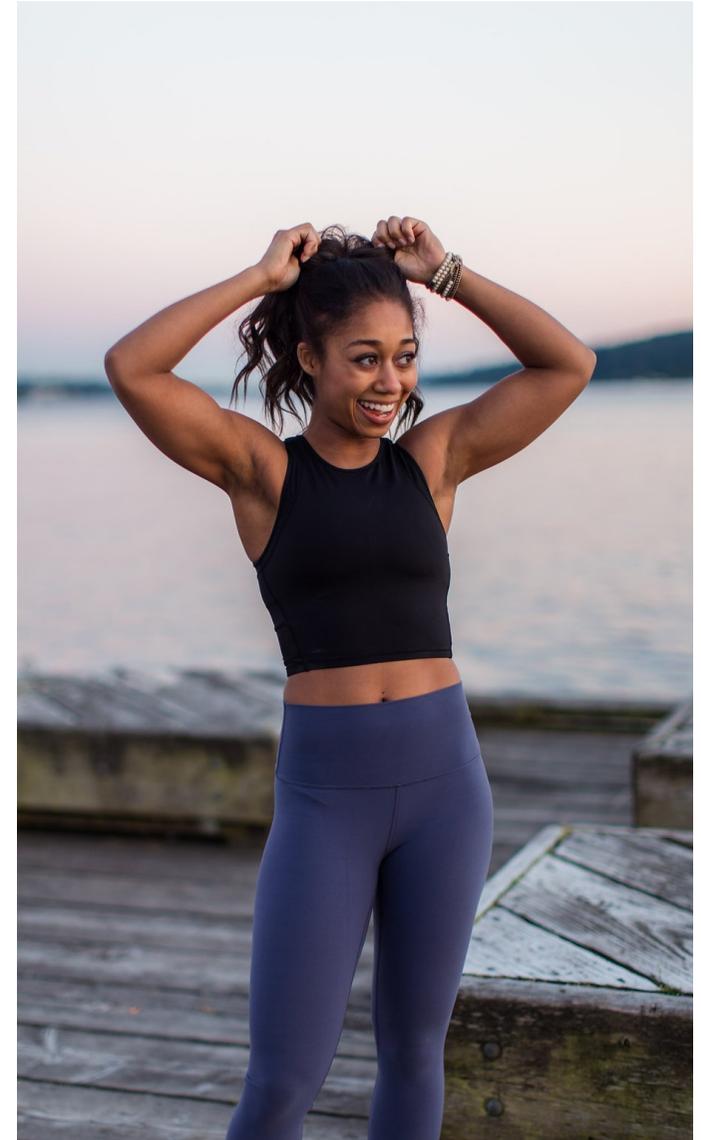
The following programs focus on healing through movement like stretching, yoga, exercise and dance. There are many psychological and physical health benefits to these practices which can assist with healing from generational trauma, abuse, violence or neglect by improving physical and mental health and strength. By moving and energising our bodies we are awakening our spirits as well, connecting inwards to ourselves and outwards to the earth under our feet. Movement is an act of self-love and self-care that can be an anchor to the present moment and stress reliever whenever you need it.

How Movement Heals

Dancing is a celebration of life and pays respect to all of Creation. By moving your body in a way that feels freeing and empowering to you, you are honouring your body, grounding yourself in the present moment and connecting to the earth around you.

Forms of movement explored in this program:

stretching
yoga asanas
exercises
dance



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Acknowledgement of Country

This resource was created on the unceded, sacred lands and waters of the Bunwurrung Peoples of the Kulin Nation. I acknowledge their ongoing connection to country, a connection that has existed for thousands of years. I pay my respects to Elders past, present and emerging who continue to nurture and revive elements of First Nations language and culture that hold an abundance of wisdom and value. I extend this acknowledgement to the First Nations peoples of the sacred lands and waters of the Musqueam, Squamish, and Tsleil-Waututh Peoples who have lived and cared for the lands and waters since time immemorial.

Always was, always will be Aboriginal land.

UGTS WOMEN'S HEALING MOVEMENTS PROGRAM

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