

Each

## Ngarrang Gulinj-al Boordup Team Presents **Wellness Wednesdays**

**We welcome you to Yidaki-led Meditation with Uncle Lionel**

*Awaken your spiritual connection to the rich tones of the didgeridoo*



**When:** Wednesday, 16 June 2025

**Where:** Freeman Street Hall, rear of Each, 75 Patterson Street, Ringwood East

**Time:** 11am – 12pm

**Light Lunch:** A delicious lunch will be served at 12:30pm – please stay and have a yarn

**Who is this for:** Aboriginal and Torres Strait Islander Community

**Registration:** To attend, RSVP to Tash 0410 538 583, and to ensure your catering needs are met

### **Uncle Lionel Lauch of Living Culture will lead the meditation**

Lionel is skilled in the ancient Aboriginal custom of healing with the oldest instrument in the world, the Yidaki. You will be deeply immersed in the rhythmic sounds, grounding you with the land as it moves through your muscles and organs to allow powerful healing to take place.

