

Earth Enspiralled

~ earth connection for wholeness ~

What are *Earth Connections Sessions*?

Earth Connections offer practices to connect and rejuvenate with the power of the natural world. Sessions are designed to spark your imagination, offer hope, and provide the wonderful perspective of earth.

Some activities we might explore:

- sensory walks/ sensory meditations,
- live harp & flute music (played by Moran),
- adopting a tree,
- creating a group mandala,
- sit-spots and journaling,
- nature-based meditation,
- group sharing,
- gentle movement practices,
- and much, much, more!

Why?

We know that connection with the natural world increases overall wellbeing and happiness. Our bodies enjoy green-space and breathing fresh-air, and our hearts love connecting with plants and animals. Sharing earth connection with others is often therapeutic, helping to bring clarity, calm, perspective, and joy.

When?

You can choose between one-off sessions, or 4-week and 6-week programs.

One-off sessions - 1.5 hours

A great taster option to trial if *Earth Connections* will work for your group/organisation, or as a special experience.

4-week to 6-week programs - 1 hour either weekly or fortnightly.

Programs can be designed as either stand-alone weekly drop-in sessions, or as a progressive course.

All programs and sessions are highly responsive to the interests/needs/abilities of participants.

Where?:

Anywhere outside will do! Ideally, a green space such as a garden or nature strip with trees. If there is capacity for a trip further afield, I can recommend several suitable Nature Reserves around *nipaluna/Hobart*. There's also inside options for wet weather.

Cost?:

Individual Participants:

\$20/session (minimum 5 participants)

Organisations:

\$150/session

NB: Earth Enspiralled operates on a pay-as-you-can policy. Please get in touch if these prices are beyond the means of your organisation/participants, or if you're able to offer a pay-it-forward price.

Who?

Earth Enspiralled was founded by Moran - an ACA registered counsellor, IICT eco-therapist, harp/flute sound therapist, and award-winning spoken word performer.

Moran is passionate about creating heartfelt, joyful group spaces, and offers earth connection workshops, retreats, and 1-on-1 therapy sessions around lutruwita/Tasmania to people of all ages.

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