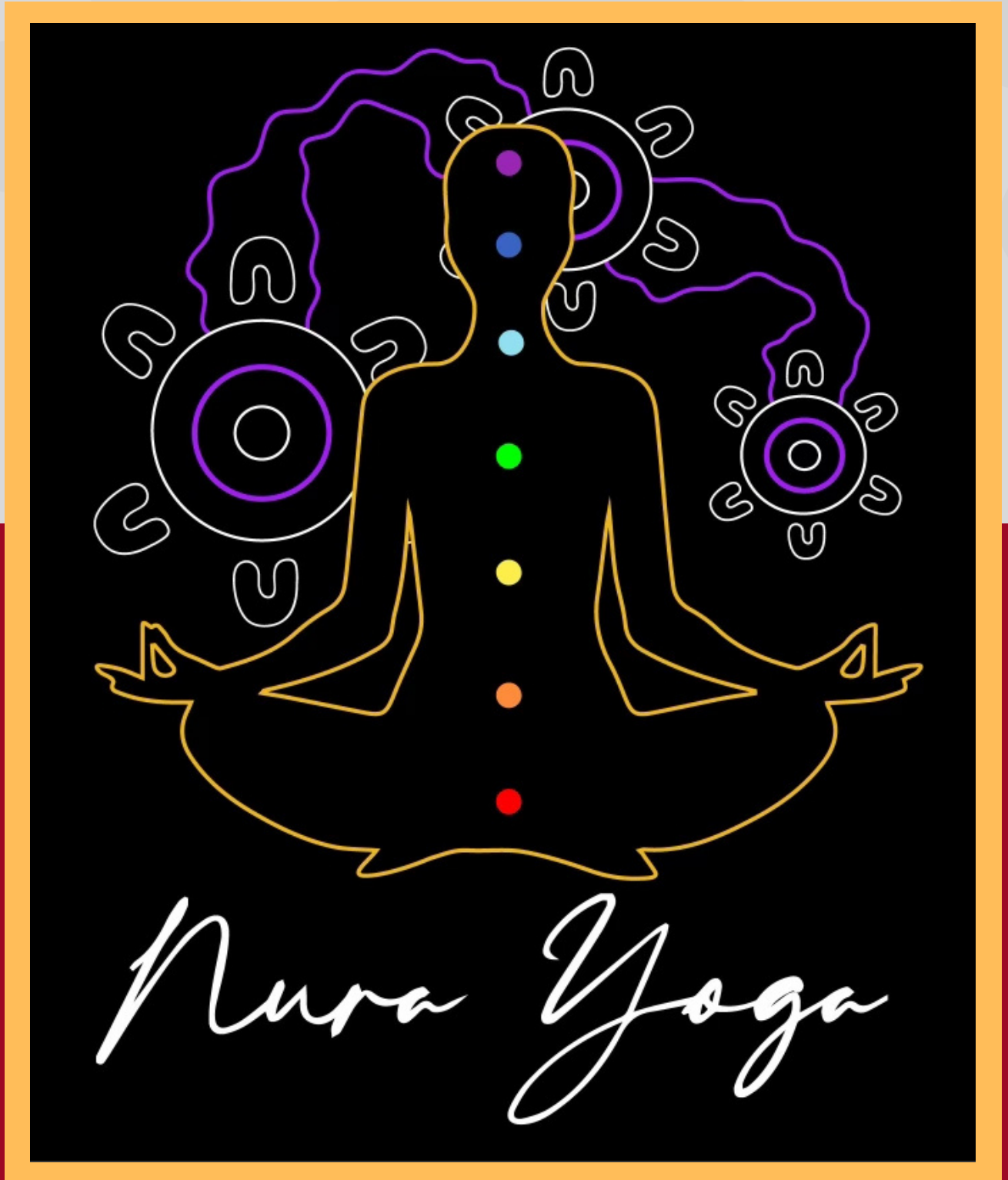


YARRILA MUYA BANDU-BANDUNYJA

Translation: Illuminate, breath in and out



Jacqui Jarrett



My STORY

In 2022, I established Nura, a Yoga practice operating mostly on Gadigal & Dharawal country of my ancestors. I'm a proud Dharawal & Gumbaynnirri First Nations woman and Elder from the Sydney Basin region. I stand strong in my cultural identity and spiritual practices. Through these connections I gain strength from my ancestors who have been the custodians of this land, now known as Australia, for over 40,000 years. In the language of the Dharawal people, my mother's people Nura means country or place. My motto 'Yarrila Muya Bandu-Bandunya' speaks my paternal grandmother's Gumbaynggirr language and means to illuminate breath in and out.

Indigenous people believe that women are the healers of humanity because they have the ability to give life, care for life. We refer to the earth as our mother and she gives us life and she produces medicine.

-Jacqui Jarrett 2022

NURA YOGA

YARRILA MUYA BANDU-BANDUNYJA

Translation: Illuminate, breath in and out

Studio Fitness Yoga

Studio and fitness yoga with personalised or general classes Include pranayama (breathing exercises), Asana (Poses) and meditation. Here understanding and compassion through Yoga can acquire the rich and valuable contribution First Nations people and their culture bring to all Australians and the world.



On Country Yoga

Before we commence our yoga practice i will clap you onto country using clapping sticks this practice is used to call people into ceremony/ practice. It lets the ancestors know we are doing ceremony. It is done at the beginning and end of ceremony/ practice. It allows safe passage for visitors so that they are blessed on country

Immediately following is a welcome to country I as a traditional owner & custodian of the land it is my obligation to welcome to you to country. It is an important mark of respect for Aboriginal people to do so. And it's a 40,000 year old custom.

Then a smoking will take place to cleanse and clear the ceremony ground of negative energy & to open up the space for spiritual practice and to bring in the sacred.

Trauma Informed Yoga

Trauma informed yoga combines yoga, somatic therapy & psychology.

The trauma informed yoga programs approach is recognising that trauma profoundly impacts our psychological & physiological composition and that puts people at risk of re-traumatisation, mental illness & chronic disease

As a trauma informed yoga teacher we are aware of needing to attempt creating a safe space under the above circumstances, facilitate a safe environment for healing and being conscious of how we relate to trauma affected people .



NURA YOGA

Jacqui Farret

let's get in touch



0415098953



@nurayoga