



Embracing the Edge - Embodied Circles journeying through Life, Death and Dying

Sat, 24 May, 1:30pm - 5:30 pm AEST

Wyreena Community Arts Centre
Croydon, Australia

Event Description

Life, Death, Dying & Embodiment: A Sacred Gathering

A Death doula and an Embodiment Coach come together to create a circle unlike any other—a space where the wisdom of the body meets the depth of the dying process. With fierce passion and devotion to their crafts, they invite you into an experience that honours death as an integral part of life, just as worthy of care, presence, and soul work as the journey of living itself.

This is an offering of reverence, curiosity, and deep listening—to ourselves, to each other, and to the mystery that awaits us all.

This program invites you to step into the raw, transformative space of death and dying—not as something to fear, but as a portal to deeper presence, love, and connection.

Together, we will explore the stories we carry around death, unravel cultural conditioning, and discover embodied ways to meet grief, loss, and transition.

Through conversation, movement, and deep listening, we will learn how to sit with discomfort, hold space for others in their grief, and explore alternative approaches to funerals and memorials.

This is an opportunity to move from fear to possibility, from avoidance to reverence, and to reimagine what it means to live fully while embracing the inevitable.

This workshop is for people

- who have never thought about what happens at the end of life
- who have had fear around even thinking about it
- who have wanted to talk about it but didn't know who to talk to
- who want to face this topic so that you can live a fuller life
- who want to know what options you have in all stages of end of life
- who suffer from anxiety or a fear of dying and want to be supported by two fully qualified professionals to move through it

Elyse, from Soultree Moves, works predominantly with women, but also with men, teenagers and children using her multi modality Holistic Therapies to ensure a Trauma-Informed, safe and nurturing environment, She guides and holds space for participants to realise their own power and resource their own inner wisdom and to allow processing of trauma, grief, shame, sadness, anger and pain.

She has a deep reverence and connection to nature and the human experience and holds an endless love for learning about the mind-body-soul connection and is devoted to her own Soul Work and supporting that in all those who are curious in their own deeper lived life here on Earth.

Embodiment Coach - Breathwork Facilitator - Women's Circles - Massage - Soul Worker - Root Cause Therapy - Emotional Integration Therapies

Danielle, from Ananta Hearts is an end-of-life Doula and Palliative Care nurse with over 40 years of experience. Throughout her personal life and career, she has had the honour of accompanying many individuals and family members in their final stages of life, every interaction shaping her approach to this sacred work of death and dying.

Autonomy, compassion and authenticity are integral to this work. Danielle is passionate about empowering the person to create a meaningful end-of-life plan that aligns with their personal values and wishes, and that means knowing the options.

Drawing upon her extensive knowledge and ensuring dignity and respect, Danielle supports both the person and their loved ones during this significant time.

Every BODY welcome.

Please bring your questions, your curiosity, your full selves.

Items to bring - a small plate of food to share, bolster/meditation cushion for comfortable seating, blanket, journal, drink bottle.

Wear comfortable and layered clothing for easeful temperature regulation.

If you have any questions, please don't hesitate to contact us.

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Catomore Hall,

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Elyse and Danielle

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