



Yogazeit Ltd, Western Australia

## **West Australian schools best placed to make decisions about the learning needs of the students at their school**

06/5/2021

**[Perth, Western Australia]:** [Yogazeit](#) immersion in the Ngaanyatjarra Lands was delayed in 2020 by Covid 19. Leaving today, we have watched the daily press conferences to ensure safe travel and have taken the opportunity to reflect on the last 12 months of preparation.

Regina Cruickshank, founder and executive director, has used the delay to gain support for the immersion. The restrictions provided opportunities for in-depth consultation with the Ngaanyatjarra Lands School staff and community elders. Regina, Amy Murray and Sharnell Avery are dedicated Yogazeit outreach volunteers who have donated their time to this project. They have prepared a mindful movement framework that the team will build upon in the community. Together with the school, they will create a customised curriculum unique to the student's learning needs at the Ngaanyatjarra Lands eight remote school communities.

"On 6 May 2021 we begin our four-week teacher and student training immersion and co-design the curriculum with the school, community, Aboriginal elders and students. We will create a beautiful repertoire of tools they can use to help them self regulate when they need it" Amy Murray - Curriculum Developer.

This social impact project supports Australia's Aboriginal community with customised yoga and mindfulness to empower physical and psychological health and wellbeing. Regina and Sharnell fly to Kalgoorlie today and are excited to meet with staff and students before joining Amy at the first community, Kiwirrkurra, on 11 May 2021.

"We're going to be teaching in language, which immediately opens up barriers, and kids are going to feel more comfortable about trying the things we are asking them to try. We will be helping them to be self-aware, and then self regulate and take those skills learnt on the mat, off the mat into their lives" Sharnell Avery - Indigenous Project Lead.

This project has been funded by Healthway and Here to Be and is proudly supported by Act Belong Commit and Fair Game Australia.

"Supported by scientific research, we know that yoga and mindfulness have benefits in the classroom environments. We know it supports focus and the ability to concentrate. It helps decrease stress and anxiety and gives children the opportunity to settle their mind and calm down, plus it supports social-emotional learning. Regulating to learn, and be better community members not only at the school but also in the Lands" Regina Cruickshank.



**Yogazeit:** YOGAZEIT Ltd. is an Australian registered Charity and Not for Profit organisation dedicated to preventing and managing both psychological and physical health conditions. We empower and educate Australian Youth and Seniors with Yoga and Mindfulness classes, programs, training, and professional development courses founded on education, ethics, and research principles. Our mission is to make Yoga and Mindfulness accessible to communities at risk, everybody, every budget and every ability—one breath at a time.

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