



Yogazeit Ltd, Western Australia  
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## **Mindful Movement supporting Aboriginal Communities** **- Australia's first culturally relevant education project a huge success -**

Grounding their feet in the red dirt, children and teenagers from the Ngaanyatjarra Lands Schools immersed in two-way learning of Yoga and Mindfulness throughout May!

Under the guidance of Fremantle-based Health Promotion Charity [Yogazeit](#) Ltd, over 300 Aboriginal children and school staff have learned about the mental and physical health benefits of Yoga and Mindfulness over the past few weeks. This community-led program is the result of a strong collaboration between Aboriginal elders, school staff and the yoga team over the past year.

The goal of this unique pilot project was to create a sustainable Mindful Movement Education Program that supports the young Aboriginal people in remote communities, in local language and led by the kids. "It was key for us that this project has the potential to be sustainable and allows for continuity - even after we leave the remote communities", says Regina Cruickshank - Founder and Executive Director of Yogazeit.

The Yogazeit team delivered Australia's first culturally relevant [Yoga and Mindfulness Education project](#) in Australia: Fun, engaging and two-way learning activities supported by breathing, movement and relaxation that allowed to **foster awareness for mental health and joy of movement** for all classrooms from Kindy to Year 12. Travelling over 3,500km by car and investing over 1,100 volunteer hours to shape and support their mission, Yogazeit visited Australia's most remote school campuses including Kiwirikurra, Warakurna, Wingellina, Wanarn, Warburton, Jameson and Blackstone.

What makes this program so unique, is the trauma-informed framework of evidence-based Yoga - which is then customised to meet the remote Ngaanyatjarra Lands region. Yoga shapes are named after local animals, the illustrations for the shapes have been designed by the school kids as part of a school Art Project and this educational program celebrates the importance of connection to country. "Kids in remote communities need to move. Supporting the health benefits of mindfulness with the joy of movement through yoga has shown to be a real game-changer", says Sharnell Avery - Aboriginal Outreach Volunteer for Yogazeit.

Nina Horeb, Early Childhood Teacher at the Kiwirikurra campus is implementing the Mindful Movement as part of the daily school routine now. "Students feel safe and comfortable with this program and I am hopeful that it will provide strategies that support them as they move through schooling and life".

"The Yogazeit team embedded a culture of mindfulness with classes on campuses to effect a calmer and more responsive space for everyone", Sandy Robertson, Executive Principal Ngaanyatjarra Lands School.

Yogazeit focuses on supporting Schools, Aged Care and vulnerable communities with Mindfulness and Movement to help prevent mental illness and support physical and social health and wellbeing.

***This project has been partially funded by Healthway and Here to Be. Yogazeit is a partner of Act Belong Commit and Fair Game Australia. Yogazeit is now seeking funding to roll this project out throughout other Aboriginal communities in Western Australia.***



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Photo: Children and school staff at Kiwirrura Campus of the Ngaanyatjarra Lands School with the Yogazeit team.