



Yogazeit Ltd, Western Australia

DEADLY MINDS in Roebourne

Growing Strong Together - with Mindfulness and Movement

August 26, 2022

Launching Deadly Minds at Roebourne District High School, Yogazeit, NYFL and the Roebourne Active Network **invite communities to move, breathe and stretch together on Friday, 26 August 2022 from 4 - 6pm at Roebourne Basketball Courts.**

Yogazeit is a health promotion charity empowering mental and physical health and wellness for at-risk communities with prevention, education and awareness activities based on Mindfulness and Movement since 2019. Identifying community needs and following intensive community collaboration over the past few months, [Deadly Minds](#) includes **customised resources such as trauma-informed breathing activities, movement brain breaks and relaxation techniques to support children, teachers and community members to take a moment to relax and unwind.**

Resources are aligned with Australian Curriculum Standards and the Social Emotional Wellbeing Plan of Roebourne District High School - supporting ease of implementation and sustainability within the school. Yoga shapes and movement activities have been partially translated in language and showcase children of the school practicing yoga on country.

We are excited to be working with Yogazeit to develop and implement a place-based mindfulness and movement program for our students, staff and families. The co-design process takes us further on our journey of “growing strong together” as a school and community. As we learn together, through a two-way approach, we strengthen our connections to Language, to Country and to one another. This approach empowers the social emotional wellbeing for everyone involved.” Elizabeth Ritchie, Principal Roebourne DHS.

Following the Community Event on Friday, 26 August 2022 - the Yogazeit team will continue their consultation and education initiatives over the coming week with:

- Training and Education in trauma-informed Mindful Movement brain breaks for Roebourne District High School
- School Wellbeing Incursions for students and staff
- Community Development Training and Engagement

To join this initiative or to learn more about the Deadly Minds program please visit <https://www.yogazeit.com.au/about/projects/deadly-minds/>

This project has been supported by [Horizon Power](#) and [Roebourne District High School](#) as well as [NYFL](#), the Roebourne Active network, [Act Belong Commit](#) and [Fair Game](#).

Inquiries:

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www.yogazeit.com.au

<https://www.facebook.com/YogazeitKids/>

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DEADLY **MINDS**

FRIDAY

26TH AUGUST 2022 / 4PM - 6PM

ROEBOURNE BASKETBALL COURTS

YOGAZEIT **MINDFUL MOVEMENT**

FITNESS TEST

DUNK / SHOOT OUT COMP

9182 1750 / RECEPTION@NYFL.ORG.AU



HORIZON
POWER