



Press Release - 18 October 2022

## DEADLY MINDS: Mindfulness for our Mob

Australia's first Indigenous Yoga Teacher Training program will be launched this November in Western Australia. The course called 'Deadly Minds' is the brainchild of Fremantle based Not for Profit Organisation and Health Promotion Charity Yogazeit, and has been co-developed specifically for Aboriginal/ Torres Strait Islander peoples, providing the opportunity to train as certified youth yoga teachers.

The Yogazeit Indigenous Outreach team collaborated and consulted with Aboriginal Elders, leaders and communities from Language Groups across Western Australia with the aim of empowering Australia's First Nations peoples to use evidence-based Yoga and Mindfulness in their everyday lives to improve well-being, mental resilience and overall fitness, while connecting to Country and self.

'Deadly Minds' recognises that Indigenous cultures across the world have already been practicing what we call 'mindfulness' for thousands of years. These practices could be healing and medicinal, hunting, Songlines, communicating with Country and ways to connect to culture and spirit. Due to the ongoing impacts of colonisation, some of Australia's most underserved communities face a mental health crisis and disconnection from traditional mindful living.

### FREE SCHOLARSHIPS

To celebrate the launch of this World's First training, Yogazeit will be offering 10 fully funded scholarships for Aboriginal and Torres Strait Islander peoples.

Successful applicants learn trauma-informed and evidence-based breathing techniques, mindful movement adapted from yoga, relaxation scripts, mindfulness activities and partner and group work over an all-inclusive, all-expenses paid four-day training immersion in the iconic backdrop of Nanga Bush Camp, Dwellingup on Noongar Country. The 'Deadly Minds' camp includes a comprehensive 400-page workbook and all training activities, led by Koori woman and Yogazeit's Indigenous Outreach Coordinator, Sharnell Avery.

'Deadly Minds' is an inclusive and accessible program. Participants will be encouraged to translate activities into their local language or dialect with the program hoping to spark language-revitalisation and connection to Country, alongside widespread improved health outcomes.

Application [link](#):

### Media/press liaison:

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### Interviews/media opportunities:

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