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22 September 2023

## **10 Indigenous Youth Yoga Teachers granted deadly scholarships - Deadly Minds 2023**

Western Australia, Pilbara—[Deadly Minds](#) 10 deadly individuals have been announced as scholarship recipients to join Australia's only Indigenous Youth Yoga Teacher Training, equipping them with the skills and knowledge to support themselves and others.

Not for Profit Yogazeit is thrilled to have received many very high calibre applications for this year's training. The Deadly Minds camp will take place on Banjima Country in Karijini National Park from 9 October – 13 October 2023 and provides an opportunity for participants to learn a customised Yoga and Mindfulness teaching curriculum, which builds upon traditional mindfulness already used in communities, incorporating physical movement and mindfulness practices specifically developed with and for Indigenous peoples to enhance well-being.

Applications to take part in the training were via an expression of interest, a common theme across all applications is the desire to make a positive impact within their communities. "I have always been interested in becoming a qualified yoga teacher and have previously looked towards doing training in India one day. But learning about the Deadly Minds project and knowing that it is tailored for Aboriginal mob and communities, I am interested in participating in this training to bring the learnings back to the Aboriginal community here in Newman, especially as a means of social and emotional well-being for the local youth" Shared Samantha Hawkins during the application process.

Deadly Minds 2023 provides 10 Indigenous individuals with a fully funded scholarship. Deadly Minds 2023 will be facilitated by Yogazeit's Outreach Team, Mindful Movement Facilitator Sharnell Avery, Murri Gamilaraay and Maori woman supported by the Yogazeit team of experienced yoga and mindfulness professionals.

"Participants will gain culturally responsive tools and techniques to support mental health and well-being, empowering them to bring about positive change. These individuals will take home with them a toolkit that they can use the very next day. We are really excited to see the ripple effect of this training take place when our graduates go back to their own mob and implement the learned skills from this training" Sharnell Avery, indigenous outreach lead.

We are grateful for the support of Lululemon's Social Impact Program Here to Be, Act Belong Commit and Puntukurnu Aboriginal Medical Service (PAMS).



#### About Deadly Minds:

Deadly Minds is an Indigenous yoga teacher training program focused on the social and emotional well-being of Indigenous youth. The program aims to empower individuals to become Indigenous youth yoga teachers, promoting positive change within their communities.

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