



Press Release | 23 October 2023

Eight Deadly Minds Indigenous Youth Yoga teachers graduate on Banjima country.

Strong in our minds, strong in our thoughts, strong in our mental health. Deadly Minds Youth yoga teacher training is specifically tailored to the Indigenous student, empowering individuals to connect with themselves and country and this month we celebrate eight new graduates.

Inundated with applications for the Deadly Minds Youth Yoga teacher training scholarships, Yogazeit funding partner Act Belong Commit carefully selected participants mainly from the Pilbara region to join the training at Karrajini Eco Resort from 9th to 14th October. Participants selected had a common goal to empower individuals in their community with social and emotional well-being tools to support Indigenous youth through evidence-based, trauma-informed mindfulness and movement.

Sylvia Wilson lives in Newman and applied for Deadly Minds to get more balance in her life. “Deadly Minds was a good opportunity to come together. With the breathing exercises this week, I have realised I have less pain and am breathing differently and just feeling good about my body after the yoga shapes. Upon graduating, I will take it one step at a time, one breath at a time and build myself up and then help kids in the community and even aunties and uncles.”

Deadly Minds shapes lifelong well-being skills for Indigenous youth with week-long yoga and mindfulness youth yoga teacher training equipping participants with the skills to empower themselves and then share this knowledge with others.

Chanti McHenry lives in Karratha “Deadly Minds means having a strong mind and being proud of what you're doing. This week I took time to stop and listen to Mother nature before listening to my own thoughts or other people's thoughts. Laying in the morning hearing the Dingoes and wondering what they are talking about, It's learning to be mindful and to stop and appreciate those little moments”.

Deadly Minds empowers indigenous youth with an innovative, two-way learning mindfulness and movement curriculum co-developed specifically with and for Aboriginal / Torres Strait Islander peoples. Indigenous cultures across the world have been practising ‘mindfulness’ for thousands of years. Deadly Minds empowers individuals in Western Australia's most underserved communities to embrace their mindful living wherever they go.

This program equips Australia’s next generation with skills to start teaching their mob practical ways to combat stress, improve social-emotional skills, support learning and improve mental, cultural, physical and spiritual health. This year’s training has been filmed to offer additional training resources for participants and provide opportunities to expand on further reach. With thanks to funding partners lululemon philanthropic 'Here to Be' giving program, Act Belong Commit and generously supported by Puntukurnu Aboriginal Medical Service(PAMS)



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