



Press Release | 3 August 2023

Deadly Minds: Pilbara mob learns to teach Yoga to next generation

The Yogazeit team spent time in the East Pilbara on the lands of the Martu and Nyiyaparli people last week consulting with a wide range of community groups passionate about supporting Indigenous youth. Every meeting made a new connection with an individual passionate about providing children and youth the opportunity to have a Deadly Mind and a loud future.

“I have come back energised from taking the conversation about Deadly Minds to different communities in the Pilbara. We connected with people of all ages as we discussed the program and shared my experience of Deadly Minds, Yogazeit’s Indigenous Youth Yoga Teacher Training. I had the opportunity to demonstrate and share the tools which can be shared with our children to strengthen their minds and connect with their bodies and Country,” shared Heidi Mippy, Noongar & Thiin- Mah-Warriyangka woman. Heidi has the unique experience of being a graduate in the world’s first Yoga Teacher training developed with and for Aboriginal and Torres Strait Islander peoples. She now brings her experience and enthusiasm for this culturally respectful training as Deadly Minds Ambassador and deadly Yoga Teacher.

Deadly Minds 2023 scholarship applications are open until 31 August 2023 and will provide 10 Indigenous successful applications with a fully funded scholarship.

“As a recent graduate, seeing the Yogazeit team bring a different aspect of the Deadly Minds training into our consultations was empowering. It highlighted the strengths of the Deadly Minds program with its adaptability; for example, we showed children at Jigalong Remote Community School and Community Centre how breathing, mindfulness activities and yoga shapes can help us feel good. We shared chair movement, relaxation and laughter with the older mob at EPIS in Newman and delivered a nurturing wellbeing session to the staff and artists at Martumilli Art Centre. We met community groups, agencies, support groups and more, with each group given a program taste tailored especially to them from the core training of Deadly Minds” Heidi shares.

4th August 2023 is National Aboriginal and Torres Strait Islander Children’s Day (Children’s Day) is our national day dedicated to celebrating our children. By training local mob on country and in community with yoga and mindfulness skills, they can continue to support children and youth social emotional wellbeing right where they live and where it’s needed. One breath at a time.

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



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