



FOR IMMEDIATE RELEASE

14 July 2023

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Do you have a Deadly Mind? Empower Communities and Promote Well-being

Western Australia, Pilbara - [Deadly Minds 2023](#) will take place in the East Pilbara on the lands of the Martu and Nyiyaparli people on 9 October - 13 October 2023.

Deadly Minds 2023 will be facilitated by Yogazeit's Outreach Team, Mindful Movement Facilitator Sharnell Avery, Murri Gamilaraay and Maori woman, and previous Deadly Minds graduate and proud Yogazeit Ambassador Heidi Mippy, Noongar & Thiin-Mah-Warriyangka woman.

Heidi Mippy, Sharnell Avery and Yogazeit project manager Rochelle Gerrard will be in Newman 24 - 28 July and are looking forward to a week of listening, yarning and building connections with community.

Heidi Mippy, a graduate from Yogazeit's world's first Deadly Minds training and facilitator of Deadly Minds 2023, shares her transformative experience. "Before participating in the training, I had never done any yoga before. I wanted to be able to bring it to my community and give it to my mob. Less than 12 months later, I am excited to be representing Deadly Minds and showcasing the impact this program can have for mob. I am looking forward to connecting, supporting, and sharing my experience of the program during the consultation period and co-facilitating the Deadly Minds training in the Pilbara."

Deadly Minds 2023 is offering 10 fully funded scholarships to individuals dedicated to improving the health and well-being of their communities in the Pilbara region. Participants will gain culturally responsive tools and techniques to support mental health and well-being, empowering them to bring about positive change.

With thanks to funding partners Lululemon's philanthropic 'Here to Be' giving program, Act Belong Commit and generously supported by Puntukurnu Aboriginal Medical Service (PAMS), Yogazeit aims to empower individuals passionate about supporting and giving back to their communities, while focusing on the social and emotional well-being of Indigenous youth and will be filmed to create a training resource for all past and future participants.

Elders groups, community members, organisations, businesses and media organisations interested in meeting the team in Newman during consultation week are invited to contact Sharnell Avery on Sharnell@yogazeit.com.au.



Interested participants are directed to submit an [EOI](#).

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.

Check out our short film showcasing Deadly Minds 2022 [here](#).

Print or share our Promotional Poster: Attached

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