



FOR IMMEDIATE RELEASE

20 June 2023

Indigenous Yoga Teacher Training Program, Deadly Minds 2023, Empowers Communities and Promotes Well-being

Western Australia, Pilbara—[Deadly Minds](#), an innovative Indigenous yoga teacher training program, is set to launch on 21st June International Yoga Day. The program, generously supported by Lululemon's philanthropic 'Here to Be' giving program, Act Belong Commit and Puntukurnu Aboriginal Medical Service (PAMS) 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.

Indigenous communities have always embraced mindfulness as an integral part of their culture, with deep connections to nature and the world around them. Deadly Minds builds upon this tradition, incorporating physical movement and mindfulness practices to enhance well-being. The program equips participants with the necessary skills to become Indigenous youth yoga teachers, enabling them to make a positive impact within their communities.

Cohen Taylor, a police officer and Indigenous Youth Yoga Teacher who participated in the first Deadly Minds training, shares his experience, “We have always practised mindfulness, going out bush and watching where the birds go and how the trees and the breeze go, it’s just part of our culture. I have loved the Deadly Minds training to come out here and incorporate that physically,” Since the training, Cohen has shared his deadly mindful movement skills with mob in Morewa and Perth and is already making an enormous impact by supporting his peers with breathing, movement and connection to Country and self.

Deadly Minds 2023 scholarship applications launch today and will provide further 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, and previous Deadly Minds graduate and proud Yogazeit Ambassador Heidi Mippy, Noongar & Thiin- Mah-Warriyangka woman. Participants will gain culturally responsive tools and techniques to support mental health and well-being, empowering them to bring about positive change.

Deadly Minds 2023 will take place 4 to 8 September in East Pilbara on the lands of the Martu and Nyiyaparli people and will be filmed to create a training resource for all past and future participants. We are grateful for the support of Lululemon’s Social Impact Program Here to Be, Act Belong Commit and Puntukurnu Aboriginal Medical Service (PAMS).



Launching 21st June 2023, International Yoga Day. We are actively seeking Expressions of Interest from interested individuals, organisations and groups who would like to participate in the fully funded training. For more information please see [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. To view Deadly Minds 2022 film launched today please see [here](#)

Media:

Regina Cruickshank
0493 600 449
regina@yogazeit.com.au

Sharnell Avery
0433 383 076
Sharnell@yogazeit.com.au

Rochelle Gerrard
0450 119 445
projects@yogazeit.com.au