



# Remote teaching staff, Yarnangu, students and the Yogazeit outreach team benefit from two-way learning

Ngaanyatjarra Lands Mindful Movement School Project.

25/5/2021

[Perth, Western Australia]:

Remote Western Australian Aboriginal School communities are experiencing Mindful Movement as part of a Pilot Project with Fremantle based Health Promotion Charity Yogazeit Ltd.

At this midway point in our four-week Mindful Movement immersion, we have visited students, staff and community in the remote Western Desert communities of Warakurna, Kiwirrkurra, Wingellina, Warburton and Jameson. Each campus of the Ngaanyatjarra Lands School has embraced learning about the benefits of Mindful Movement for healthy brain development, emotion regulation, social emotional learning and physical fitness.

Children from Kindergarten to High School have created age appropriate resources and activities supporting cross cultural and two-way learning. The Yogazeit immersion included Mindful Walks on Country, Storytelling, Yoga and Relaxation, which were implemented together with teachers, Yarnangu staff and elders.

Highlighting this project is the Professional Development for remote teaching staff, empowering sustainability of this Mindful Movement Program through easy to facilitate brain breaks following the immersion.

"The Yogazeit program, specifically developed in collaboration with the Ngaanyatjarra Lands School is contextually relevant, age appropriate and an engaging way for students to explore mindfulness, yoga and breathing. The implementation at school was hands-on and well-led with multiple opportunities for us as teachers to practice teaching the program under the knowledgeable guidance of the Yogazeit team. In such a short time, I can already see how different students are connecting with the program – able to use the snake breathing during heightened moments, the butterfly movement to centre themselves and practicing partner moves to reconnect when the classroom culture is becoming disconnected. As a teacher, I see so many possibilities to use this program within the classroom – as part of the learning program, preparing the body and mind for learning, in addition to developing mindfulness in the students (and staff!). Students feel safe and comfortable within this program and I am hopeful that it will provide our students with opportunities for healing and to develop strategies that support them as they move through schooling and life." Nina Horeb, Early Childhood Teacher at the Ngaanyatjarra Lands School Kiwirrkurra Campus

Yogazeit: YOGAZEIT Ltd. is an Australian registered Charity and Not for Profit organisation dedicated to preventing and managing both psychological and physical health conditions. We empower and educate Australian Youth and Seniors with Yoga and Mindfulness classes, programs, training, and professional development courses founded on education, ethics, and research principles. Our mission is to make Yoga and Mindfulness accessible to communities at risk, everybody, every budget and every ability—one breath at a time.

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