

# MEDIA RELEASE

NEWS FROM THE UNIVERSITY OF TASMANIA

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ATTENTION: Chiefs of Staff, News Directors

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## Tassie Hawks join in yoga ‘kids’ style’

The reigning AFL premiers the Tassie Hawks join the Active Launceston, Active Parks ‘yoga for kids’ in Ravenswood as part of their 2014 Australia Post AFL community camp visit.

Five of the current Tassie Hawks players will join in the yoga session for children and adults at the Ravenswood Child and Family Centre.

Hawthorn Football club Tasmanian operations manager Shayne Stevenson said that it is important as sporting role models for the team to get out among the community and show support for and encourage families to participate in an active healthy lifestyle.

“You never know we may also find some future AFL players amongst the group,” he said.

Encouraging parents and children to participate in physical activity together and to enjoy various activities from a young age is the aim of the Active Launceston ‘yoga for kids’ sessions.

This creative style of movement teaches children and adults how to stretch their bodies and minds through storytelling and relaxation exercises.

Active Launceston, in conjunction with the Launceston City Council, hold seven free physical activity sessions throughout Launceston in the beautiful community parks within the Active Parks program.

Active Parks runs for two eight-week blocks from February to March and again from October to December. This program is one of the many on offer through Active Launceston in 2014.

“This is my second year instructing for the Active Parks, Yoga for Kids sessions and this program is a wonderful initiative that I am pleased to be a part of,” said Kaleidoscope Yoga director Carinda Rue.

Centre Leader, Child & Family Centre Ravenswood Lynn Wylie Watson agreed that it was an exciting opportunity for the Centre.

“We thank Active Launceston for its continuation of this program in Ravenswood and the Tassie Hawks for their support and providing healthy role models to those within the community.”

To be a part of the Active Parks programs no bookings or commitment is required. Participants just need to check the schedule and choose the session/session’s they want to attend, wear loose comfortable clothing, appropriate footwear, bring water and a Yoga mat or towel. It’s best to arrive 10 minutes early to each session. For more details go to the Active Launceston website [www.activelaunceston.com.au](http://www.activelaunceston.com.au)

Other Active Launceston initiatives currently operating include: Active Bike, Sally’s Ride - Active & Alive and Active Dance, which is scheduled to start soon.

Active Launceston is a community-driven partnership with the vision of improving the health and wellbeing of the Launceston community through physical activity. It is managed by the University of Tasmania in partnership with Launceston City Council.

For more information please visit the website [www.activelaunceston.com.au](http://www.activelaunceston.com.au) or phone 6324 4047.

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