

COUNCIL MATTERS

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...benefits to the Tasman communities, to gain greater clarity on the Governance arrangements and the levels of influence TDC will have within a new entity. The Government intends to make further decisions about the reform model after 30 September.

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Covid-19 vaccine update

Figures from Nelson Marlborough District Health Board show that, as of Tuesday 28 September, a total of 4587 doses of the Pfizer vaccine had been administered in Golden Bay. All those aged 12 years and above are eligible to receive the jab.

First dose: 2532 (61% of eligible population)

Second dose: 2055 (49% of eligible population)

Golden Bay Pharmacy is offering vaccines by appointment and the Rec Centre will continue to run two weekend clinics per month through October and November.

Golden Bay Community Health is opening two drive-through clinics later in October; one in Takaka and one in Collingwood and is also offering home-based clinics to make it easier for whānau to get vaccinated. All whānau aged 12 and over can arrive together in the vehicle or an appointment can be made for local vaccinator nurses to visit the home if several whānau would like to receive the vaccine. Bookings can be made by phoning 525 0060.

The GB WEEKLY



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Yoga de-stresses school students



Yoga sessions at Golden Bay High School are improving students' wellbeing. Photo: Supplied.

JO RICHARDS

The Youth Yoga programme, which has been running at Golden Bay High School (GBHS) since February, is proving a hit. Participating students say they are realising a wealth of benefits from the practice.

The programme, a collaboration between Anahata Yoga Health and Education Trust (AYHET), Creating Balance and GBHS, is a community initiative that aims to support positive youth development.

The programme's initiator, developer and facilitator, Priyadhara of Creating Balance, is an integral yoga and meditation teacher. Her interest in working with youth started in 2016 while volunteering at Red Cross Belgium, and says she has always aspired "to work within niches of need in the community".

From day one, AYHET's Swami Karma Karuna, GBHS principal Linda Tame and counsellor Abbey Gilligan fully embraced the idea of offering yoga at the school. "Abbey's guidance was key in adapting the programme to suit the high-school routine and needs of students," says Priyadhara.

The sessions provide students with many benefits for body and mind, including stress management, cultivating

self-esteem and increasing focus. It is, Priyadhara says, about "healthy living, healthy thinking, and healthy relationships with oneself and others".

According to parent Katrina Robbie, the greatest benefit for her daughter is the ability to relax and unwind. "She has often commented how chilled she feels going into period five on a Tuesday... It has helped her to be more attuned to her emotions and helps her cope with the stress of daily life."

The principal is very supportive of the initiative. "Students who have been regularly attending Priyadhara's weekly 50-minute class have reported a sense of peace and spaciousness," says Linda. "We are incredibly fortunate to have Priyadhara gifting her time and resources to holistically improve the health of our students."

Swami Karma Karuna says yoga helps youth to build positive mental and physical health habits, providing "the tools to manage the challenges of modern society".

Abbey highly recommends a regular dip into this oasis of calm. "Working within a busy school environment can be challenging... Priyadhara provides an opportunity for rangatahi to reset and step away from the chaotic nature of the school day."

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