

Freeing the Spirit through Meditation and Yoga



Image © Korky Paul

publication launch

The Prison Phoenix Trust (PPT) announced its new book for prisoners, *Freeing the Spirit through Meditation and Yoga*, at a book launch in HMP Wormwood Scrubs. The book is a colourful, light-hearted guide to a practice the PPT encourages prisoners to establish in their cells, illustrated by well-known children's author, Korky Paul. It is the only book of its kind, especially written for prisoners with basic literacy levels, and it is already being used in several prison education departments.

Anne Peaker Centre patron, poet and broadcaster Dr Benjamin Zephaniah, contributed to the book. He said: "Yoga is at the root of everything. The breath, the soul and understanding yourself. The cell is a place whether you can find spiritual freedom. Yoga and meditation are practices ideally suited for prison life. When I was banged up, like everyone, I wore a mask. The practice helps you to drop that mask and that is a very freeing and a more real way to live."