

yoga behind bars

hot digitty dog!

If you are always tired these days and in need of a pick up, try *Adho Mukha Svanasana* (Dog Pose) to:

- Rejuvenate and invigorate the brain cells.
- Tone the spinal nerves.
- Stimulate the circulation, especially in the upper spine.
- Relieve pain and stiffness in the heels.
- Strengthen the ankles, wrists and muscles of the arms and legs.
- Slow the heart rate.
- Help build bone mass.
- Relieve arthritis of the shoulder joints.


how to do it:

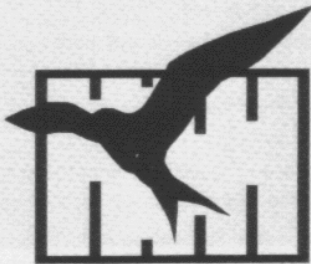
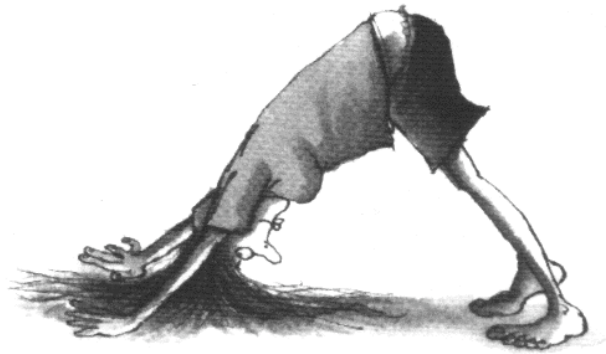
Come on to all fours and breathe in. As you breathe out, straighten your legs and arms, come on to tiptoes and lift your tailbone high. Breathe in and, keeping the legs straight, lower the heels of your feet towards the floor (don't worry if they don't touch it). Breathe out and stretch back from the fingertips, taking your chest towards your thighs, relaxing the head off the neck. Lift your sitting bones to the ceiling. Maintain dog pose for 5 breaths, come down, relax and try again for 5 more breaths. *Woof!*

latest news from inside

When we give Yoga and meditation workshops to people behind bars, we are nearly always asked to work with prison staff too. We like that a lot, since it gives staff the same opportunities for stress release as inmates. Currently there are 28 regular classes for prison staff all over the country, while the overall number of classes in jails in the UK and Eire is 144.

Our one-off classes give officers a chance to assess the practice for themselves and hopefully then we can establish a well-qualified local teacher to teach regularly. Recently we worked in HMPs Hewell Grange, in Stocken in the drug rehab wing, in Peterborough where Sharon teaches on Monday evenings in Holistic Health, and in Leicester where Yoga teacher Moira teaches on the detox wing.

In Eire, we gave a class in Arbour Hill with local teacher, Val. Susan, another Dublin teacher, joined us in the women's prison, Dochas Centre, where we worked with inmates and staff before moving over the road to the men's prison, Mountjoy. The PPT Irish Link which we began in 2003 is really taking off, with 25 weekly classes running in 6 prisons in the North and South. *Slan agus beannacht leat!* 



The Prison Phoenix Trust encourages prisoners in their spiritual lives through the practices of Yoga and meditation, working with silence and the breath. We offer support to prisoners through teachings, workshops, correspondence, books and newsletters. We also support prison staff and train and support well qualified Yoga teachers for the challenging, rewarding and wonderful work they do in institutions all over the UK and Ireland. For further details, you may contact The Prison Phoenix Trust, PO Box 238, Oxford, OX2 7HF or visit www.prisonphoenixtrust.org.uk.