



The Prison Phoenix Trust

Book Order Form - Prisons

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The Prison Phoenix Trust, PO Box 328, Oxford OX2 2HF

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Freeing the Spirit... through Meditation and Yoga <i>by Sandy Chubb and Sister Elaine MacInnes</i> This fully illustrated colour guide explains how to practice yoga and meditation every day using humour, easy to understand language and lighthearted drawings. With illustrations by Korky Paul.	£4.00 <input type="checkbox"/>	<input type="checkbox"/>
Clearing the Head, Relaxing the Body... through Meditation and Yoga A 75 minute CD in which Trust staff members talk through a yoga session, including postures and movements, relaxation, breathing exercises and meditation.	£2.00 <input type="checkbox"/>	<input type="checkbox"/>
Yoga Without Words <i>by Sandy Chubb with illustrations by Korky Paul</i> This colourful picture book shows how to practice simple, breath focussed meditation and yoga. Developed for inmates who can not read, or who do not speak English.	£3.00 <input type="checkbox"/>	<input type="checkbox"/>
Becoming Free Through Meditation and Yoga <i>by Sister Elaine MacInnes and Sandy Chubb</i> A detailed handbook on meditation and yoga for prisoners.	£3.00 <input type="checkbox"/>	<input type="checkbox"/>
Freedom Inside A double CD featuring two complete yoga, relaxation and meditation sessions, plus a bonus asana track. With introductions featuring Erwin James, Jeremy Irons and Benjamin Zephaniah.	£4.00 <input type="checkbox"/>	<input type="checkbox"/>
Yoga for You and Your Baby A beautifully illustrated handbook aiming to help pregnant prisoners use yoga and meditation to have a happier, healthier pregnancy and birth.	£3.00 <input type="checkbox"/>	<input type="checkbox"/>
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