



The Prison Phoenix Trust Book Order Form For Prisons

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The Prison Phoenix Trust, PO Box 328, Oxford OX2 2HF or call 01865 512 521

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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. Written by two former directors of the Trust. With illustrations by Korky Paul.	£5.00 <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.	£4.00 <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"/>
We're All Doing Time <i>by Bo Lozoff</i> A very popular handbook for spiritual transformation in prison, with a foreword by the Dalai Lama.	£4.00 <input type="checkbox"/>	<input type="checkbox"/>
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