



Newsletter, Winter 2013

BRIGHT STAR



Away from Britain and Ireland's towns and cities, the stars shine brightly when the sky is clear. Maybe you are lucky enough to have lived where the stars are so bright you can't really believe it. Or maybe, like me, you've grown used to living with lots of street lights, and when you have had a chance to get deep into the countryside, and perhaps lie on your back at night, you are in awe at the brightness and the countless stars out there, each one like our own sun. Powerful.

Stars feature in all the world's faith traditions, and for good reasons: stars offer guidance, clarity and light. Judaism's star of David was probably originally seen as a symbol of protection. Stars are found in Islamic, Hindu and Buddhist stories and imagery. It's the star over Bethlehem which guides the wise men and shepherds alike towards the newly born Jesus.

All the world's religions point to the stars, and they also point to the real source of our power and the answers to our deepest challenges.

★ Pages two and three of this newsletter are full of examples of people in prison who are understanding this for themselves, and are finding that they are their own star, shining light into tricky

areas of their lives like addiction, anxiety and sleeplessness. ★ Many of them say that people are noticing a difference in them and that they are able to help others find a little peace.

So what's the secret to being your own bright star? No secret at all actually! But it can help to know that you've got it in you already: whether you believe it or not, you are that bright star. You might have to try this idea out as a matter of faith first, because other ideas about who you are or what you are capable of might be pretty strong. But because the star is always here - is always you - it is just a question of getting out away from the lights, and allowing the clouds to clear. How can you do that? Simply by sitting still for a certain amount of time each day, concentrating on your breathing in a relaxed, attentive way, and bringing your attention back to the breath when it wanders off. Slowly - often after just 20 minutes - the agitation in the mind and heart settles down and peace and a certain relief seeps in. Peace and relief are always here, just like the stars, even with a chattering mind, even in a noisy wing, even with an uncertain future.



Sam - and Lucy, Sally, Jason, Clive, David, Kaye & Brent



Dr Farias talking about the research

In the autumn, 120 people gathered at St John's College in Oxford to hear Dr Miguel Farias and Dr Amy Bilderbeck from Oxford University speak about their research findings published recently in the *Journal of Psychiatric Research*. Their work looked at the benefits of PPT yoga and meditation classes. Not only were prisoners who took part in the classes in a better mood, less stressed and able to make better decisions, but their ability to override impulse was higher than that of a control group of prisoners who didn't do the yoga. This research, published in a peer-reviewed scientific journal, has been a great way to mark our 25th year as a charity. Thanks to all of you who are practising meditation and yoga in prison, bringing to life the positive statistics from this research and living out these changes for yourselves.

“People are like stained glass windows.
Their true beauty is
revealed from the light within.”

~ Dr Elizabeth Kubler-Ross (1926 - 2004)

★ ★ ★ ★ ★ ABOUT THE PRISON PHOENIX TRUST

- ★ The Prison Phoenix Trust supports prisoners in their spiritual lives through meditation, yoga, silence and the breath.
- ★ It recommends breath-focussed stretches and meditation sensitively tailored to students' needs. This safe practice offers students ultimate peace of mind. The PPT encourages prisoners and prison staff through correspondence, books, CDs, newsletters, free taster workshops and weekly classes.



Contents

- Page 2-3 Prisoners' Letters
- Page 3 Meditation Corner
- Page 4 Tools for Change
- Page 5 The Person I Really Am
- Page 6 Christmas Crossword
- Page 7 Saints Alive!
- Page 8 Cell Bed Yoga III



From
HMP Lindholme

After committing myself on a daily basis to follow the 40 minute yoga CD you sent me, it has literally changed my life.

I've suffered with a really bad anxiety disorder since I was about seven and over the years I've tried lots of quick fix things such as hypnosis/spiritual healing etc. I've seen numerous doctors, psychologists, psychiatrists. I've been down the chemical route and none of that worked. At 25 I was introduced to heroin and diazepam and other things and since then I've self-medicated to calm myself down and to make me feel less anxious. But the downside of my self-medicating and drug abuse was the criminality aspect.

Although I've tried certain physical exercise in the past I've been impatient and not stuck with anything. So after the last few months of doing the yoga and meditation, I'm delighted to tell you that I've seen a remarkable improvement in my anxiety disorder! I listen to the CD programme four times a week for about 90 minutes a day and I'm feeling so much calmer and I can think a lot clearer. I'm less tense and I feel like a ton of bricks has been lifted off my shoulders. Because of the person who I am and my anxieties I've got to commit 100% to yoga and meditation for my well-being, just like I need to eat food and drink water to live.

From
HMP Blundeston



One of my problems has been using drugs to help numb my brain as I thought it was best to be happy a little bit than never at all.

When I wasn't using drugs I'd be coming down off drugs, and when I was coming down off drugs I'd be thinking about how to get more. So the battle was constant. It's been like that for a long, long time, in jail and outside.

I never thought that anything else could replace the void filled by drugs until I discovered meditation. It's taught so well in *We're All Doing Time*. Two months I've been clean now, not even a headache tablet, and I've stopped smoking tobacco.

Meditation's helped me in lots of other ways too, but stopping drugs and stopping smoking ain't bad for starters, are they? And I don't even miss them.

We're All Doing Time has been very helpful for me as I have been through so

much these past couple of years, and my coping strategies were just not working. And now at last I have found a way in now to get all this horrible stuff out my head.



From
HMP Wakefield

The meditation and yoga exercises in *Freeing the Spirit* really helped. I was finding it very difficult to relax both my mind and my body, was not sleeping well and feeling quite down. After I had been doing the meditation and yoga exercises for just a couple of days I felt much more relaxed and slept better than I had for several months. The results were pretty amazing and I have been meditating regularly ever since.

I have gone from feeling agitated and unsettled to being calm and chilled out in just a few months and now face each day with a more positive and focussed outlook. Meditating has helped me completely change my mindset whilst yoga has helped me to think more positively about my health, fitness and well being.

I have told several fellow prisoners about the difference yoga and meditation has made to my ability to cope with prison life and I know some of them have requested the book and CD as well now. I hope they also reap the benefits which yoga and meditation can provide. Here in HMP Wakefield they also run a weekly yoga class which I attend and it gives me an additional boost to set me up for the week ahead.

Prisoners'



From
HMP Elmley

The books *We're All Doing Time* and *Becoming Free through Meditation and Yoga* are helping me with my worries.

This summer I sadly lost my 97 year old grandma. It wasn't much of a shock for my family as it was for me. Since that day I've become very angry but just sitting here meditating helps get rid of all the pain inside.

I am angry at myself that I chose to commit a crime. I'll be in here for a year.

I blame myself. I know it isn't my fault that my grandma died but I don't know if she died knowing how much I actually loved her. I just wish I could have spent her last days with her before she went to a Better Place.

The meditation has helped me see a more positive side to life. Just before I wrote this letter I felt really depressed and wanted to cut my wrists to get rid of the anger and the pain. But I decided to do a bit of meditation and it really has made me feel a lot happier and more positive.

From
HMP Grendon



For almost two years now I have been doing yoga. It has given me something that is hard to put into words. I look forwards to



Winter scene, drawn by a friend at HMP Whitemoor

Letters

Thursday when yoga classes happen in Grendon. It gives me the opportunity to feel like a phoenix for a small time. Jail is hard and I have spent a long time in now. I am not what would be seen as your typical yoga person but that's what I like about yoga – I don't really care. I feel free doing yoga and I am coming to that time in my sentence when I may be moving to a D-Cat jail and I don't know what will happen with yoga classes. Could you help me find a class near my new prison?

Ed - We'll stay in touch and send you a list of classes near your new prison once you're in a D Cat or released. You can also ask about yoga classes in your local library or community centre, or if you have access to the internet, type "yoga class" and the name of your town into Google.



**From
HMP Liverpool**

I have been practising the breathing techniques you sent me, and find them soothing.

I would recommend yoga and meditation to anyone, especially fellow inmates who have trouble sleeping.

There are other things to help you sleep than the medication that most lads on my wing seek from the doctor.

I suffer from anxiety and depression, and before practising yoga and meditation I had trouble sleeping all the time – worry, stress and anxiety being the main factors. Just 20-30 mins of stretching and breathing correctly and 10-15 minutes of resting and meditation gives me a feeling of calm which I love.

**From
HMP Dovegate**

The yoga breathing has helped me to remain calm at times when frustration at computers would normally wind me up. I dislike computers but as they are an ever increasing part of life I am taking the opportunity of my enforced holiday to get better acquainted.

The yoga breathing and a doctor ordered gym course has helped with my asthma and allowed me to reduce by 50% on my inhaler. I feel all the better for it.

I still struggle to get comfortable when I try to sit cross-legged, so usually meditate sat on the edge of my bed or the chair. Even though I have to walk using crutches I have improved my health enough to be able to stand in the Tree Pose on one leg with my foot of the other leg on the right



knee, although I cannot get my arms above my head to finish the pose as I also have shoulder problems. This is not something I could do 10 weeks ago.

Ed - keep going! Trees are all different and yours sounds beautiful!

**From
HMP Cardiff**



Yoga and meditation make me feel great and full of positive thoughts. I'm back happy, which I had not been for years. It's amazing.

I do two rounds of sun salutation every morning and yoga once a day, meditation with breathing three times a day. I'm now a new man; even the officers have noticed the difference. I even had the grumpiest officer on the wing trying it and you'll never believe it: he smiled for once.

I didn't believe first of all it would work but for eight weeks now no moaning or feeling sorry for myself, no more nerves. It changes the way I think, too. Before I just wanted to die but it's a lovely world now.

PPT letter writers are always happy to write to you about your yoga and meditation practice. Drop us a line!

Meditation Corner



Seeing Without an I

Here is something to try: wherever you are, whether it's the library or your cell, take a look around and describe what is happening for you in just one word. Perhaps there is Listening. Observing. Thinking. As you look at this newsletter there is Reading. Perhaps there are feelings like Irritation or Happiness. All are activities that can just happen by themselves. This is exactly the state we try to achieve during meditation, and with practice, being aware of what is happening becomes easier.

Most of the time we think about ourselves and our actions. I am reading; I am watching; that noise is annoying me; why am I here? This seems normal, but every time we attach ourselves to an action, there is a slight (perhaps imperceptible) feeling of unrest.

Right now, sit a little more upright and try to be still. If others are around, they



By Jason

won't notice anything unusual. With the eyes open, draw your attention to the breath. The chest will rise and fall, and you may feel air passing through the nostrils. Inhalation follows exhalation effortlessly without us doing anything. Rising; falling; inhaling; exhaling; distraction; focus; perhaps you notice other feelings too. All this can be going on without a strong sense of 'I'.

You can try this with other activities. Whilst typing this article, there are more mistakes if 'I' try to find the correct keys on the keyboard. But if there is just typing, the words appear effortlessly.

For those who enjoy being creative, you may be aware when something is created without thought of yourself. The piece becomes unique – created with no sense

of right or wrong, and no comparisons between yourself and others.

There is room for both ways. There are times when it is useful to copy and conform – certain times in education and many aspects of work require us to fit in with a proven pattern. But when we lose the sense of 'I', something unique emerges, and life has more meaning. At these times we know **it is vital we are exactly where we find ourselves** – whether that's in prison or outside.





Tools For Change

by Anand

Anand started doing yoga and meditation while in prison after many years of addiction. He now works for the Shiva Trust, an ashram in Lancashire.



The first time I went into prison was frightening. It was frightening each time, but the more I went the more normal it became. There was desperation

and powerlessness as I was being held against my will. I felt less than human, shuttled around like an animal and having all my privacy invaded. It is eerie looking over the wall watching the world go by and feeling so small and insignificant.

The last time I went to prison I was given community service in court and refused to do it, taking four months in prison instead. I was tired of using drugs and each time I tried to detox I was always told I had to wait on a list. As I waited I lost my resolve to quit.

I coped by using drugs mainly and getting engrossed in the drama of other inmates. I wrote letters, listened to music, went to the gym every now and then and longed for a job to get me out of my cell. I did read the Bible but it made me feel guilty and it became unbearable.

Tools for Transformation

Yoga and meditation are great tools for internal transformation. Yoga allows the body to move and be flexible. If you do weights you will realise how stiff you can become. When you relax the body it has a knock on effect on the mind: we become more flexible in nature and learn much more about ourselves.

Meditation is a time to be with ourselves and face ourselves head on. Focussing on our breath allows us to hear the silent voice within between each breath that guides us each day. I forgot I had that silent voice as I could only hear the loud one. When you wake up in the morning and already you have your day

planned, if you sit down in meditation it allows you to get to the bottom of what's really important. It's like an internal personal organiser leading you to your highest possible self and best life choices.

If this is going to be your last time in prison then you have to do something different. Yoga and meditation was that something different for me. As Albert Einstein said, "We cannot solve our problems with the same thinking we used to create them."

As my final release date approached, I was excited with my new found wisdom and I thought I could share it with others. It was nice that this experience of being in prison was coming to an end.

When I was released I felt relieved. I also started to feel angry. I felt the world was so harsh and I could see it for the way it was for the first time in my adult life. Prior to that I had the perspective of a child. At the same time I had hope in something greater than myself.

Continuing the Awakening

Initially I couldn't cope with life on the outside. After 19 years I'd stopped doing drugs and my outlook on life had changed. I was suppressing myself so much that it all came gushing out like a volcano. There was an incident where I was shouting in a shop and was sectioned for a month. When I spoke to a doctor a few days later I realised that the shock of the real world after 19 years in a dream world of drug taking had got to me. I was released after a couple of weeks.

I realised that I needed structure and purpose. I also needed to continue the awakening that had started and learn more about myself and my life. I found out about Narcotics Anonymous and its spiritual principle.

I have learnt that I am a spiritual being, that I am selfish and even though I am an adult I am a long way from the person God created me to be. I am still learning each day. I long to feel a part of something bigger. Most of all I've learnt that quiet and peace are desirable and that life is great.



Winter Festivals



Here's a partial list of upcoming holidays from different faiths. Why not ask someone on your wing who follows a religion different to yours about their festivals and why they are important? We send you warm holiday wishes!

Nov 28th - Hanukkah Jewish

The Festival of Lights marks the restoration of the temple by the Maccabees in 164 BCE.

Dec 8th - Bodhi Day Buddhist

The celebration of the Buddha's enlightenment.

Dec 21st - Winter Solstice - Yule Pagan

The day when there is the least amount of sun, it symbolises the return of all new life.

Dec 25th - Christmas Day Christian

The birth of Jesus Christ.

Jan 1st - New Year's Day Secular

The start of the Western calendar year

Oshogatsu (or Shogatsu) Shinto

Shinto New Year, one of the most popular days for shrine visits.

Jan 5th - Birthday of Guru Gobind Singh Sikh

Guru Gobind Singh (1666-1708) was the tenth and last of the Sikh Gurus.



Jan 7th - Rastafarian and Orthodox Christmas Day

Jan 14th - Makar Sankranti Hindu

Celebrates the sun's journey into the northern hemisphere.



Jan 24th - Milad un Nabi (Birthday of the Prophet Muhammad) Muslim

Shia Muslims celebrate this 5 days later.

Feb 10th - Chinese New Year

Feb 12th - Shrove Tuesday Christian

The British name of "Pancake Day" comes from the tradition of making pancakes to use up all the food not allowed during Lent, which begins on February the 13th.

Feb 15th - Vasant Panchami Hindu

Dedicated to Saraswati, the goddess of learning and Brahma's wife. Marks the beginning of Spring.

The Person I Truly Am

From HMP Buckley Hall



For nearly 17 years I have been writing to you and begging your books. I think it is about time I told you a bit about my journey.

I was brought up in a very poor area of Manchester – my parents were alcoholics. There was spousal abuse and my father was very violent to his children. My Dad was a petty thief and, by the age of eight, would take me with him to steal scrap metal, and break into the local dairy to steal milk, eggs and bacon. By the age of ten I was put into care. Whilst I was in care my mum left my Dad with the other five children and went to live with another man back in her home town of Aberdeen. My Dad stayed in Manchester. He put all the other kids in foster care. I have rarely seen any of them since.

Nowhere to Hide

Whilst in the homes, I was sexually abused by various staff members, and my hatred of authority was born. The other kids in the home became my friends and family, and I spent all my time committing crime and evading the police. As I got older my crimes became more serious and the sentences became longer. Somehow I managed to stay at liberty long enough to marry and have two beautiful daughters.

In 1996 my brother and I committed a violent robbery on the home of two elderly brothers, one of whom died as an indirect result. Our case was the focus of an investigation, and after 13 years there was a retrial. On the first day I asked if I

could go into the witness box and read a statement. The night before I had written eight pages.

When I went into the witness box, I looked towards the family of my victim and fully admitted my guilt and the part that I had played. Whilst in prison, I had been forced by my situation to confront myself and to see exactly what I had become. There were several factors that led me on this journey of self discovery: the books that you sent – especially Bo Lozoff's *We're All Doing Time*, my children, and my partner who is a drugs counsellor and very good at challenging me.

Once I had broken out of ignorance, there was nowhere to hide. I spent hundreds of hours being my own biggest critic. Now I don't lie to myself any more. I am aware of others as humans and not just potential victims, as I used to see others who were outside my circle of associates. My life is much better. Apart

from defending myself once many years ago I have not been involved in a single violent incident in 17 years.

The Challenge Ahead

I enjoy my own company if I am locked up for a long period. I use my time creatively, not mischievously. I make better friends and I give genuine advice and support to anyone who needs it. Open conditions are a real possibility in a couple of years, with release following shortly. I have never had a job in the real world and never lived as an honest member of the public. The future is going to be a daunting challenge but my hopes and dreams for the future are very simple, realistic and achievable. I would love to find work in the area of homelessness or drug abuse. I am nearly 50 and I want to spend the latter part of my life being the person I truly am.

*Come, come whoever you are.
Wanderer, worshipper, lover of leaving.
This is not a caravan of despair.
It doesn't matter that you've broken
Your vow a thousand times, still
Come, and yet again, come.*

- Rumi



Still Time to Order Christmas Cards!

This beautiful full colour drawing is this year's PPT Christmas card design. The inside message is from the Greek poet Pindar: "Every gift which is given, even though it be small, is in reality great, if it is given with affection." You can see it in colour on our website. If your prison is sending payment for you, you still need to send us the form.



Christmas Card Order Form

- Please send me 1 pack of 10 cards at £5.
- Please send me ____ additional packs of 10 cards at £4 per pack.
- I enclose a cheque payable to The Prison Phoenix Trust for £ _____.

Name _____

Prison number (if in custody) _____

Address _____

Post code _____

☐ I've ticked this box because I've requested my prison send you payment.

CRYPTIC CHRISTMAS CROSSWORD

Many thanks to Roger Squires, Guinness Book of Records champion compiler, for this winter puzzle.

Solutions on p. 7

Across

- 1 Don't join in party dances, but stay to the end (3,3)
- 4 They provide children's presents, trifles and dances (8)
- 9 Stocking filler in a royal House (6)
- 10 Rousing carol with bitter content (8)
- 12 Prepare and serve the bird, none now left (4)
- 13 Tree is not yet decorated, we hear (5)
- 14 Distribute the cards (4)
- 17 Challenge whether goose is cooked (3,4,5)
- 20 Angry people skiing (5,7)
- 23 Bill received in connection with port (4)
- 24 A Christmas Carol for example? Right (5)
- 25 Reindeer tail trimmed to a point (4)
- 28 Where many enjoy the pleasures of the slippery path (3,5)
- 29 Yielding to pressure and handing over the present (6)
- 30 Nuts? You'll need these (8)
- 31 Wise man is outside, seeing visions (6)



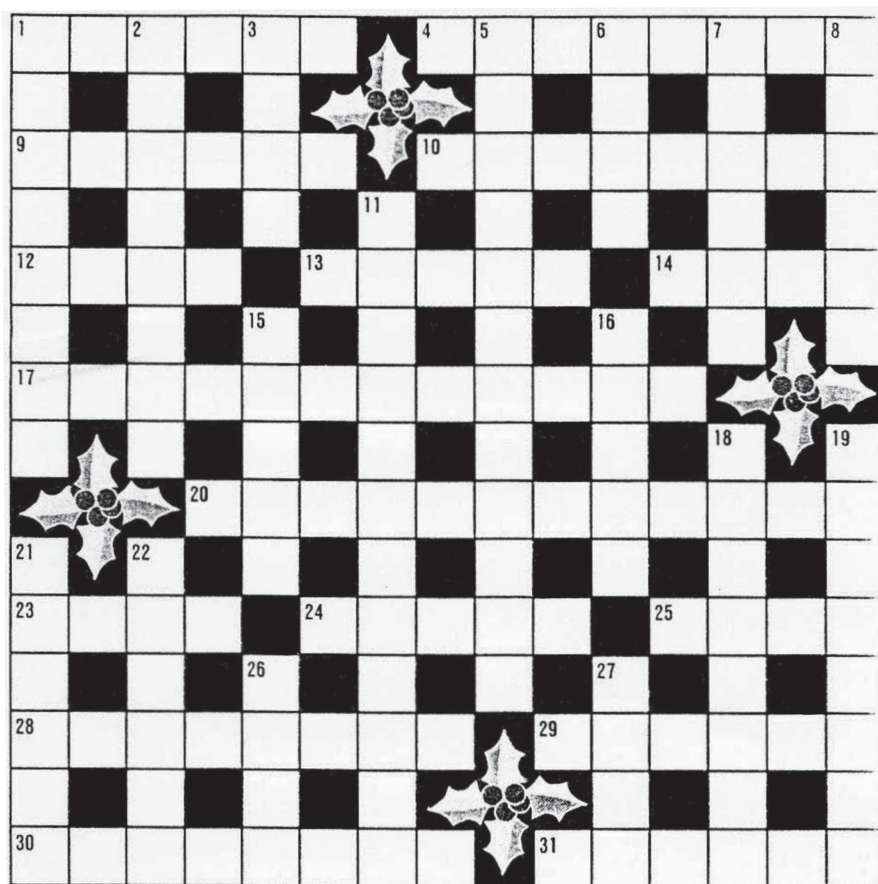
Top Tip

The definition of the word you're looking for is probably contained in the clue - but maybe not in the most obvious place!



Top Tip

Think about the whole clue. Any word could be important to finding the answer.



Top Tip

Try to think of abbreviations of words in the clue. Do any of them fit together to make another word?



Down

- 1 Moment of truth for panto production having reduced profits (8)
- 2 It ensures pantomime characters go down well (8)
- 3 Prompt action to get some of our geese fattened (4)
- 5 Ignored the position of a snowman? (3,2,3,4)
- 6 Good King Wenceslas's address (4)
- 7 Fancied an uplifting party about the tree (6)
- 8 Wisely provide the stuffing and the last of the holly (6)
- 11 Something afoot in pantomime (5,7)
- 15 Accumulation of frost by day (5)
- 16 Cut the cackle and use the tea cloth after Christmas dinner (3,2)
- 18 The present holder (8)
- 19 How slowly one travelled according to many Christmas cards (2,6)
- 21 Pub's bill for wine (6)
- 22 A 3 hp Russian snow vehicle (6)
- 26 Having small amount of snow lacks point, producing criticism (4)
- 27 Adamant the figure must go on the tree (4)



Just Sitting with the Blues

This is part of a reply from a PPT volunteer to a friend in prison. They have been writing since 2008 and kindly agreed to let us publish it.

I'm always happy when I know there is a letter from you, but I'm sorry to hear that you are feeling depressed. You are exactly right about depression - it seems to just arrive, like a cold - only a cold usually goes away after a week or two, and depression can hang around. It is at least partly a chemical imbalance – when we don't have enough serotonin, we feel low. It seems that some people are better at producing this chemical than others, so it's maybe partly genetic.

It's possible to increase serotonin in the brain, by eating, and exercise, and by trying to get enough daylight (this might be difficult for you). But the problem with feeling depressed is that the thought of doing anything positive seems pointless, like it's too much effort. I've certainly felt this way at times; I guess that must be how you are feeling now.

One small thing

If you can, just do one small thing each day that might help you feel better. Maybe a bit of exercise or yoga—but only a bit; don't make plans to do a lot, and then feel depressed because you didn't manage it. So just to stand up straight in the mountain pose and notice your breathing – this is a deep practice, and maybe one that you can do.

Sometimes when I do yoga, and particularly if I'm feeling low or lazy, I start with something really easy, like the mountain. Then I wait and let the body choose the next pose, which might be lying down, or maybe lifting the arms into the air with the in-breath, lowering them with the out-breath. By letting the body choose, it's possible to let go of the notion that I 'have' to do anything in particular, and I find this really useful.

I'm sure I've said all this to you before but the other thing that can help depression is meditation. It changes the way the brain works, so that we start to feel better. There is a lot of complicated

science to support this now, but the basic fact is that, strange as it seems, sitting still and being present can be more effective for many people in preventing depression than medication.

Again, sometimes the idea of 'doing' meditation is too much to think about. In Japan, they call meditation 'zazen' which means 'just sitting'. I like this, because we can all just sit. No matter how terrible you feel, you can just sit. This is enough. There is something about sitting up that makes us feel less overwhelmed, and by beginning to have physical equilibrium, it's possible to have mental/emotional equilibrium as well. Really all of this is just an experiment. See how it is for you.



No matter what, you can just sit

When I read your letter, I was reminded of my favourite candle holder. The outside is a coating of glass, but it's broken glass – all different colours, so that it's a bit like an abstract stained glass window. With a candle lit inside, it is really beautiful. Its beauty comes from the fact that the glass is broken, in tiny fragments, and yet all fitted perfectly together, like a rainbow. This is how our lives are: we are broken apart by things, and yet we are whole. The cracks create our beauty. And so although you are suffering with this depression, I sense from your letter that you are able to hold it, and yourself, with some perspective. That requires great wisdom and strength – and this fact is precious.

Spotlight on the Spirit



Saints Alive!

By Imam Monawar Hussain

It was recently announced that Pope John Paul II will be canonized early next year. This reminded me of my first meeting with a saint in Kashmir. He was my grandfather's spiritual master and having met him I was struck not only by his striking outward appearance - looking very much as if he were the twin brother of Gandalf - but also the deep peace and serenity that he imbued. In a world in which there is sadly so much social and economic inequality, it does not surprise me that people would find solace in the company of someone who clearly had turned his back on the world and yet attained contentment and peace.

In the holy tradition of Islam, the Messenger of God, may God give him blessings and peace, said: 'When God loves a servant, he calls the angel Gabriel and says to him: "Indeed, I love so-and-so, so love him!" So Gabriel loves him, and then calls forth in heaven: "Indeed, God loves so-and-so, so love him!" Then the inhabitants of heaven love him, and after that, acceptance is accorded him on earth.'

Tradition also tells us that at each gathering of 40 people, one will be a friend of God. It is true that in Islam, saints are chosen through popular acclamation of piety and by their learning but that does not give the full picture. The traditions I have noted point very much towards the identity of the saint being a mystery, and that the possibilities, to varying degrees, of sainthood are open to all of us.

My Lord, grant us the spiritual insight to see goodness in all people around us. Amin.

Monawar is a consultant to the PPT. He founded the Oxford Foundation, which promotes religious harmony among young people.





Cell Bed Yoga III



By Sam



Some of you say you don't have floor space in your cell to do yoga, so we've designed this routine to be done on your bed. You may bump the wall a little but just improvise and do what you can. Drop us a line if you want Cell Bed Yoga I and II.

2.



Hold for 5 breaths each side

3.



Hold for 5 breaths

5.



Hold for 5 breaths. Build up to 20

8.



Sit on a folded pillow or a couple of thick books, so you have 4 inches under your bottom. Relax everything, and begin counting the breath silently: In: "1", out: "2." In: "3," out: "4" and so on up to 10. The breath is natural and easy. It is common to lose count, so don't get frustrated. Just start again at "1." If you have an alarm, set it for 10 minutes. Become your breath. Let go of everything else. Enjoy. Keep going!

1.



Breathe in

4.



Breathe in



Breathe out

Move slowly between these 10 times.

7.



Hold for 10 breaths each side

“Everything that happens to you is your teacher. The secret is to learn to sit at the feet of your own life and be taught by it.”

~ Polly Berrien Berends, children's author

This newsletter goes to members of the prison community and to our many friends on the outside who continue to offer us their encouragement. The Prison Phoenix Trust is a small charity depending totally on supporters' kindness and financial generosity to continue in our work to help our friends inside. One way you can help is to consider remembering us in your will. Any sum, however small, is much appreciated.

Prison Phoenix Trust Newsletter
PO Box 328, Oxford, OX2 7HF
registered charity no. 327907

