



Newsletter, Winter 2018



A DEEPER PEACE

Sometimes, people get interested in meditation and yoga because they're looking for peace. The messiness of ordinary life, trouble with relationships, continually struggling with their own inner critic – all these can drive people to seek relief from the hassle of being alive.

There's nothing wrong with seeking peace. We definitely need more people to have it as an ideal these days, with our poor planet so full of systems that perpetuate hatred, greed and violence.

But while inner peace and orderliness may sometimes pop up as secondary benefits of practising yoga and meditation, they really aren't the purpose. The purpose is to see deeply into the true nature of things, including who you truly are, and to live life accordingly.

Really paying attention and continually looking into our lives as they unfold moment by moment can feel anything but peaceful. This way requires a kind of spiritual warrior, willing to be taught by difficulties, rather than resist them or retreat into a cocoon of peacefulness.

Why does this path feel hard at times? Imagine building a beautiful, elaborate sand castle at the seaside. You plan it out, then put in hours of labour, hauling water from the sea, sweating in the sun, joyfully sculpting your masterpiece. As you work, passersby stop to offer praise. You step back from time to time to admire it yourself, and to see what improvements you can make. It is yours. It is a thing of beauty.

And then, the tide comes in. The sea starts licking at your castle, and slowly it is washed away, as the ocean tides override your project.

Most of us, much of the time, whether we are aware of it or not, are engaged in an inner sandcastle project. We repeat behaviour and thoughts which reinforce and build up the sense of our small, separate self: who we think we are or should be or want to be. Or we try new things in an effort to change ourselves. But life keeps knocking at the door, or just barging in unannounced, wrecking

our plans and threatening who we thought we were.

There's nothing blameworthy about our "self projects". They can even take the form of trying to make things better for ourselves and others by improving who we are and how we live. But a time comes when the limitations of such a project become painfully obvious. We are far, far more than just that small sense of "I" and "me". That larger, unimaginable self is the un-erodible foundation of our life.

When who we thought we were is not standing up to the reality staring us in the face – that can feel extremely unpeaceful. The

mind will dig moats to try to keep the sea at bay, reconstructing reality to shore up our threatened sense of self. This is hard going, and can feel like hell.

The practices of meditation and yoga engage us in a different kind of project: becoming familiar with that something which is both inside us and also running throughout the whole universe. It's impossible to name, though people have called it many things through the ages. It's equivalent to living fully aware of the

sea and the shifting tides, even as we build our castles.

By tuning into that something nameless when you sit in meditation, you develop the strength to stay with what is happening when your old sense of self feels threatened, like someone telling you something about yourself you don't like or agree with. Instead of flying off the handle, you remember: "I can just be deeply curious about what I'm feeling, and at some point maybe weigh up whether what the person is saying is true." You are free to admit mistakes and free to change, rather than being imprisoned by a fixed concept of yourself that drains you of energy as you struggle to maintain it. This is deep peace.

During this season of goodwill, we hope you have a sense of ease that comes about by engaging fully with your life.



Holding steady at HMP Winchester



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



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.



“ Lord, make me an instrument of thy peace. Where there is hatred, let me sow love.”

~ Saint Francis of Assisi, 1181 - 1226



From HMP Littlehey

When we first started corresponding I was doing okay but kept slipping back into old patterns or thoughts due to things I didn't know how to deal with as I felt I'd exhausted every avenue in my search for a little lasting stability. Lots of group and one-to-one stuff, psychiatrists, psychologists and what have you, but only you had the answer. I'll always be grateful and recently I've been pretty okay and the most stable I've been in what seems like forever. All I've learnt and discovered on this sentence and the years preceding, both in and out of jails, seems to be part of me and I'm an infinitely wiser, more generous and sincere person than before.

One thing I'm particularly happy about is that I've stopped using people for my own ends and exploiting people's kindness. Us addicts are devious and I had it down to a fine art – sometimes I even believed my own bullsh*t.

I've only got eleven months left now. I've been in since June 2013 and that seems like a lifetime ago. It's going to be hard to stay out of jail for my three year licence. I'm pretty sure I won't reoffend. I just don't take kindly to being told what's what by probation officers, but I'm not going to be beaten before I start and I'll do my best to treat them with the respect I do pretty much everyone these days. It'll be nice to leave jail with somewhere to go for once, so there's a positive right off the bat.

From HMP Swaleside

Once again it's awesome getting your letter. I could be having the worst time but getting a letter from you brightens my day.

I've settled in well to this new prison, and there are a few guys I know from five to six years ago here. At first they remembered the old me who would fight all the while and fly off at the tiniest thing. It's a wonderful feeling that they can see the genuine change and see the new me. I've gone from "Watch out for him, he's a violent person" to "Oh him? He's a good man". I owe all this to my spiritual growth and recognising my true self. Some have even asked me to teach them yoga which I'm more than happy to do. There's now a growing group of people who practise with me which helps my growth.

There is a lot more violence here than at my last prison. It's mainly because of



drugs or debt (because of drugs). I'm just glad I no longer get involved in anything like that. If I'd have come here four years ago it would have been a different story. I would have got fully involved and would either have been a victim or perpetrator of violence. My faith has grown, my spiritually new self is now committed to living a life in God's love. I can't even begin to describe how grateful I am to God for giving me a second chance at life. That's now my message to others. If God can help me to change, He can do it for them too. I've gone from solitary confinement to who I am now, which is nothing short of a miracle.



From HMP Humber

Back in May you kindly sent me a copy of *Freeing the Spirit* and I have been feeling the benefit of the yoga and using the meditation. After a few weeks I started to feel less anxious and my sleeping pattern has improved. I have recently been transferred to a new prison and also found out that I am not eligible for the tag. Instead of being released in November I will be in here until March 2019. This means I will miss Christmas with my partner and children. I have not taken the news well and once again my sleep has been affected.

I cannot emphasise enough how much yoga and meditation have benefitted me. They will continue to benefit me upon release, with the stresses and strains that life is inevitably going to throw at me.

From HMP Chelmsford

Id like to thank you for your neck, shoulder and back relaxing exercises.

After being involved in a car accident earlier this year I began to suffer a lot of pains in those regions. On the outside my girlfriend would massage me daily to help with the pain. Since I've come to prison (17 days ago) I've struggled with pain a lot. I came across your article in *Inside Time* and started following the stretches – they have helped me dramatically! I practise them as soon as I wake up, before I go to bed and two to three times throughout the day, depending how achey I am. This is a great article! Especially for people who are not familiar with certain stretches.



Ed: Thank you for your letter! If anyone reading is suffering with pain in the neck

Prisoners'

and shoulders, write to us and we can send you the article.



From HMP Doncaster

Thank you so much for sending me *Peace Inside* and *Freeing the Spirit*. Both books are amazing!

I have been practising both yoga and meditation in the morning to loosen up and at night to help me relax and rest my mind. I'm less stressed and this has helped me to sleep better. I am more aware of my breathing now than I have ever been before. I had faith in yoga and meditation and both have come through for me.

From HMP Full Sutton

Yoga has both relaxed and strengthened me. After partaking in a bit of yoga I feel 100% better in myself and my surroundings. I am going to continue with it for the rest of my life because I know that I will only gain positive results such as I am feeling already.

I am that confident in yoga, that I am trying to get my friends and family into it too.



From a friend formerly of HMP Sudbury

Thank you for continuing to send me the newsletter. It fills me with hope that people are finding peace and a new way of looking at things.

I have been very busy with work, but on the odd day I do take off, I drive into the country and walk with my wife. While I was walking through a wood in Wrington near Bristol I thought how lovely it would be if all of the people that have discovered the PPT and since been freed from their cages could get together for a group meditation surrounded by nature. What a warming concept that is, when you think that most of us got to know the PPT alone, in a confined concrete space.

Life has been tough but great. I subcontracted to a firm for several months. Then I got a call one Thursday saying that Friday would be my last day. I am the only person who earns money in my house as my wife looks after her mother who is bed bound and we don't

Letters



take money off the kids yet. A few weeks out of work can quickly put us in serious trouble. Knowing how difficult it is to get the job I do with a criminal record, it would have been easy to panic. Each morning, I meditated and decided that everything that happens is for the best, knowing I can't see the bigger picture the universe has waiting for me.

Within four days, I got another job. It pays even more. I have to travel further but I am now driving around the Malverns, which is a delight.

You may remember I started a class called Relaxercise. It's a blend of Qi Gong and yoga and finishes with a guided meditation. The first class is now established and has around 15 people. The group have developed a bond, made friends and now come for the socialising as much as the class. I've just set up

another class, which I think may be gaining ground and starting to cover the cost of the room hire. I'm not doing it for the money. I want people to discover the potential that yoga and meditation might hold for them. I also keep back £10 to ensure I can cover my PPT commitment. My hope is that by the new year, I will be making enough from these classes to be able to commit to donating £43 per month for three years. Let's see what the universe has in store!

From HMP Littlehey

The two books you guys sent a few months back have helped me understand about yoga and meditation. It has made me more aware about myself. To tell you the truth I have found meaning in my life. I just wish more people in the world would take up yoga and meditation.

I got two and a half years on an IPP sentence and am now well over my tariff and have served nine years. Before, I used



to think, "Why am I not getting parole?" but maybe God wanted me to achieve what I am achieving through yoga and meditation. If I had got out on parole I may well have messed up and come back on recall. But instead I am achieving so much in myself. I have never felt like this – I am beginning to feel inner peace.

My life felt like it was going nowhere. I was running after what I didn't have. I was doing things I should have not done. But then I started to do yoga. I used to read *Inside Time* for years and always saw the yoga section but never tried it. Then one day I did. I sent you guys a letter and I received the gift of life. Maybe I was not progressing in life because I had to achieve a gift that you guys sent me. Thank you. If I could I would shout out from the roof tops!



Meditation Corner

Stillness, Change and You



By Jason

around the corner, let's begin now.

Firstly, you need somewhere upright to sit. Many meditators sit on a cushion on the floor, but a chair will do just as well. Sit upright with a straight back – if you want the world to be a better place, you need to face it squarely and not slouch. Lift the chest, tuck the chin in and relax, feeling supported, stable and secure. Start to notice your breathing, and focus silently on the out-breath as you exhale through the nose. See if you can concentrate on ten out-breaths. Count these silently to yourself. If the mind wanders to thoughts or disturbances, just return to counting the breaths again, starting at one.

You may feel that just sitting passively is not doing much to change the world. Let this go and return to the breath. At this moment in time let go of your judgements. You may feel that being in prison is a very different environment to the world you read about or see in the news. At this moment they both have their challenges. Recognise that prison is where you happen to be at this time. You can now let this go, along with the reasons

of why you are in prison. Return to the breath and focus upon your exhalations.

Whenever the mind wanders, return to counting the out-breath. Continue sitting for 15 minutes. This is a good length of time. You can easily fit it into your daily routine.

When you finish, recognise you now have the rest of the day to make real changes right where you are. You have the choice to notice when you feel irritated with your cell mate or the prison officers – even noticing is a real change for the better. You may feel like attending a course, the gym or the chapel. Whatever you do, make the most of what is being presented to you. Throughout the day, know that making society a better place is always down to you and not to something the mind calls 'authority'. Recognising this responsibility comes naturally as your heart becomes quiet and less judgemental. In fact it becomes unavoidable. Just keep responding to whatever is being presented – and allow the larger changes to take care of themselves. What you are doing has more of an impact than you may realise!

Recently a prisoner wrote to the Prison Phoenix Trust, questioning whether silent meditation makes any difference to society with its great need for improvement and change. He asked whether inner peace and non-aggression really are effective at getting the attention of those in authority, and making positive societal changes.

This is a good question, especially at Christmas when people often think beyond themselves and hope for a peaceful world. But it can also lead to a long (and sometimes heated) debate which only adds to the complications. For those who regularly meditate each day, changing society is inseparable from this practice. But this can only be experienced by actually doing it. So with Christmas



Upside Down!



By Sam



A shoulder stand can be a wonderful part of yoga practice. It may look difficult, but once you learn how to line up your body, and with the right support so your neck isn't cramped, it's actually a restful, calming thing to do! It helps relax the muscles of the neck and shoulder, slows the heart, stimulates the thyroid gland and relaxes the blood vessels.

Warm up a little first, with the postures below. Then try the feet-against-the-wall version (5.) to start. (Be sure to have enough support under your shoulders; folded blankets work well.) Once you get used to that, you may choose to take your feet away. Be sure to do a counter pose (one that balances the main posture) afterwards: we suggest the fish and a twist. If you do a shoulder stand as part of a longer practice, do it towards the end, possibly just before relaxation and meditation.



1. Neck stretching

Hold each position for five breaths.



2. Shoulder rolling

Circle elbows slowly five times in one direction, then five times in the other.



3. Cow face

Hold for ten slow breaths.
Repeat on the other side.



4. Seated twist

Hold for ten slow breaths.
Repeat on the other side.



5. Shoulder stand (feet against wall)

Stay for twenty slow breaths or longer.



6. Shoulder stand

Stay for twenty slow breaths or longer.



7. Fish

Stay for five slow breaths or longer.



8. Lying twist

Hold for ten slow breaths. Repeat on the other side.



The Beauty of Silence

From HMP Wymott

This prisoner has written to the Prison Phoenix Trust for five years. In this letter, he reflects on the end of his time at one prison and preparing to move to another.

There will be a sadness at leaving Wymott because I have made some really good friends here, but I am ready to move. I will miss the chaplaincy here and a tight Catholic group to which I belong. I have met some extraordinary people here that I would never have met if I hadn't come to prison. For that I will always be very grateful. I will miss some dear friends, both prisoners and staff.

As I look out of my window I can just see a little wooden stand in the garden that holds a poem. These are dotted throughout the prison and would not be there if not for me. The present Governor loves the concept of Poems In The Garden and I have great hopes that the project will thrive after I've gone.

I have learnt much in my time here and go to Hull a different person. There is still plenty to work on but I hope the PIPE Unit (Psychologically Informed Planned Environment) where I am headed will help me progress. It will be much more structured and is absolutely focussed on developing skills for release. I have about two years left on my sentence so this is a

timely move. I will give 100% commitment to this process. I have many more tools I can use than when we first corresponded, not least an ability to meditate and relax. I often use the CD *Clearing the Head Relaxing the Body*, especially the relaxation exercises. I struggle a little with the yoga but for me doing the relaxation is like taking medication for my mind. If I ever have a stressful appointment or am feeling a little stressed, I put it on. I have other CDs for relaxation and a little variety helps not to get stale.

Drastic action

Before coming to prison I would never have thought what a difference meditation and other practices would make to my wellbeing and happiness. I have also discovered a wonderful link between mindfulness and my Catholic faith.

I've realised that mind altering substances can have no part in my life. For me, that means no alcohol and no drugs. The only way for me to achieve complete sobriety is a twelve-step programme. It sounds drastic but



my situation demands drastic action. I need the self-discipline that complete abstinence demands. However the great feature of this is that I don't do it on my own. I do it with the support of other alcoholics and drug users in fellowship and most importantly with the power of a God "of my own understanding". I have discovered a wonderful book by Richard Rohr (a Dominican priest) that marries the twelve-step programme with the gospel of Christ. My faith is important to me, and that is the prism through which I have contact with the divine. As I write this letter I can hear the prisoner in the cell next to me reciting his prayers from the Koran. That is HIS prism and both are as valid and as beautiful. If it isn't the same God for all of us, none of the teachings of Christ make any sense! If only the world's great religions would get a handle on this.

The other quality of life that I have come to cherish is silence. I never thought silence anything but a lack of noise but now appreciate the depths and the beauty of silence.

Christmas Cards

Our friend at HMP Grendon has designed this year's Christmas card (144 x 103 mm). The inside is blank for your own message. (See it in colour on our website.) To order, send the form to the right with payment to: The PPT, PO Box 328, Oxford, OX2 7HF. If your prison is sending payment for you, you still need to send us the form.



Order Form

- Please send me _____ packs of cards at £5 per pack of 10
- I enclose a cheque payable to the Prison Phoenix Trust for £ _____

Name _____

Prison number (if in custody) _____

Address _____

Postcode _____

☐ I've asked my prison to send you payment.



Winter Puzzles



The answers to this quiz can be found in our Freeing The Spirit book - or at the bottom of the page if you get stuck!

1. The word "yoga" comes from an ancient Sanskrit word meaning what?

- a) Meditation
- b) Union
- c) Pose
- d) Stretch

2. What is an "asana"?

- a) A famous yoga book
- b) A type of mat
- c) A physical yoga exercise
- d) A breathing exercise

3. Name five different yoga poses that are named after animals.

4. What does "pranayama" mean?

- a) Breathing exercises
- b) Physical yoga exercises
- c) Prayer
- d) A way to sit in meditation

5. How many poses make up one sun salutation?

- a) 3
- b) 8
- c) 12
- d) 36

6. What is a cushion you sit on in meditation called?

- a) A zafu
- b) A netti

- c) A wheel
- d) A bolster

7. If you were standing on one leg with the other foot resting on your thigh, calf or ankle and your arms were in the air, what pose would you be in?

- a) Half moon
- b) High lunge
- c) Warrior 2
- d) Tree

8. How often should you practise yoga and meditation?

- a) Every day
- b) Five times per day
- c) Once per week
- d) As often as you can

9. What do you need to wear to practise yoga?

- a) Specialist yoga clothing
- b) Full gym kit including trainers
- c) Bare feet and loose clothes
- d) Anything is fine, including jeans

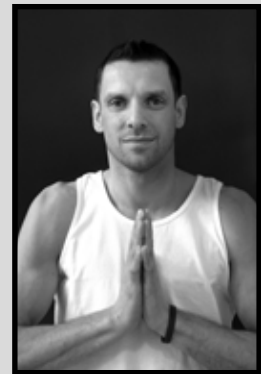
10. Which of the following is not a pose used to sit in meditation?

- a) Lotus
- b) Locust
- c) Seiza
- d) Burmese

Thank You!

Earlier this year, to mark the Prison Phoenix Trust's 30th anniversary, we started letting friends know that they could help build a secure future for the charity's next 30 years. Specifically, we were hoping to find 30 friends willing to give £42 per month (or £500 per year) for the next three years.

Thirty people have now come forward and we are deeply grateful for this willingness to help people in prison – prisoners and staff – have access to the healing practices of meditation and yoga. It is only because of such kindness and generosity that the Prison Phoenix Trust has been able to flourish through the years. Thank you to everyone who contributes, whether by donating, telling people about our work, holding us in your heart, or most importantly, by practising yourself.



T H U N T Y L I M A R C T I C A
W A S A N T A B T F E A C H O T
P I I T R T B O X I N G D A Y D
V A T I C W P C H I A G T N P I
M U P V I S A Y A S E B W U A R
R F M I S T L E T O E A O K C M
A R M T T O B F P L S I D K F E
C O S Y M C L T A S M F I A L R
T S L D T K M Y S T R B A H T R
Y T C A D I W A L I T Y M S N Y
N W I D I N U G I C A R O L H I
E U T O H G Y U L E T I D E T U

In this wordsearch, how many festive words can you find? We think there are 15.

Fill in the sudoku so that each row, each column and each of the nine boxes all contain the numbers from 1 to 9. See if you can crack the code!

		1				8	9	
		2			4	1		5
	3			1		4	6	
5	7			8		6		
			3		1			
		9		7			4	3
	1	8		3			5	
7		4	1			3		
	2	5				7		

Quiz answers - 1b, 2c, 3. There are a lot of these! Some great ones are frog, cat, dog, cobra and fish, 4a, 5c, 6a, 7d, 8 a and d - every day would be great, but if you only practice once a month, you're still doing something good for yourself! 9c, 10d



Mirror Mirror

By Nicholas Colloff OBE

Nicholas was the Prison Phoenix Trust's first employee. He went on to work for other charities, and became the Director of Innovation and Strategy at Oxfam UK. He now lives and works in Switzerland. He has served as a PPT Trustee for many years.

When I was 13, my mother learnt to meditate, and she changed. She was more calm, resilient, and increasingly willing to learn new things, like driving a car. Most importantly she was less likely to go off the handle at something I or my brother had done! I was impressed, so much so that when she suggested I learn to meditate, I did.

I sat there, practising diligently, waiting to notice similar changes in myself. I was going to burst forth from my anxious shyness, bloom in confidence, become popular, shoot to the top of the class and win my first significant friend!

It did not happen quite like that. I enjoyed the actual practice, and having a secret: as an adolescent in the 1970s, I did not want to tell people I meditated, as that was 'weird'. I was isolated enough already! Yet I could not point to any major shift or change.

Discouraged, I told my mother that I didn't feel I was changing. 'Yes,' she replied, 'but at 13 you are changing all the time. You may simply not notice what is driving it.' 'True,' I said, 'but I will never forget how you changed'! Meanwhile, something in this encounter suggested I pay attention to how others were seeing me. Perhaps they could be a mirror, to help me see myself better. As soon as I did, I began to notice a pattern: a teacher complimented me on a greater willingness to contribute in class; a school friend noticed my co-ordination at table



tennis had improved; and an aunt noticed how much more confident and relaxed I appeared. Each nudge of this kind encouraged me and kept me focussed on my practice, moving onward and deeper.

Later, at college, I consciously sought out a person, 'a soul friend', who could, in conversation, consciously provide that accompaniment in my spiritual life to help me practise it better, and notice deeper things.

Thus, when some ten years later, I helped start the Prison Phoenix Trust and became its first employee, I immediately recognized the deep value that the correspondence with people in prison could have. It allowed the opportunity for instruction and support in the practice of meditation and yoga. It also helped trace the unfolding effects, some of which can be vibrant, even dramatic, and others which are quite subtle and often first noticed by others around us.

In one of the first letters I responded to, David started by complaining, as I had, that after six weeks meditating, nothing much appeared to have happened. He then slipped into telling a story about someone barging into him at the dinner queue. Unusually for him, rather than react aggressively,

he had calmed the situation down with a touch of humour and it had worked, to the benefit of everyone. I replied wondering whether the two might after all be related?

Space in mind

This triggered just such a recognition in David and he later wrote a beautiful description of increasingly finding, for the first time in his life, 'space in mind' between his first reaction, usually tense and aggressive, and the possibility of a different response. My mirroring of his life situation gave him the right distance through which to better see himself.

Meditation and yoga takes us on a wonderful journey of inward exploration, of self-discovery and change. It is a journey that we can deepen if we take a friend along with us who may notice things that we do not and who can hold up a helpful mirror to notice where change is happening. It encourages us on our way, points to possible ways forward, and has in it the joy of mutual recognition that, however slow the journey is at times, we keep moving onward and upward!

If you would like to write with a friend like this, we would be happy to correspond and support you.



Nicholas in Venice

Ocean Breath

By Luisa, former PPT Yoga Co-ordinator

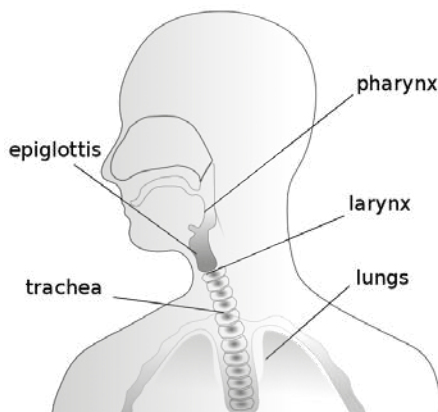


Close your eyes and think of the sound of ocean waves on the shore. Hear the sound of the water hitting the beach, pebbly or sandy, Brighton or Lanzarote as you prefer. And hear the sound of the water retreating. Now open your eyes. Do you feel calmer, more centred, more focussed? Did you know that you can get even more of these benefits by creating the sound of the ocean with just your breath?

In yoga, we use this breath practice called ocean breath, or 'ujjayi' in the ancient language Sanskrit, literally meaning 'victorious', to help us become victors of our minds. Deeply relaxing, both the sound and length of this breath helps to call your parasympathetic nervous system into play. (That's the system which helps to calm the body and the mind.)

Here's how you do it:

1. Sit in a comfortable upright position on the floor or on a chair if you wish.
2. Breathe deeply in through the nose.
3. Breathe out through the mouth, keeping the face very relaxed and making a soft whispering sound, as if you were misting up a mirror or window to write in it.



4. Repeat steps 2-3 a few times until you really begin to hear the sound of the ocean on that long smooth breath out through the mouth. This breath out through the mouth also helps to relax the jaw and face, where we often hold tension.
5. Now close the mouth and continue to breathe in and out through the nose, but keep that ocean sound in your breath. Continue applying the same toning to the throat, or epiglottis, (see diagram left) that you did when the mouth was open. It's a little easier to make the sound on the exhale, but see if you can make the same sound on the inhale too.
6. Keeping the mouth closed, and the face relaxed, continue to breathe in this way, focusing on an even sound as you breathe in, an even sound as you breathe out. The breath should feel totally comfortable. Don't force it – the key to this breath is relaxation. It's a bit like

the breath you make just before you fall asleep. Some small effort is required to produce a pleasing sound, but too much effort creates a grasping quality and a grating sound.

7. Let the sound of the ocean calm your mind and help you become victorious over your thoughts.

Once you are comfortable with this breath, it can be used when doing yoga postures as a way of helping stay present, self-aware and grounded. It needn't be loud, just loud enough to keep you focused. If you are straining in your breath, you may be pushing yourself too hard in your practice. Use that feedback as a guide throughout your yoga session – if you start to strain, it may be time to back out of a pose and rest.

I also like to use this breath when I get annoyed or stressed during the day, though you have to make it quietly so people don't stare!

“We know only too well that what we are doing is nothing more than a drop in the ocean. But if the drop were not there, the ocean would be missing something.”

~ Mother Teresa, saint, nun and missionary, 1910 - 1997

This newsletter goes to prisoners and prison staff, and to many friends who offer us their encouragement. We receive no statutory funding, but rely wholly on individuals, groups, grant making trusts and faith-based communities who understand the value of meditation and yoga, silence and the breath in empowering individuals and society to heal. Two important ways that friends can help are remembering us in their will and setting up a regular donation. Any support you can offer is greatly appreciated.

Prison Phoenix Trust Newsletter
PO Box 328, Oxford, OX2 7HF
registered charity no. 1163558

