

A Note on the Prison Phoenix Trust

This note gives a background to the essential characteristics of the PPT, for guidance of possible applicants for any role in the organisation. It may be appended to the Director's Job Description, but it also stands alone as a pointer towards our practice.

The PPT invites people in custody to become acquainted with the power of silence in yoga and meditation so that they are able better to understand and improve their lives. The healing practice the PPT recommends is based on the breath which leads practitioners over time to forget themselves and become aware of others and the wider world.

It is essential that the PPT Director identifies with, and practises these aims.

Prisoner correspondence, yoga teacher training, prisoner and prison officer workshops, articles, newsletters and public talks, all centre on the Director's understanding and experience of silence - at the heart of the PPT's work, and at the heart of the universe of which we are a part.

The nature of this central role leads the organisation to a natural support of both PPT staff and trustees. We strive, as part of this practice of silence, to come closer to each other and also to prisoners, prison officers, staff, trustees, donors, friends, yoga teachers, ex-prisoners.

In this practice no one is inferior, no one is superior. The natural expression of one-ness prevails. The way unfolds before us, uniquely for each person.

This is the spirituality which underpins The PPT.