YOUR ADDRESS

YOUR MP’S NAME

HOUSE OF COMMONS

LONDON

SW1A 0AA

Dear YOUR MP’S NAME

I am writing to encourage you to become a member of the All-Party Parliamentary Group on Yoga in Society. This is a group I support as I have a particular interest in the contribution yoga and meditation are making to the rehabilitation of offenders.

Membership of the APPG requires no obligation for action from you; you will receive invitations to free yoga classes tailored to parliamentarians for stress relief and back and neck pain. These 45-minute classes are held at lunchtimes and require no change of clothing. You would also receive invitations to APPG meetings, which I hope you would find an informative way to stay up to date on the latest research and developments in this area.

There are now over 800 published research papers on yoga, and nearly 50 peer-reviewed meta-analyses on its efficacy for mental health conditions and a range of common medical conditions. In fact, for mental health conditions, such as PTSD, yoga often shows up as superior to other highly regarded interventions or enhances the outcomes of commonly used protocols.

In terms of health and social benefit, yoga is highly efficacious in the following sectors of society:

* Criminal justice: where mental health issues exceed 70% of the prison population and are a major risk for incarceration.
* Healthcare: where yoga is already part of social prescribing and increasingly recommended by health professionals as a cost-effective intervention that builds on community assets.
* Schools: supporting primary and secondary pupils mental and physical health.
* Workplace: supporting staff wellbeing and occupational health.

Under previous parliaments the APPG held dozens of meetings, enabling MPs and Peers to keep informed of successful initiatives to address trauma and behaviour in the prison population, the teen mental health crisis in schools, the roll-out of NHS patient and staff protocols to improve wellbeing and self-care skills, and how yoga supports community sport.

I would greatly welcome your support for the APPG on Yoga in Society, which you can join by emailing: [APPGonYoga@gmail.com](mailto:APPGonYoga@gmail.com).

Thank you for your attention.

Yours sincerely

YOUR NAME AND ADDRESS