

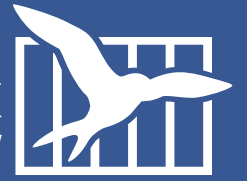
Teaching Yoga in Prison

2026/27 Prospectus
Short Course (80 hours)

**The PPT is
able to help
countless
people in
prison & secure
settings,
because of the
dedication &
commitment
of hundreds of
yoga teachers.**



THE PRISON
Phoenix
TRUST



BWY

AT
THE
HEART
OF YOGA
ACCREDITED
MODULES





Welcome

Prison can be the most rewarding place to teach meditation and yoga. The feedback from students is instant – and you may change lives in ways that are felt for years.

But teaching in prison isn't easy. There are many frustrations and complications and it might take more than a year to get a prison class started. Prison yoga teachers need endless patience and to feel a true calling for this work.

With over 35 years' experience and contacts in every prison in the UK and Ireland, The Prison Phoenix Trust is recognised by prison services as the leading provider of expertise in trauma-informed, inclusive yoga in prison.

The PPT/BWY short course Teaching Yoga in Prison has won many 6/6 scores from participants in recent years. Once trained, all teachers are offered ongoing support to establish classes, free resources to support their prison work and belonging to a supportive prison yoga community.

There is a growing recognition of the value of meditation and yoga as rehabilitative interventions for people in prison and a growth in demand for suitably qualified and experienced prison yoga teachers.

The PPT/BWY Teaching Yoga in Prison short course is trusted by prison managers to prepare and support teachers well for the challenges of working in secure environments.

The course comprises 80 hours in 4 parts, upon completion of which teachers will be a PPT/BWY accredited Prison Yoga Teacher. While this doesn't guarantee future work in prison, accreditation is highly regarded by prison services and is a requirement of The PPT's yoga delivery contracts.

"It was such an incredible training, thank you so much for all that you shared." **Nina**

"Yoga doesn't discriminate. It's here to help everyone, from every walk of life." **Kerry**

**Today's
session was
very relaxing,
it really
helped my
anxiety & for
a little while
I felt like
I wasn't in jail.**

Young person, HMP Polmont

My biggest take away from this weekend is just the importance of this work, getting involved in working in prisons doesn't just help the individual, but society as a whole. Seona

Dates & Venues 2026/27

2026

Part 1: The PPT Approach

Wytham Village Hall, Oxfordshire
Friday 8 May 2026 (1 day)

Part 2: Be Safe in Prison

Online
Tuesday 16 June 2026 (half day)

Part 3: Residential Intensive

Charney Manor, Oxfordshire
Monday 28 Sept–Thursday 1 Oct 2026 (4 days)

Part 4:

Accreditation briefing

Online
Friday 20 Nov 2026 (2.5 hours)

Class observations

In prison, arranged individually
Nov 2026 – Nov 2027 (2 half-days)

Course Costs

Cost: £850

Deposit due late Nov/early Dec 2025: £250

Price includes:

- All tuition and expert speakers
- Teaching Yoga in Prison BWY/PPT handbook, course slides and videos
- 3 nights' accommodation and meals at residential intensive
- One-to-one on-going support and mentoring from your regional PPT Yoga Coordinator

Not included: transport, books from reading list, BWY guest membership (if required)

Payment plans are available to spread the £600 balance over 6 months

A limited number of bursary places are available at up to 50% off the standard fee

If cost is a barrier to participation, please get in touch to discuss options

Requirements & Commitments

Places on Teaching Yoga in Prison in 2026/7 are limited to 20 people. Applicants will be selected according to the following criteria and commitments.

Entry Requirements

1. At least 200hr yoga teaching qualification (in-person, or hybrid)
2. At least two years' continuous yoga teaching experience (in-person classes)
3. Demonstrable interest and commitment to teaching marginalised or vulnerable people
4. Demonstrable interest and commitment to teaching yoga with trauma sensitivity and accessibly for people with a range of physical and mental health needs
5. If you are not a BWY member, you must join the BWY as a guest member (just for the duration of this module). This will be added onto the course fees and arranged by The PPT

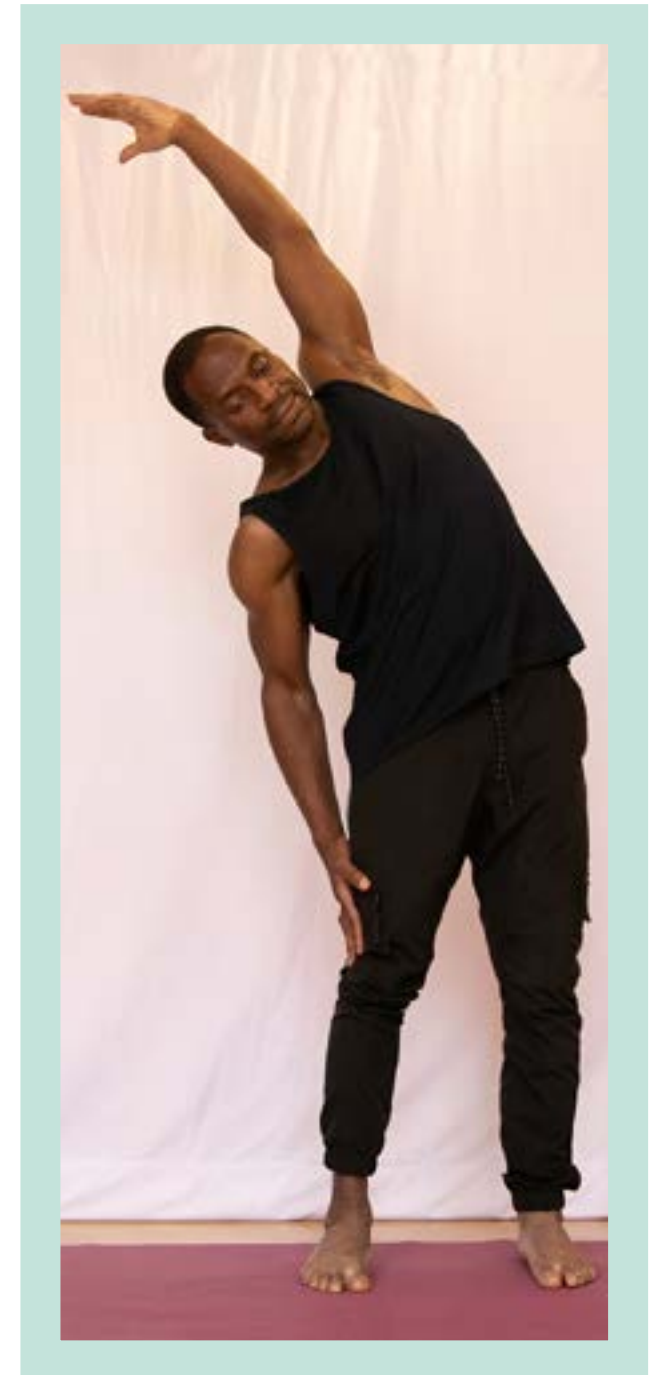
Commitments Required

1. Pre-course reading / audiobook listening
2. Attendance of all 4 parts of the training
3. To develop or maintain seated, silent breath-based meditation practice, daily
4. Completion of all course assignments

We welcome applications from people who share life experiences with groups over-represented in prison:

- men
- childhood experience of the care system
- other childhood disadvantage
- black yoga teachers and teachers of colour

"You have to be able to be present with everybody in the space and that takes skill. It takes experience and I think that's why it takes a while to do a training that's really specific." Shola





Applications

Timeline

Applications open online (QR below)	Sept 2025
Deadline for applications	3 Nov 2025
PPT makes place offers to successful candidates	Mid-late Nov 2025
Deadline for successful candidates to accept offer and pay deposit	Early Dec 2025
Any waitlist places allocated	From Jan 2026

Payments and Refunds

A non-refundable deposit is required to secure your place. Any further payments made toward the remaining balance are only refundable if we are able to fill your place from the waitlist. We recommend getting in touch as early as possible if you're unable to attend, so we can do our best to support you and others hoping to join.

If we cannot offer a refund, we may be able to transfer your booking to a later date, subject to a £25 administration fee.

Apply Here:

bit.ly/teachinprison



What You Will Learn

Course Aims

- To prepare teachers to work safely and effectively in prisons and other secure environments by raising awareness and understanding of key issues and situations they may encounter in prison
- To ensure teachers are aware of the diversity of students they will meet in prison and to be able to design and deliver yoga classes that are trauma-informed, inclusive and accessible to their wide range of needs
- To give yoga teachers confidence to teach meditation effectively and safely in prison and to develop a deep appreciation of its value as a rehabilitative tool in prison work

Course Learning Outcomes

By the end of the course, students will be able to:

- Understand the importance of respecting prison security rules and protocols and establishing a good rapport with prison staff
- Maintain appropriate professional boundaries
- Recognise signs of 'conditioning' or grooming
- Know items that are prohibited from being taken in or out of prisons
- Dress appropriately for work in prison
- Reduce the security risks associated with personal website and social media activity
- Know what to do if safety of self or others is at risk
- Know where to seek help and advice on prison security
- Know when and how to report security concerns
- Understand the diversity of people in prison in terms of ethnicity, religion, sex, age, ability, neurodiversity and other characteristics
- Know ways in which to design or adapt a yoga class to ensure it is accessible; that students with a wide range of backgrounds and needs can all feel welcome and able to experience a sense of achievement in the class
- Understand the prevalence of mental ill health, learning disability, neuro-diversity, trauma and adverse childhood experiences in prisoners
- Know how to bring key elements of a trauma-informed approach to teaching yoga and meditation in prison, including set up of room, choice of postures, use of invitational language
- Understand the value of silent, breath-focused meditation as a transformative tool for people in prison
- Teach silent, breath-focused meditation in prison in a way that is safe and accessible to people with a range of physical and mental challenges
- Understand the value of personal meditation practice in being able to teach effectively and sustainably in a prison environment

Course Content

Teaching Methods

The course is taught largely in-person with some parts online via live webinar. Learning is experiential, with a combination of live talks, presentations, Q&A, group exercises and discussions, individual practice, set reading / listening, teaching try-outs, dilemma try-outs and quizzes. There will be a small amount of pre-recorded content that will be available, but on the whole the course is taught in-person and attendance is essential.

All students will be expected to participate actively in all parts of the course. It will be a supportive space in which to contribute your experiences, questions and ideas.

There is an expectation for participants to work digitally at times, including; smartphone quizzes, online evaluation questions, written assignments and lesson planning. Participants are encouraged to inform us of any preferred learning approaches or styles in advance, to help ensure the sessions are as engaging and effective as possible for everyone.

Part 1 - The PPT Approach

- Understanding barriers to participating in yoga and meditation
- Introduction to diversity and inclusion in prison
- Prisoners' experiences of meditation and transformation
- Exploring fears and motivations
- The value of silence in prison
- Introduction to trauma-informed yoga and meditation

Part 2 - Be Safe in Prison

- Prison security and protocols
- Understanding conditioning (grooming) warning signs
- Prison safety and seeking help
- Professional boundaries, rapport and authority

Part 3 - Residential Intensive

- Trauma-informed yoga practice for prison
- Adapting a class for age, disability and neurodiversity
- Yoga teaching inclusive of all or no faiths and all ethnicities
- Understanding addiction
- Working with sex offenders and other vulnerable prisoners (VPs)
- Adapting a class for women in prison
- Adapting a class for young adults
- Adapting a class for residents in Approved Premises (APs) and Cat D open prisons
- Diving Deeper into security and boundaries
- Putting learning into practice via small group teaching practicals
- Understanding the life and work of prison officers
- How to get a prison yoga class started
- Hearing first hand from someone with personal lived experience of yoga and meditation in prison

Part 4 - Accreditation

- Accreditation briefing
- Class planning for a prison yoga class
- Observe a prison yoga class
- Plan a prison yoga class
- Teach a prison yoga class
- Evaluate your teaching

Certification and Evaluation

In order to complete your Prison Yoga Teachers Accreditation you must:

- Practise silent breath-based, 10 minute meditation, daily from Part 1 of the course, and share a record of this experience
- Attend and participate in all parts of the course
- Complete set reading / listening
- Complete set written assignments
- Observe a prison yoga class
- Plan and be observed teaching a prison yoga class

Complaints Procedure for British Wheel of Yoga Short Courses

In the event of a complaint being raised about the content or a tutor on a BWY short course, in the first instance, it is desirable that the complainant raise the matter with us the tutors running the course and the matter be resolved at this level.

1. If this is not possible, or this has been tried to no avail, the matter should be brought to the attention of the Short Courses officer, in writing. The Short Courses officer will mediate in consultation with the Education Committee Chair. The complainant will be informed of the decision taken and any measures decided upon as soon as possible.
2. Written records of all data and correspondence involved in the complaint to be retained by the Short Courses Officer.

Teaching yoga in prison is probably not a good first yoga job. It takes skill and experience and that's why it's important to do a training that's supporting you to teach yoga in that environment. Shola



Course Tutors

Selina Sasse

Selina is CEO of The PPT since 2020. She was previously a Yoga Coordinator and has been involved with the Trust since 2013 supporting prisoners as a letter-writer.

She oversees The PPT's standard of support for people living and working in the judiciary systems, ensuring this meets current policies for service delivery. This includes requirements for trauma responsive approaches and EDI policy.

She is accredited by Yoga Alliance in both yoga and mindfulness teaching since 2016, with additional developmental work to specialise in a trauma informed approach suited to prison work. Selina has encouraged yoga & meditation practise in prison since 2013, is certified in Trauma Centre Trauma Sensitive Yoga (TCTSY) 2024 and has led The PPT/BWY Teaching Yoga in Prison Module since 2021.

Victoria Green

Victoria is Yoga Lead at The PPT, having joined as Yoga Coordinator in December 2014.

She taught yoga and meditation to Young Offenders at HMP YOI Aylesbury for six years and has been teaching prisoners and staff at HMP Grendon since 2012. Spending around 2 days a week, every week teaching those living and working in prison.

Leading a team of Yoga Coordinators, she facilitates taster workshops in prisons across the country to help new classes get started in prison. Victoria has taught in high proportion of all prisons in the United Kingdom.

Victoria is a British Wheel of Yoga Diploma (500 hrs) teacher. Victoria participated in Barefoot Body Training's Trauma Informed Yoga & Movement Module 1 (2022).

Chris Holt

Chris is Development Lead having joined as Yoga Coordinator in 2021.

She has taught yoga since 2008 and since 2015 has run classes in secure settings including HMP Downview, HMP Brixton, HMP East Sutton Park, and Tulse Hill Approved Premises.

Chris is an accredited prison yoga teacher, having qualifying as a hatha and restorative yoga teacher with Amrita School of Yoga and Judith Lasater. She co-teaches The PPT/BWY Teaching Yoga in Prison module since 2021.

Her developmental training includes Mindfulness-Based Stress Reduction with The Mindfulness Project; Yoga Therapy and Mindfulness for Addictions; and Yoga, The Brain and Mental Health both with The Mindful Institute.

Lou Steele

Lou is Mentor Lead at The PPT, having joined as Yoga Coordinator in March 2023.

Lou is an accredited prison yoga teacher, after qualifying to teach yoga in 2017 (BWY 390 hours). She co-teaches The PPT/BWY Teaching Yoga in Prison module since 2024.

Her insights come from her PPT mentoring leadership role supporting the development of people in and leaving prison and facilitating prison yoga throughout the UK.

Lou supports teachers delivering workshops and establishing classes across the male, female and young offender prison estate.

She has specialist training in Well Woman Yoga Therapy with Uma Dinsmore-Tuli (2015) and a children's yoga diploma with British School of Yoga (2015), as well as drawing upon her degree in Psychology.



**This is a tool
that can not
only help them
through their
sentences,
but life after
prison.** Kerry



For further queries please
contact us:

all@theppt.org.uk
01865 512521

The PPT, P.O. Box 328,
Oxford OX2 7HF

**You're
teaching really
vulnerable
people, so
you've got to
be trauma
informed.** Jim

Apply Here
Deadline 3 November 2025
bit.ly/teachinprison

