

PRISON PHOENIX TRUST
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Prison Yoga Teachers' Newsletter

Prisoners & purpose of

Where can you see prisoners doing yoga? Outside of prison, there is only one place, and it is the Yoga Show. Each autumn, prison yoga teacher Tuesday McNeill organises a stall in support of PPT, and this year was inundated with people wanting to know about yoga in prison.

In the commercial and sales world, selling about help me

Shola is a Life Coach, Yoga and Meditation Teacher and author of *Opening to Spirit, Way of the Chakras* and *Embracing Purpose, Passion and Peace*.

Serving Long Time at HMP Brixton - With Joy From Caroline Shola Arewa, HMP Brixton



I have had the pleasure of working closely with the Prison Phoenix Trust for almost 20 years. Much of that time I have spent teaching yoga at HMP Brixton, so I am in a good position to comment on the empowering, uplifting and life transforming work the Trust has responsibility for.

Spending time in prison is often challenging, it's painful and can have a very disruptive effect on families. The Trust teaches meditation and yoga, and encourages prisoners to develop a practice of silence and breath concentration. This work changes many lives.

I will leave Brixton on 15th after around 18 years, not by choice, but it feels okay as well. I have been there a long time, I know I have changed lives and as a confirmation, at The Yoga Show a gentleman came up to me and asked me if I remember him, I was his yoga teacher. He is now married, has a young child, still does yoga, hence being at the show, and is happy with his life. Of course I remembered him, and the challenge I set him to honour himself more fully, he had cried openly in the class, a real breakthrough, so I know my work is done and I give thanks for the blessing I have received from serving in this way. What a great privilege these years have been to me. The gift has been mine. I honour and value every day I spent behind bars. I am not sure what is unfolding in my life right now, but I know it will be good. I thank you for all your love and support, greatly appreciated over the years.

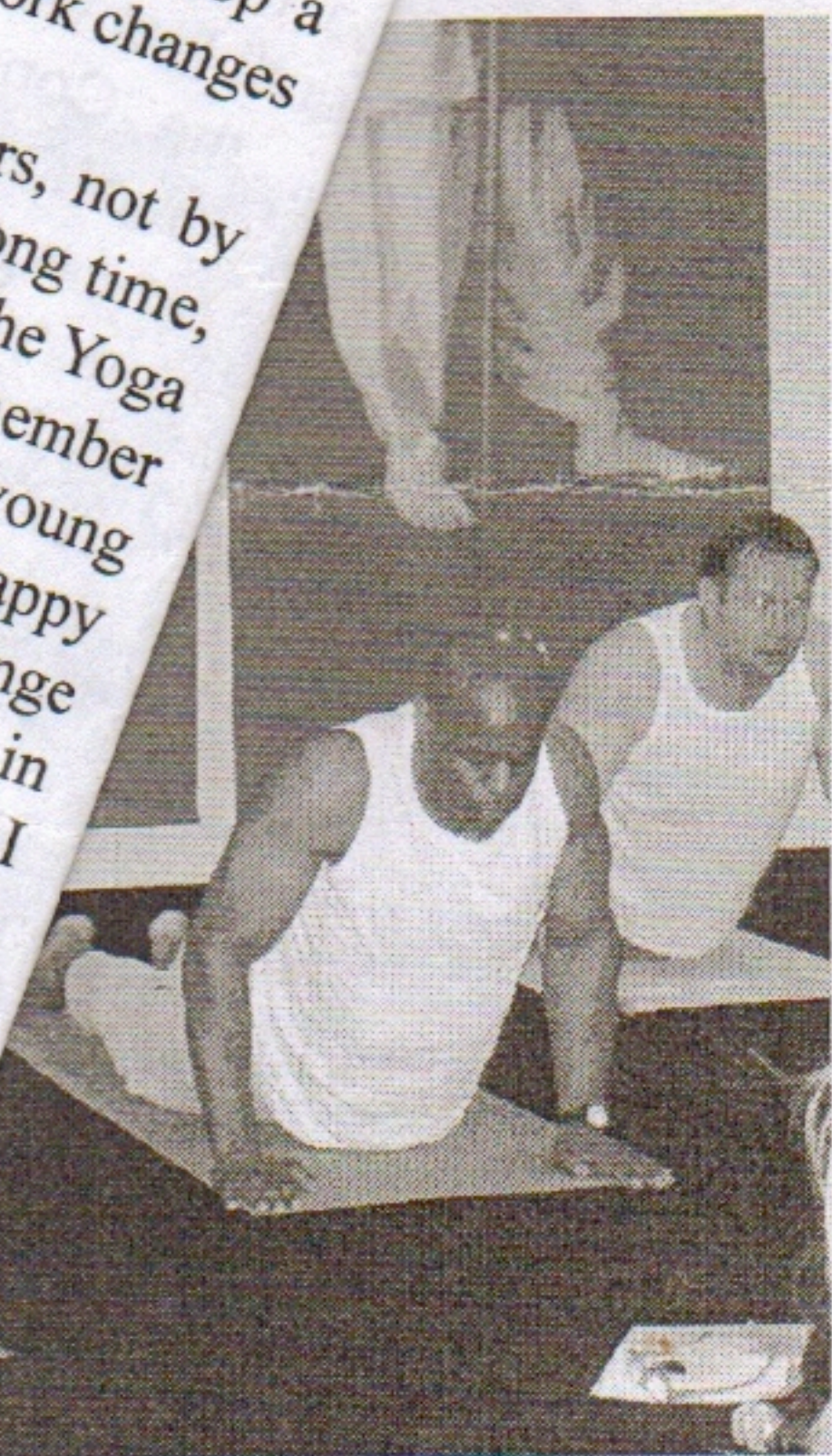
Marathon sun salutations

So I was pleased to have the opportunity of raising money for the trust with Yoga Aid, at the popular 2008 Yoga Show. 120 plus people volunteered, including prison yoga teachers such as Tuesday McNeill, who some of you know, to do 108 rounds of sun salutations, an auspicious number in yoga philosophy and 96 rounds more than is traditionally done, a bit of a yoga marathon! Put it this way, when men in my yoga class have done 3 sun salutations they think they have had a workout!

It was an exhilarating experience as 12 teachers and 120 students gathered at Olympia in London, at 7.00am, yes that was a task in itself, to raise money for the Prison Phoenix Trust and three other charities. After 3 hours, which went surprisingly quickly, with lots of encouragement and no casualties, we completed a major accomplishment, showing that what ever you put your mind to you can achieve.

I felt totally energised, knowing money was being raised to introduce prisoners to the life changing art and science of yoga. Thanks to all involved and thanks to all at PPT for the wonderful work you do.

Yoga class at the Yoga Show



all, HMP Latchmere House, an east of London, allows Tuesday to release to be part of a yoga class demonstration stages. As the photos of Tuesday's students were able to ignore the men in her class wasn't even in prison when she had been released some weeks ago, they came to take part.

At the Yoga Show there was an opportunity for people to do 108 sun salutations to raise money for charity. At the time of writing, £3000 has been raised for the PPT--so deep thanks to everyone who made it through all of those namaskars!