

Choose 2 free items

Hope and healing through meditation and yoga



DVDs

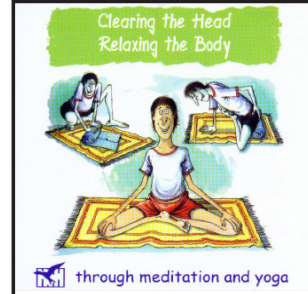


Please
tick ☐



Please
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CDs



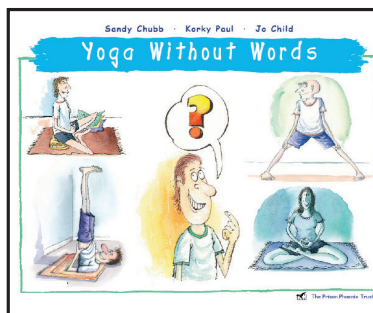
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Books

Just pictures



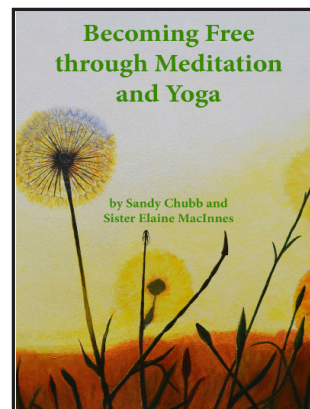
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Pictures and words



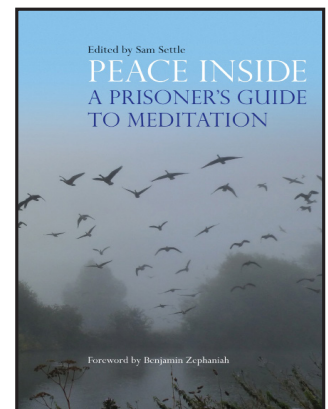
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A manual



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tick ☐

A longer read



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tick ☐

First name: _____ Surname: _____ Date of birth: ____/____/____

Prison: _____ Prison No: _____

Wing: _____ Job title (if staff): _____

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Why do you want to learn more about meditation and yoga?

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