

How to get started



1. All you need is your body and your breath (your blanket and pillow may help).
2. Pick one yoga pose you like on from your new resource.
3. You don't need to be perfect.
4. Do it again tomorrow and the next day, if you miss a day, just try again the next.
5. Start to notice a time each day you can stick to.
6. Write to The Prison Phoenix Trust for guidance.

You might like to tune into The Prison Phoenix Trust's yoga and meditation programme, Freedom Inside, on National Prison Radio, 3 times a week.



“I began with some favourite positions for a while that led gradually and naturally into longer sessions.

“I’ve also started joining in with the Sunday morning practice on National Prison Radio, which has been a good source of encouragement and is now a regular fixture in my weekends.

“I now feel I’m back in the joyful routine of regular practice.”

Angela

For help with your meditation and yoga, write to The PPT P.O. Box 328, Oxford, OX2 7HF