



Recent Prison Yoga Project Milestones

CREDIT-EARNING SENTENCE REDUCTIONS. Effective August 1, 2017 prisoners can receive sentence-reducing credits for attending PYP yoga classes in California State Prisons. These Rehabilitative Achievement Credits (RACs) are a result of the passage of Proposition 57 - California's Public Safety and Rehabilitation Act of 2016, overwhelmingly approved by voters in November 2016 for the purpose of emphasizing rehabilitation and enhancing public safety. Not all rehabilitative programs qualify for the credits. Only those approved by the CA Department of Corrections based on proven track records.

WOMEN'S PROGRAMS AND TRAININGS.

Notable PYP programs for women prisoners include Las Colinas Detention Facility for Women, San Diego; Denver Women's Correctional Facility, Denver; Maryland Correctional Institution for Women, Jessup, MD; Leath Correctional Institute for Women, Greenwood, SC. And new classes are being initiated by emerging trainees and as a result of Kath Meadows' gender-informed advocacy and Trainings at Omega/Rhinebeck, NY and Columbia, MD.

PILOT PROGRAM FOR YOUTH.

Our 2016 pilot completed at California Youth Authority facilities in Stockton is now renewed for 2017-2018, providing a model for youth detention programs. Other successful and ongoing PYP-replicated programs for youth include Cuyahoga Hills Correctional Facility, Cleveland; Los Prietos Boys Camp, Santa Barbara; and Adams County Youth Services Center, Denver.

INTERNATIONAL PROGRAMS. PYP Mexico was launched in March 2017. Forty-two teachers were trained and pilot programs were initiated at the federal prison in Morelos and a state prison in Mexico City. PYP Netherlands is now in its third year of providing in-prison programs. PYP Mumbai, India has completed a second teacher training and initiated work in the local women's prison. In Sweden, our trauma-informed Training was conducted for prison staff in 2016. Additional Trainings will be conducted this September in Barcelona, Spain, and London.

BOOK DISTRIBUTION.

More than 22,000 copies of *Yoga A Path for Healing and Recovery* by James Fox, have been sent free of charge to prisoners, fulfillment made possible by generous support from Give Back Yoga Foundation. A first printing of the Spanish translation edition was completed in Mexico and its distribution begun. PYP also distributes *A Woman's Practice: Healing from the Heart* by Kath Meadows, PYP Director of Women Prisoner Initiatives.



You may never set foot in prison **but you can change a prisoner's life.**

“Some of us see that we need to take our rehabilitation into our own hands if we’re going to make it. I’m grateful folks like you are giving us some practical tools to work with.”

—W.A.T., prisoner, Mule Creek State Prison, Lone, California

“What I received from the yoga classes is an avenue to live a life that is, well, so much more alive. I’ve learned that I can live in the present with an awareness I never felt possible and lead a life that is healthy, grounded and true.”

—T.L. prisoner, San Quentin

“Being bipolar yoga has definitely benefited me in regard to my mood swings. I believe that my practice has everything to do with a natural mindful sense of balance what has become the support I trust enough to reduce my medicine to one prescript.”

—B.M., Prisoner, San Quentin

“Yoga in general keeps me mentally conscious, physically relaxed and emotionally connected. My level of awareness is such that I am conscious of my thoughts, my speech, and above all my actions.”

—A.R., Prisoner, San Quentin

“I’m currently in a Texas Corrections facility and came across your book “Yoga a Path for Healing and Recovery.” I found that when I do the poses and focus on my breathing, go through it all, I can think clearer, I’m more relaxed, the stress and agitation from this place go away.”

—B.N., Prisoner, Ft. Stockton, Texas

“Thank you very much for your book. I have studied yoga many months and no other material has come close to shedding light on the discipline as yours has done. I meant to write sooner but am indigent and must do when I can. God Bless.”

—C.B., Prisoner, Milton, FL

