

Yoga to calm down

The Prison Phoenix Trust

It is difficult to stay calm all the time. There are so many things that can cause us to be angry or upset - from small things like irritating noise drifting into your cell, to much bigger problems like a sentencing decision not going your way. What a lot of situations that stress us out have in common is that they're very difficult (or perhaps impossible) to change. However, what we can always change is our attitude to what happens to us. Yoga helps to do that.

Through this routine, keep your breathing calm, deep and slow. Often, if you can get your breathing to calm down, your mind will follow soon after. Pay attention to every breath, and enjoy the time you spend in these positions.

Child's Pose

10 breaths



Happy Cat / Angry Cat

Flow slowly between them with the breath. Do each pose 10 times.



Cat Twists

5 breaths each side



Sphinx

10 breaths



Cross Legged Forward Bend

10 breaths, then swap the legs over and do another 10 breaths



Legs up the Wall

20 breaths



Sitting

Sit like this, or on a chair or the edge of your bed, comfortable and upright. Focus on your breathing. If you like, count your out-breaths up to ten and then start again at one. If your attention wanders, just return to concentrating on your breathing. Do this for 5 minutes, or longer if you like. Try it every day, building up to 25 minutes over time.

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Head doing you in?
Stressed out?
Can't sleep?

Simple yoga and meditation practice, working with silence and the breath, might just transform your life in more ways than you think ... Interested?

Write to The Prison Phoenix Trust
P.O.Box 328, Oxford, OX2 7HF.

We'd love to hear from you anytime and have several free books, which could help you build and maintain a daily practice.

Authors: Sandy Chubb Sister Elaine MacInnes

Freeing the Spirit...



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Editor: Susanna Lee Illustrations: Korcky Paul

If you want a free book and CD to help you set up a regular yoga and meditation practice write to: The Prison Phoenix Trust, PO Box 328, Oxford OX2 7HF. The Prison Phoenix Trust supports prisoners and prison officers in their spiritual lives through meditation and yoga, working with silence and the breath. The Trust supports people of any religion or none. We also run weekly yoga classes for inmates and prison staff.