

## Silent Meditation

- Early morning, or just before bed, find a place where you can sit alone. Your cell could be just right. It doesn't have to be perfectly quiet.
- Sit on a chair or the edge of your bed, with your back straight, feet flat on the floor, and hands in your lap. Make sure your head doesn't tilt forward or up. Let go of tension.
- Breathe in and out through your nose.
- Focus on your natural breathing, and count the out-breaths silently to yourself. Count up to 10, and then start from 1 again.
- As you sit, thoughts will arise, and you may be tempted to follow them. Bring your mind back to the breath. Don't worry about the thoughts, let them be, and keep bringing your focus back to your breath.
- Sit still and watch your breath for at least 15 minutes.



If you would like a free book and CD  
to get you started with yoga and meditation,  
write to:

**The Prison Phoenix Trust,**  
PO Box 328, Oxford, OX2 7HF

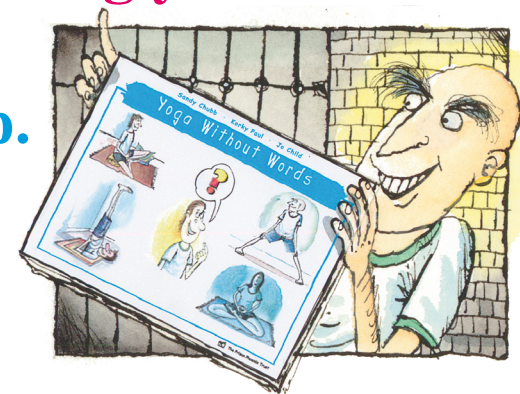
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## Stressed? Can't sleep? Head doing you in?

### Yoga will help.



These yoga stretches,  
which you can do in your cell, will help  
**relax your body and calm your mind.**

Do yoga at the start of the day, or just before you go to bed.  
Try doing it **every day** for a week - and see how you feel.

**1** Take off your shoes and socks and stand up. Feel the floor beneath your feet and adjust your weight evenly. Breathe naturally, through your nose. Stand tall and relaxed, for 20 breaths.

**2** Still feeling tall, balance on one leg. Settling into this position, breathe easily for 10 breaths. Then repeat on the other leg. This loosens your hips, strengthens your ankles – and calms your mind.



**3** Drop forward from the hips and relax your head and arms down. Bend your knees a bit if you need to and don't try to touch the floor. Stay for 10 slow breaths. Breathe out as you come up.



**4** Kneel on the ground on all fours. Breathing out, arch your back, letting your head drop down. Breathing in, arch the other way, hollowing your back and gently lifting your head. Repeat five times.

**5** Kneel up, and sit on your feet. If it hurts, put a rolled towel under your ankles and a pillow on top of your feet. Breathe easy, with your shoulders relaxed. Stay for 10 breaths. This stretches your legs, ankles and feet.



**6** Lie down with your legs bent and feet on the ground. Breathing out, lift your hips off the ground and take your arms behind you. Breathing in, feel your chest lift. Stay for 5 breaths, then roll down slowly, bringing your arms back to your sides. Rest and repeat.

**7** With your head resting on the floor, draw one leg in towards your chest and straighten the other leg. Stay for 10 breaths, then change legs.



**8** Lie on your back, legs straight. (If you prefer, have your legs bent and feet on the floor.) Check that your body and head are straight. Relax - feet, legs, trunk, arms and hands, neck,

head and face. Close your eyes and breathe easily. Rest and let go. Focus on your breath and gradually you feel that your body, mind, spirit and breath are one. After five minutes, open your eyes and get up slowly.

**The Prison Phoenix Trust (PPT)** is an organisation which encourages people in prison to release stress with yoga and meditation. There are classes in half the prisons in the UK and in Ireland – but in prisons without classes, inmates practise on their own, with the help of The PPT's free books and CD.

The PPT welcomes letters from prisoners wanting help with their yoga and meditation practice, and will always write back.