BEST PRACTICES FOR YOGA IN THE CRIMINAL JUSTICE SYSTEM

Yoga is rapidly gaining acceptance as a valuable resource for physical, psychological, behavioral and spiritual health in the U.S. criminal justice system and worldwide. Best Practices for Yoga in the Criminal Justice System is a user-friendly guide that explains how to develop, implement, and sustain high-quality yoga programs appropriate for jails, prisons, youth detention centers, and court-ordered programs. Synthesizing the knowledge and experience of 29 leaders in the field, this book is a must-have resource for anyone interested in yoga in the criminal justice system, including yoga teachers and yoga service organizations, correctional officers and other criminal justice professionals, and physical and mental health providers.

Key topics covered include problems of mass incarceration, institutional context and culture, teacher training requirements, curriculum and teaching guidelines, adapting trauma informed yoga to correctional facilities, staffing and developing yoga service organizations, and establishing yoga teacher training programs for incarcerated individuals “on the inside.”

$15.00 US

YOGA SERVICE BEST PRACTICES GUIDE VOLUME THREE

EDITOR

Carol Horton, PhD

CONTRIBUTING EDITORS

Bill Brown, PRYT, C-IAYT, RYT-200 | Mary Lynn Fitton, RN, MS, FNP | Sarahjoy Marsh, MA, E-RYT-500
Kath Meadows, MA, E-RYT-500 | Danielle Rousseau, PhD, LMHC | Rosa Vissers, MFA, E-YT-500

CONTRIBUTORS

Bob Altman, RYT-200
S. Barkataki, MEd, E-RYT
Leslie Booker
Denise Davidson
Toni DeMarco, MS, MFT

Marshawn Feltus
J. Cohen Harper, MA, E-RYT
Gabrielle Prisco, MA, Esq
Michael Huggins, E-RYT

Jill Weiss Ippolito, RYT
De Jur Jones, C-IAYT, RYT
Sue Jones
B. Murphy, BA, E-RYT

Charlene A. Sams, E-RYT
J. Stolley, MS, LMHP, LDAC
K. Thomas, E-RYT, RCYT
K. Weiss-Lewit, MA, RYT-500