

Trauma and Incarceration

Foundational Training Workshop Three

The logo for the Prison Yoga Project is located in the bottom right corner. It consists of the words "PRISON YOGA" stacked above "PROJECT" in a bold, orange, sans-serif font. The text is enclosed within a thin, hand-drawn style rectangular border.

**PRISON YOGA
PROJECT**

Participation Guidelines

Practice Embodiment

Mindful Awareness

Acknowledge Harm

Honor Your Capacity

A woman with long blonde hair in a ponytail, wearing a grey hoodie and dark pants, is performing a side-body stretch on a green mat in a large, bright gymnasium. She is sitting on the floor, leaning forward with one arm extended upwards and the other on the floor. In the background, several other people are also stretching or exercising on mats. The gym has a polished floor and large windows.

Objective

Learn to recognize the traumatizing potential of the incarceration environment. Develop an awareness of the potential for vicarious trauma and the importance of avoiding attachment to outcomes.



















