

A close-up, shallow depth-of-field photograph of a person's hands holding a professional video camera. The person is wearing a dark jacket and a watch. The camera is black with a large lens and a viewfinder. The background is blurred, showing warm, bokeh light patterns in shades of orange, yellow, and pink.

# Recorded Trauma-Adapted Yoga Class

Final Assignment  
HMPPS 2023



# Submission of recording

- A supervision meeting via zoom end of November
- The date for submission is the 14 November- latest 1 December
- You can send the video via WeTransfer, Dropbox, Youtube or Google Drive
- Send the link to Josefin, Geoff and Deidre
- The video is 15 min with only you in the picture. Follow the sequences from the online platform since they are created in a specific order to give the best effect, including the TAY methodology
- Here is a link to WeTransfer: <https://wetransfer.com>



# Video 15 minutes

1. Any part of the yoga programs from the online recordings or your manual
2. Guide the movements and positions for 15 minutes
3. You need to be seen in full view

## **Include the following in your instructions:**

1. Count down in positions that can be challenging, such as balances and warriors
2. Inviting language
3. Try somewhere to guide towards a clear physical sensation in the body
4. Provide options in a few places





## YOGA AND MINDFULNESS IMMERSION

## PRACTICE LOG

Date:	Time:	Length (mins):	Practice:
<b>Before Practice:</b> On a scale of zero to ten, how do you feel right now?			
Not Stressed > 0 1 2 3 4 5 6 7 8 9 10 < Overwhelmed			
<b>What did you notice or feel during your practice?</b>			
<hr/>			
<hr/>			
<b>Are there insights from your practice you can apply to your day-to-day life?</b>			
<hr/>			
<hr/>			
<b>After Practice:</b> On a scale of zero to ten, how do you feel right now?			
Not Stressed > 0 1 2 3 4 5 6 7 8 9 10 < Overwhelmed			

Date:	Time:	Length (mins):	Practice:
<b>Before Practice:</b> On a scale of zero to ten, how do you feel right now?			
Not Stressed > 0 1 2 3 4 5 6 7 8 9 10 < Overwhelmed			
<b>What did you notice or feel during your practice?</b>			
<hr/>			
<hr/>			
<b>Are there insights from your practice you can apply to your day-to-day life?</b>			
<hr/>			
<hr/>			
<b>After Practice:</b> On a scale of zero to ten, how do you feel right now?			
Not Stressed > 0 1 2 3 4 5 6 7 8 9 10 < Overwhelmed			



# What happens next?

- Upon submission of the video and your log-book for your home practice
- When your video has been approved, a diploma of completed foundational level 1 training will be sent via email
- Supervision is available if needed





## Contact

**Geoff O'Meara**

[geoff@prisonyoga.org](mailto:geoff@prisonyoga.org)

079 47517916

**Deidre Opp**

[deidreopp@gmail.com](mailto:deidreopp@gmail.com)

07801388807

**Josefin Wikström**

[josefin@prisonyoga.org](mailto:josefin@prisonyoga.org)

0046 70 4211766

**James Fox**

[james@prisonyoga.org](mailto:james@prisonyoga.org)

[www.prisonyoga.org](http://www.prisonyoga.org)