

Recorded Trauma-Adapted Yoga Class

Final Assignment
HMPPS 2023

Submission of recording

- A supervision meeting via zoom end of April- mid May
- The date for submission is the 31 May- 6th June
- 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
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

Extra homework



1. Practice guiding relaxation with giving optional relaxation poses page: 60
2. Record your self guiding a relaxation- relax with your self.

What happens next?

- Upon submission of the video you will receive a quiz with topics from the training
- When you have received feedback on your quiz, and your video has been approved, a diploma of completed foundational level 1 training will be sent via email
- Supervision is available if needed

The research study:

- Separate information meeting with the research team



Contact

Geoff O'Meara

geoff@prisonyoga.org

079 47517916

Deidre Opp

deidreopp@gmail.com

07801388807

Josefin Wikström

josefin@prisonyoga.org

0046 70 4211766

James Fox

james@prisonyoga.org

www.prisonyoga.org