

# Prison Yoga Project YTT

## Guest Lecture Series

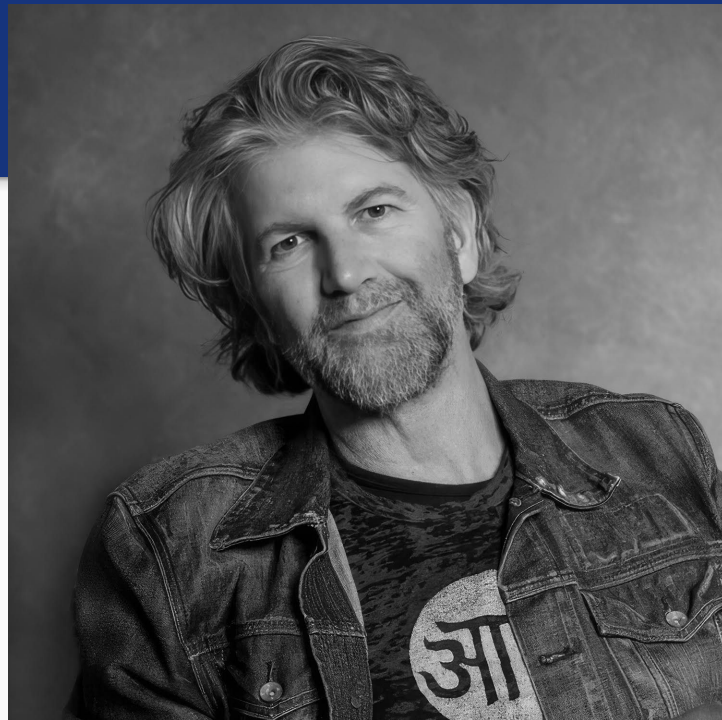
June-November 2025

# Robert Sturman

## To Be Seen: Yoga, Dignity, and the Art of Witnessing in Prisons

**Date/Time:** August 12, 2025 | 12pm EST

**Summary:** With a camera in hand, Prison Yoga Project photographer Robert Sturman has spent years witnessing what is too often hidden—moments of vulnerability, strength, and healing inside prison walls. His photographs offer a rare glimpse into the yoga world where it's least expected, serving as a bridge between isolation and belonging. This talk will explore how the act of seeing and being seen can become a form of healing, both for the subject and for the world.



# Dr. Jennifer Bourgeois

## Cultural Responsiveness & Humility in Criminal Justice Spaces

**Date/Time:** August 13, 2025 | 12:00pm EST

**Summary:** Explore the importance of cultural responsibility and humility when working in criminal justice systems. Learn strategies for fostering trust, safety, and inclusivity within carceral settings.



# Nikki Meyers

## Healing in the Margins

**Date/Time:** August 19, 2025 | Time 3:00pm EST

**Summary:** Explore the intersections of trauma, addiction, and recovery in marginalized communities. Learn strategies to create inclusive spaces for healing and transformation.



# Nicole Hellthaler

## Managing Challenging Behaviors in Trauma-Informed Spaces

**Time/Date:** September 9, 2025 | Time 3:00pm EST

**Summary:** Learn tools for addressing and de-escalating challenging behaviors while maintaining safety and compassion in trauma-informed spaces.



# Dr. Haunani Chong Drake

## Cultural Stewardship & The Five Elements

**Date/Time:** September 23, 2025 | 1:30pm EST

**Summary:** Delve into the cultural significance of the 5 elements in traditional practices and learn how to integrate these principles into trauma-informed facilitation with cultural sensitivity

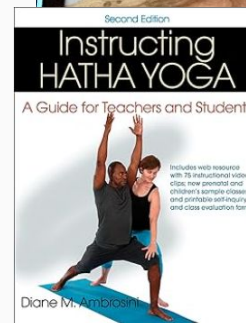


**Diane M. Ambrosini**

# Understanding the Vagus Nerve through the Lens of Yoga

**Date/Time:** September 24, 2025 | Time 12pm EST

**Summary:** Learn the connection between the vagus nerve and yoga practices, and how to leverage this understanding to support participants' self-regulation and nervous system health.



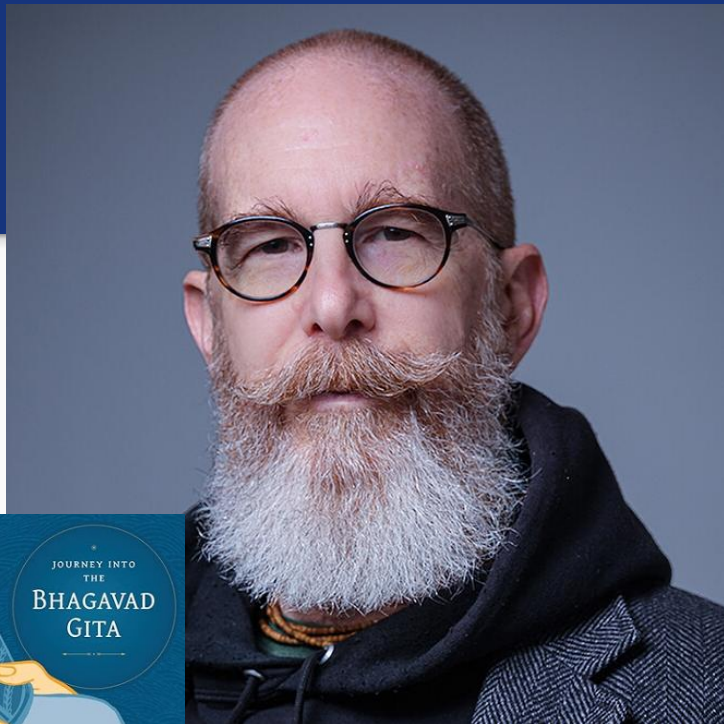
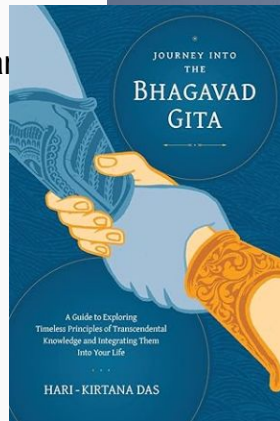


# Hari-Kirtana Das

## Exploring the Bhagavad Gita

**Date/Time:** September 30, 2025 | Time 1:30pm EST

**Summary:** Dive into the teachings of the Bhagavad Gita and explore how its timeless wisdom informs modern trauma-informed and healing-centered yoga facilitation.





# Bill Brown

## Beyond Asana: Integrating Wisdom from Tradition, Science, and Life

**Date/Time:** October 1, 2025 | Time 11:30am EST

**Summary:** This session invites you to explore how inspiration can move from the heart and mind into meaningful words. Together, we'll learn how to weave insights from yoga philosophy, modern science, and personal experience into short, impactful Dharma talks. By the end of the session, you'll have practical tools and the confidence to create short talks that create the opportunity for students to connect the physical practice with life experience.



# Sachi Doctor

## Healing with Ayurveda: A Trauma-Informed Approach to Restoring & Maintaining Balance

**Date/Time:** October 7, 2025 | Time 2:00pm

**Summary:** Discover how Ayurveda complements trauma-informed yoga. Learn tools to balance participants' unique constitutions and create grounding and healing practices.

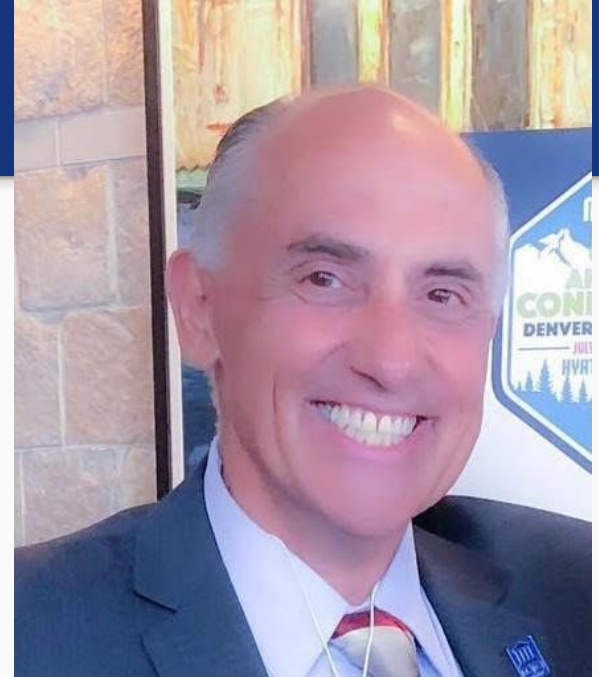


# Judge Victor Reyes

## Authenticity in Service Work

**Date/Time:** October 8, 2025 - 11am EST

**Summary:** Explore the importance of authenticity and ethical considerations in service-oriented yoga facilitation.



# Kim Peacock

## Guiding Youth Programs

**Date/Time:** October 15, 2025 - 11am EST

**Summary:** Discover best practices for working with incarcerated youth, including age-appropriate sequencing and strategies for building trust and engagement.



# Josefin Wikstrom

## Adapting Trauma-Aware Yoga for Mental Health

**Date/Time:** TBD

**Summary:** Gain tools and techniques for adapting trauma-informed yoga practices to support mental health, with a focus on working in diverse clinical and community settings.



# Vanessa Ramos

## Understanding Accessibility & Disability Justice

**Date/Time:** TBD

**Summary:** This lecture explores disability justice principles and offers practical strategies for making yoga more accessible and inclusive for participants of all abilities.



# Sonia Brown-Diaz

## Maintaining Facility Relationships & Self-Regulation in the Carceral Setting

**Date/Time:** TBD

**Summary:** Explore best practices for maintaining professional relationships within carceral settings and techniques for self-regulation to sustain effective facilitation.

