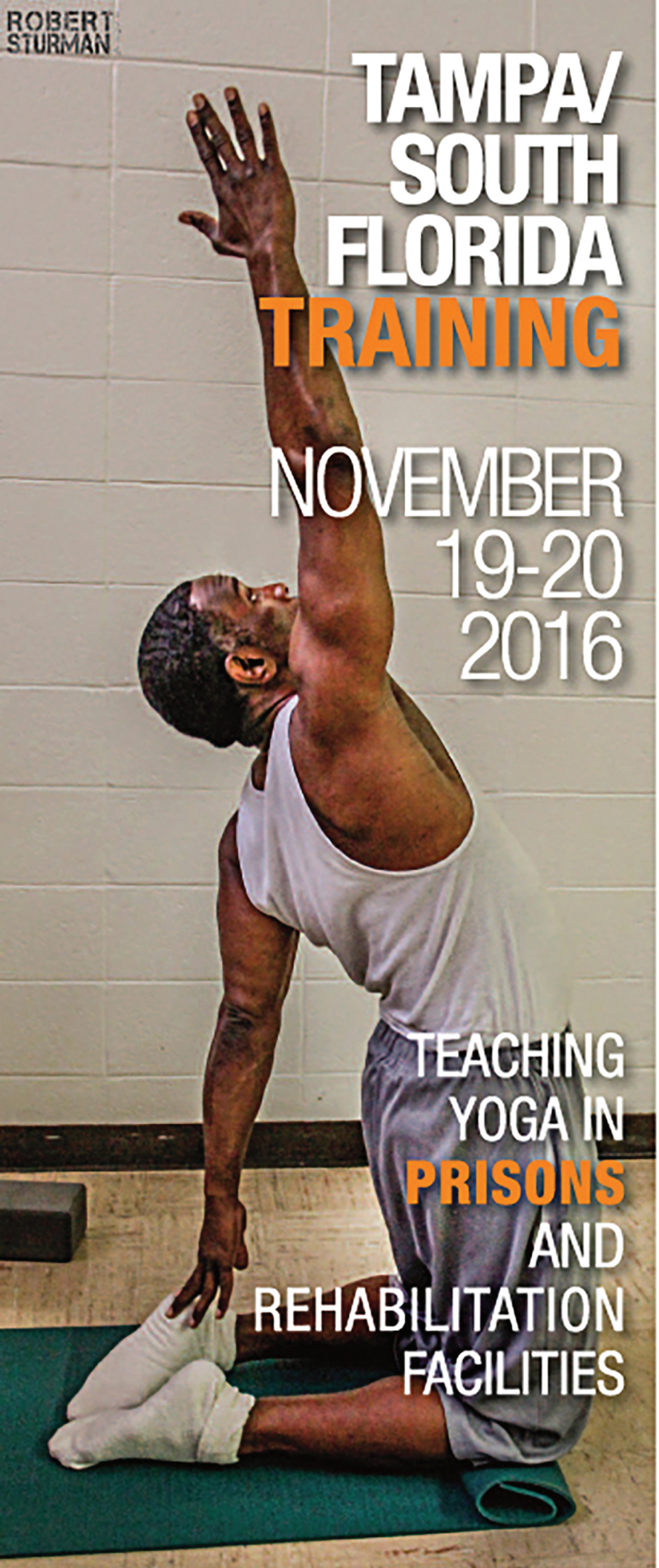

TAMPA/ SOUTH FLORIDA TRAINING

NOVEMBER 19-20 2016

TEACHING YOGA IN PRISONS AND REHABILITATION FACILITIES

The Prison Yoga Project in collaboration with **Yogani Studios** is offering a special training for yoga teachers and committed yoga practitioners interested in working with at-risk populations, including the incarcerated.

James Fox, Founder and Director of Prison Yoga Project, will lead the Training drawing on his experience of teaching yoga and mindfulness meditation to incarcerated youth and adults, including thirteen years at San Quentin, and other jails and prisons.

The weekend Training is intended for anyone interested in bringing yoga to underserved or traumatized populations and will include:

- PYP's evidence-based, mindfulness-infused approach to adapting yoga for those impacted by trauma, including the incarcerated.
- An in-depth orientation for teaching yoga in the unique socio-cultural environment of prisons.
- Strategies for establishing yoga programs in detention centers and rehabilitation facilities.
- Instruction in specific asana, pranayama and meditation practices that have been proven effective with prisoners.
- A thorough investigation of the practical application of yoga for emotional and psychological issues.

TRAINING:
Sat. Nov. 19, 10:00am to 1:00pm, 2:00 to 5:00pm
Sun., Nov. 20, 10:00am to 1:00pm, 2:00 to 5:00pm

WHERE:

Yogani Studio, 1112 W. Platt St., Tampa FL 33606

FEE:
$345 (**some partial scholarships available,** contact Julie at infoprisonyoga@gmail.com for application)

TO REGISTER: www.prisonyoga.org/trainings/ tampasouth-florida-training/

LOCAL CONTACT:
Jessica Trese
Email: jessica@yogani.com
813-251-9668 | yogani.com

PRISON YOGA PROJECT℠

Yogani

This training qualifies for continuing education credits with Yoga Alliance for RYTs