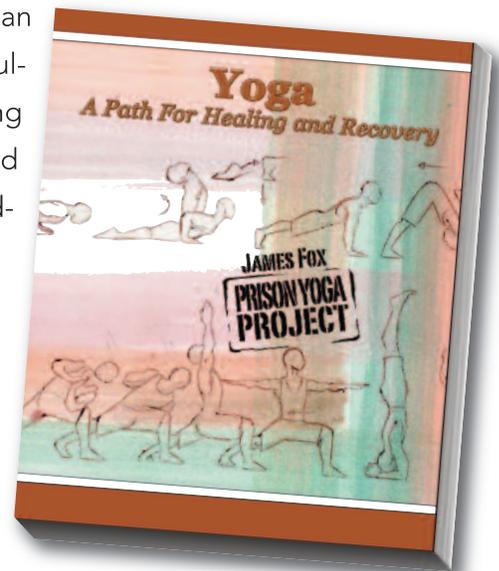


West Marin Rotary 2016 Peace Project: **The Prison Yoga Project**

REQUEST for FUNDING Yoga Books for Prisoners

The Prison Yoga Project (PYP) was founded by James Fox at San Quentin Prison where he has been teaching yoga and mindfulness practices to prisoners since 2002. In addition to teaching yoga, James is professionally trained in restorative justice practices and has experience teaching violence prevention and victim/offender education classes for prisoners.

Since 2011 James has been conducting trainings for yoga teachers in the U.S., Canada and Europe in his trauma informed, mindfulness based teaching methodology to replicate his San Quentin program to other correctional institutions. As a result, PYP trained teachers now offer classes in over 110 jails, prisons and rehabilitation facilities.



In 2010 James self-published, *Yoga A Path for Healing and Recovery*, an instructional book of yoga practices that has been sent free of charge to over 16,000 prisoners who have requested it. An average of 2,500 books are sent to prisoners free of charge yearly, but growing demand could increase that number to 4,000 copies in 2016. And the book has recently been translated into Spanish which will come as a welcome surprise to the huge population of Spanish-speaking prisoners in the U.S. and other countries.

PYP has received grant support from the *Give Back Yoga Foundation*, its fiscal non-profit sponsor, to cover previous costs for printing and sending the book to prisoners. However with the accelerated demand there is a critical need for additional funding. PYP is currently seeking \$10,000 to underwrite the expenses of fulfilling requests for an additional 1,500+ books for prisoners over and above our anticipated 2,500 copies, which would bring the total to 4,000 books for prisoners in 2016.

We are respectfully asking if Rotary Clubs of the North Bay and greater Bay Area Districts can join together with West Marin Rotary to donate the \$10,000 needed.



Contact: James Fox
james@prisonyoga.org
www.prisonyoga.org

West Marin Rotary 2016 Peace Project: **The Prison Yoga Project**

Request for funding of Yoga Books for Prisoners around the World.

Contact: James Fox james@prisonyoga.org www.prisonyoga.org

Prisoner Testimonials About the Book



"Thank you so much for enabling us to have a yoga group with your book. The group has been picking up momentum and in short we count ourselves fortunate to have had the use of your book."

Prisoner, Illinois State Prison, Mt. Sterling, Illinois

"It's been almost a month ago that I received your awesome yoga book. I love it! Thank you for all the work you put into it and for making a positive difference in my life and the prison population in general."

Prisoner, Alabama State Prison, Brent, Alabama

"I was delighted to read your book that another woman in my dorm shared with me. Every weekend a small group of us practice yoga breathing, meditation and exercise. It is a blessing to have your book to share among us."

Prisoner, Pulaski State Prison, Hawkinsville, Georgia

"Thank you for what is proving to be the best little yoga book ever published. We use it daily from introduction to Meditation on For-

giveness. It is a very rare and precious gift, one I shall keep for a long, long time."

Prisoner, Arizona State Prison, Buckeye, Arizona

"I really enjoy your book. It has brought me great joy. It is very easy to understand and the illustrations clearly show the stances and flowing movement. I have tried the Meditation to Relieve Stress, and when I finish I feel as if blockage was removed."

Prisoner, Neal Unit, Amarillo Texas

"Just a week ago I received your book. Thank you for the difference you have made in my own personal practice, but also thank you for caring about us incarcerated individuals. It's touching to feel the unconditional love of a stranger."

Prisoner, WCI, Lebanon, Ohio

"I just wanted you to know that your book did arrive to me, and I love it. I am handicapped (hands & legs) and the medical department does not offer any assistance for me to maintain my health. They let disabled inmates fall away and die (literally). I know 8 dead. Your book has already helped me reduce some of the pains, sleep easier and feel more alive with energy. Thank you. I won't forget it."

Prisoner, Utah State Prison, Draper, Utah

