



# The Prison Phoenix Trust

## Book Order Form

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The Prison Phoenix Trust, PO Box 328, Oxford OX2 2HF

		qty	total
<p><b>Peace Inside: a prisoner's guide to meditation</b> This book is a meditation guide and an account of prisoner's struggles and successes as they learn to meditate. It draws on letters between our staff and prisoners, showing how human beings can survive, and even flourish, in the most testing circumstances.</p>	£12.99	<input type="checkbox"/>	<input type="checkbox"/>
<p><b>Freeing the Spirit... through Meditation and Yoga</b> <i>by Sandy Chubb and Sister Elaine MacInnes</i> This fully illustrated colour guide explains how to practise yoga and meditation every day using humour, easy to understand language and lighthearted drawings. With illustrations by Korky Paul.</p>	£8.00	<input type="checkbox"/>	<input type="checkbox"/>
<p><b>Clearing the Head, Relaxing the Body... through Meditation and Yoga</b> A 75 minute CD in which Trust staff members talk through a yoga session, including postures and movements, relaxation, breathing exercises and meditation.</p>	£5.00	<input type="checkbox"/>	<input type="checkbox"/>
<p><b>Yoga Without Words</b> <i>by Sandy Chubb and Jo Child with illustrations by Korky Paul</i> This colourful picture book shows how to practise simple, breath focussed meditation and yoga. Developed for inmates who can not read, or who do not speak English.</p>	£7.00	<input type="checkbox"/>	<input type="checkbox"/>
<p><b>Becoming Free Through Meditation and Yoga</b> <i>by Sister Elaine MacInnes and Sandy Chubb</i> A detailed handbook on meditation and yoga for prisoners.</p>	£6.00	<input type="checkbox"/>	<input type="checkbox"/>
<p><b>Freedom Inside</b> A double CD featuring two complete yoga, relaxation and meditation sessions, plus a bonus asana track. With introductions featuring Erwin James, Jeremy Irons and Benjamin Zephaniah.</p>	£10.00	<input type="checkbox"/>	<input type="checkbox"/>
<p><b>Wake Up and See</b> A book of poetry on the theme of imprisonment from prisoners and well-known authors. Beautifully illustrated with photographs taken in HMP Wandsworth.</p>	£5.00	<input type="checkbox"/>	<input type="checkbox"/>
<p><b>Yoga for You and Your Baby</b> A beautifully illustrated handbook aiming to help pregnant prisoners use yoga and meditation to have a happier, healthier pregnancy and birth.</p>	£4.00	<input type="checkbox"/>	<input type="checkbox"/>
<b>My order total is</b>			<input type="checkbox"/>

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