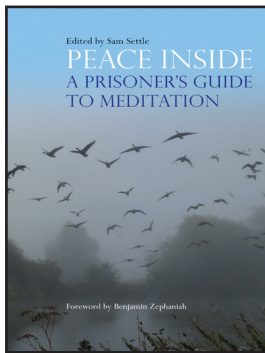


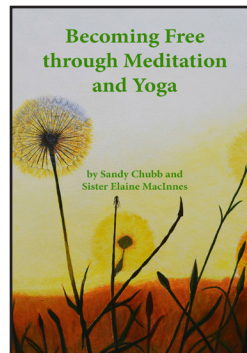
Prison Phoenix Trust Book Request Form

Choose up to **TWO** of these free publications.



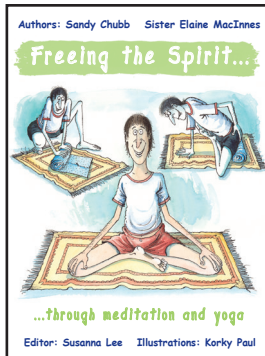
Peace Inside: a prisoner's guide to meditation
 This book is a meditation guide and an account of prisoner's struggles and successes as they learn to meditate, and to make sense of their life and prison experiences. It draws on letters between our staff and prisoners, showing how human beings can survive, and even flourish, in the most testing circumstances.

Please tick



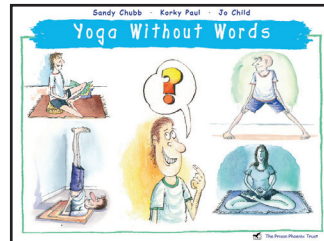
Becoming Free Through Meditation and Yoga
 With detailed instructions on starting or continuing with meditation and yoga, this popular handbook contains photographs illustrating yoga postures and ways to sit. It goes into more depth than the books below about the benefits of individual postures, and how to practise each. Sprinkled with inspiring quotes and stories.

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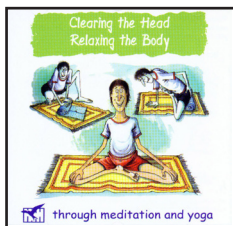
Freeing the Spirit... through Meditation and Yoga
 This illustrated guide explains how to practise yoga and meditation every day using easy-to-understand language and lighthearted drawings. For those who prefer less text.

Please tick



Yoga Without Words
 This colourful picture book helps you begin practising yoga and meditation, focusing on the breath. Specially for people who do not read.

Please tick



CD - Clearing the Head, Relaxing the Body...through Meditation and Yoga
 A 75-minute CD features Prison Phoenix Trust teachers who talk you through a yoga session, including postures and movements, relaxation, breathing exercises and meditation.

Please tick



CD - Freedom Inside
 A double CD featuring two shorter yoga sessions which include relaxation and meditation, plus a bonus asana track. With introductions featuring PPT Patrons Erwin James, Jeremy Irons and Benjamin Zephaniah. For those who already have the first CD.

Please tick

Mr/Miss/Ms/Mrs _____ First name _____

Surname _____ Date of birth _____

Prisoner No (if applicable) _____ Wing _____

Address _____

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