

# Yoga Behind Bars Outcome Map

**Core values:** Love as a Transformational Force Interconnection Respect Integrity Safety Diversity Self Awareness Hope Dignity

## Activities

Build trust and relationships among teachers, staff and students

Create a peaceful environment for healing and personal growth

Provide training and skill building for yoga teachers to work with new populations

Provide yoga teachers with collaborative opportunities and professional relationships

Host events to educate and build a supportive community

Teaching yoga postures, breathing, meditation and philosophy in classes and workshops for inmates and staff in Washington prisons and jails leads to improvements in students that are: **Mental, Emotional, Physiological and Spiritual \***

## Changes in Life Skills

Increased knowledge of yoga postures, breathing and meditation techniques

Increased self awareness of body, mind, emotions and spirit

Understanding the differences between feeling and thinking and changing beliefs about body sensations that give more control

Increased capacity to manage one's inner states

Improved interpersonal skills and relationships

## Changes in Attitudes and Physiology

Improved physical wellness (feeling healthier, sleeping better, improved digestion, weight control)

Improved mental wellness; decreased depression and anxiety

Decreased feelings of separateness

Increased pro-social attitudes

Students feel accepted into a positive and life-affirming culture and community

Greater sense of one's innate power to change and reduced feelings of being a victim

Increased distress tolerance: capacity to employ more conscious decision making and behavior

Re-identification with core self and less identification with anti-social ego self

## Changes in Behavior

Increased practice of nonviolent coping strategies

Improved connections to and interactions with others inside and outside

Decreased use and abuse of drugs

Decreased criminal behavior inside and outside

Increased actions of restitution and giving back to the community

Continued practice of yoga after release

Increased diversity in the yoga community

Greater compassion for people behind bars

**Goals:** Elimination of crime and violence in society A safe society of healthy and free individuals with vibrant and supportive community

\* Outcomes are color coded by type and secondary types are noted by colored shadows

Mental

Emotional

Physiological

Spiritual

Created by Geo Education & Research updated 2/12/13