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 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
- Increased knowledge of yoga postures, breathing and meditation techniques

Changes in Attitudes and Physiology

- Improved mental wellness; decreased depression and anxiety
- Increased distress tolerance: capacity to employ more conscious decision making and behavior
- Decreased feelings of separateness
- Re-identification with core self and less identification with anti-social ego self
- Students feel accepted into a positive and life-affirming culture and community
- Improved physical wellness (feeling healthier, sleeping better, improved digestion, weight control)
- Greater sense of one’s innate power to change and reduced feelings of being a victim
- Increased pro-social attitudes

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

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