



**Prison Yoga Project is happy to share yoga and embodied-mindfulness practices with your institution. To ensure the safety and well-being of participants, we offer the following guidelines:**

- For groups, we recommend setting up in a circle. Doing so is intended to help participants feel safe, and therefore more able to relax. When a circle is not possible, we recommend avoiding a configuration that puts people directly behind one another.
- Participation should be voluntary, and participants should be free to choose to skip portions of the practice. In addition to helping participants stay physically safe, this reinforces the concept of "taking responsibility for one's actions," which we emphasize.
- Clean mats and other props thoroughly after each use, at all times, but especially in light of the COVID-19 pandemic, with an anti-bacterial, anti-fungal, and anti-viral cleaning solution. Giving this task to the group or several group participants is an excellent opportunity for them to take responsibility and have some ownership in the program.

Please reach out with questions or comments!