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**November 10th 2015:How Yoga is Transforming Lives:
Prison Yoga Project**

How Yoga is Transforming Lives: Prison Yoga Project is the 3rd in a series of 5 episodes which describe Give Back Yoga Foundation yoga service programs. On 8/8, we discussed their Yoga for First Responders Program, and on 10/6, we discussed their Mindful Yoga Therapy program for veterans with PTSD. In this episode, we will speak to Prison Yoga Project Program Director James Fox about how he supports incarcerated men and women to build a better life through trauma-informed yoga taught as a mindfulness practice. James will also provide guidance to yoga teachers who want to expand their training

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Featured Guest



James Fox M.A.

James Fox M.A. is the founder and director of the Prison Yoga Project (PYP), which is dedicated to establishing yoga and mindfulness programs in prisons and rehabilitation centers worldwide. Since 2002, he has been teaching yoga and meditation to prisoners at San Quentin Prison as well as other California State prisons. He developed a special program for incarcerated military veterans using innovative approaches to address mental health issues related to active duty, including PTSD. His book, Yoga A Path for Healing and Recovery, has been sent to >13,500 prisoners free of charge. He provides trauma-informed, mindfulness-based teacher trainings in the U.S. and internationally for yoga instruc

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