



# PRISON S.M.A.R.T.

STRESS MANAGEMENT AND REHABILITATION TRAINING

INTERNATIONAL ASSOCIATION FOR HUMAN VALUES  
UNITED STATES

*Inside every culprit, there is a victim crying for help. That person is also a victim of ignorance, small-mindedness and lack of awareness. It's the stress, lack of broad vision about life, lack of understanding, and bad communication that leads to violence in society.*

— Sri Sri Ravi Shankar, IAHV Founder

International Association For Human Values (IAHV) is an international humanitarian and educational non-governmental organization that works in special consultative status with the Economic, Social and Cultural Council (ECOSOC) of the United Nations. The Association partners with governments, educational institutions, other NGOs, corporations, businesses and individuals, to develop and promote programs of personal development to encourage the practice of human values, and has been awarded “the Best In America” certification seal of excellence by the Independent Charities of America.

IAHV along with its sister organization, Art of Living Foundation, has reached over 20 million people in over 143 countries from all walks of life, with a variety of committees and activities related to conflict resolution and health. IAHV is known for its low overheads and strong organizational capacity to develop and promote programs of personal development.

# Prison SMART

## Stress Management And Rehabilitation Training

### 32 Countries, 16 Years, 350,000 Benefited

International Association for Human Values (IAHV) Prison SMART serves the entire criminal justice community: incarcerated adults, juveniles and their families; ex-offenders; victims of violence and crime; correctional officers and law enforcement administrators. Since its inception in the United States in 1992, over 10,000 inmates, correctional officers and law enforcement staff have experienced the benefits of the program. In India the program has been taught in 100 prisons to 120,000 inmates. In recent years many other countries have adopted the program helping thousands more individuals.

### Mission Statement

The mission of IAHV Prison SMART is to make a life-transforming difference in the lives of all people working in, or incarcerated within, the criminal justice system by teaching skills for reducing stress, healing trauma, and providing practical knowledge of how to handle one's emotions, to help them live their highest potential and contribute in a positive way to society.



First US Prison SMART course 1993

IAHV Prison SMART teaches practical skills that begin to produce results from the very first session. The program uses advanced breathing practices that create dynamic cleansing effects on the body and mind. Participants learn how to use their own breath to gain relief from the accumulated effects of stress and negative emotions.

As a result of the program, participants begin to reduce and manage stress in their lives. They sleep better, think more clearly, and begin to take responsibility for their actions. By handling stressful situations better, they gain confidence in their ability to have self-control and make positive changes in their behavior.

Course participants report:

- NORMALIZED SLEEP PATTERNS
- REDUCED DEPRESSION & ANXIETY
- INCREASED CONFIDENCE IN HAVING SELF-CONTROL
- INCREASED ENERGY & CLARITY OF MIND
- INCREASED RESILIENCE TO DAILY STRESSORS OF LIFE
- DECREASED INTERPERSONAL CONFLICT
- DECREASED ENGAGING IN DESTRUCTIVE BEHAVIOR
- IMPROVED IMMUNITY & PHYSICAL WELL-BEING
- FREEDOM FROM TRAUMATIC SCARS OF THE PAST
- GREATER POSITIVE OUTLOOK ON THE FUTURE
- DECREASED APATHY & LETHARGY

## The Challenge:

The prison population has overwhelmed the corrections system and is fueled by repeat offenders. Ex-offenders find that freedom from the impact of incarceration does not end at the moment of release. Many will recidivate within a year of release. Families of the incarcerated are also 'doing time.' The burden can be crippling. Law enforcement officers are the first line of defense in dangerous and life-threatening circumstances. Prison staff, on a daily basis, work under incredibly stressful and dangerous conditions. Communities suffer a wide range of effects – 90% of all incarcerated individuals will someday be released into neighborhood communities.

## The Program:

IAHV Prison SMART is adaptable to serve the needs of institutions, justice departments, and social work agencies. We work in tandem with probation departments, family and juvenile court systems, administrators and correctional officers of penal institutions. We form strategic alliances with social service agencies and organizations whose clientele deal with the aftermath of crime and violence to offer tools that alleviate the experience of trauma.

IAHV Prison SMART teaches advanced breathing practices that create dynamic cleansing effects on the body and mind. Participants learn how to use their breath to gain relief from the accumulated effects of stress and negative emotions. The program also teaches practical life skills that enable participants to accept responsibility for their past actions and to handle future conflict and stressful situations successfully.

*"The [Prison SMART] Program successfully brings ideas and techniques for self-exploration and growth to those disenfranchised people who need it the most. Our inmates benefited greatly from the breathing techniques and found that the relaxed state of mind it gave them did in fact put them more in control of themselves and less subject to the thousand daily provocations inherent in prison life. They were inclined to take more responsibility for their own lives and were less prone to act out and project anger. They felt good that such a powerful tool is totally within their own control and as close to them as their own breath."*

Peter A. Roemer, M.D., Psychiatrist, Department of Corrections Maximum Security Facility  
District of Columbia

Ideally the program becomes a partner with the institution/ agency as the stress and anger management component of the facility.

The cornerstone of the program is a breathing technique called Sudarshan Kriya. This unique practice transforms overpowering emotions and restores calm and alertness. It becomes a no-cost, self-empowering tool individuals can use anywhere, anytime. The course also includes practical life-skills training to help participants become more aware, and more in-charge, of unhealthy mental habit patterns.

## Our Proposal:

Trained instructors deliver the course in approximately 18 hours, spread out over 6-8 days. Participants learn a personal practice that can be used on their own daily to further establish the benefits. Participants are supported in continuing the practices through weekly follow-up sessions that reinforce what has been learned so that they get the maximum benefit.

Ideally the program becomes a partner with the institution/ agency as a stress and anger management component of the facility. The program is cost-effective and, with regular practice, its benefits are sustainable.

Prison SMART is progressive, practical and result-oriented; providing compassionate, innovative and effective solutions to breaking the cycles of violence and tackling escalating global crime rates. Most importantly, it offers inmates the opportunity of genuine rehabilitation and re-integration into society.

# Prison SMART is offered to:

## Inmates, Ex-inmates, Half-way Houses, Parole or Probation

IAHV Prison SMART sponsors and facilitates progressive stress management programs for prisoners and individuals on parole and probation. These courses incorporate techniques to curb the use of violence and drugs within this population. The program also educates the participants in understanding the dynamics of the mind and emotions, and teaches them how to let go of regrets from the past and feelings of revenge. Programs have been offered to more than 3,000 participants in the United States. Benefits include increased self-esteem, practical conflict resolution, alternatives to violent behavior, enhancement of Twelve-Step recovery work and personal counseling for drug dependence.

## Juvenile Justice Programs

Children and young adults are important to society; they are seeds of the future. Prison SMART recognizes their spe-

cial needs and offers youth enrichment programs and self-esteem building/reinforcement programs especially designed for incarcerated teens.

## Victims of Crime

Prison SMART also addresses specific needs of the victims of crime and supports them in their own personal recovery. Many victims of crime experience post-traumatic stress from past events. The program increases self confidence and eliminates anxiety, relieves depression and facilitates restful sleep.

## Corrections Staff/Law Enforcement

Prison SMART acknowledges the broad spectrum of needs within the criminal justice system and offers stress management techniques that train law enforcement/correctional officers and staff to dissolve job-related stress, along with criminal justice professionals, law enforcement officers, prison officials and administrators.



# Anxiety Study at Lancaster Violence Alternative Program

LA County Probation Camp for Violent Youth Offenders | January to June 2001

By Verna Suarez, M.S., MFT President of Los Angeles Association Of School Psychologists

**Study:** The subjects were ages 13–18, and they were 707B offenders of violent crimes with deadly weapon, murder, rape, armed robbery, and terrorizing threats against others.

The course was taught over a period of one week for about 20–25 hours. These courses took place between January and April of 2001, with post-testing approximately eight weeks after instruction. Follow-up consisted of one-half hour of guided meditation and the breathing techniques taught on the course, conducted at bedtime three times a week.

**Results:** The result of this study showed a significant decrease in anxiety in every course, except one that had four participants. This would indicate that the course was successful with a variety of group sizes and a variety of teachers. Overall the numbers show that the decrease was statistically significant at the .004 level. This would lead one to the conclusion that in our population that the Sudarshan Kriya and Street Lights Program decreased anxiety, that in turn led to the decrease in anger, fear, and reactive behaviors that were previously reported. Number of minors in incident reports decreased significantly within the four-month period that these courses were taught. Staff reported there were

no night-time disturbances on the evenings that the Sudarshan Kriya and meditations were conducted. These results were in spite of a change of director, a massive changeover in staffing, and significant deficits in staffing ratios during this time period. All of which are understood to increase the anxiety level of the detainees and affect the level of security.

Due to the success of the program, the directors from five other camps at Challenger Memorial Youth Center, where this program was being conducted, had all requested that this program be put into their camps. Further studies on larger numbers of subjects, with controls, are needed to confirm these findings.

*“Wards who entered camp with their hard, angry composure and delinquent attitudes were transformed by the end of one week into happy, smiling youngsters. . . . In the 33 years of my probation experience I have never seen such responses.”*

— William Richardson, Former Director of Los Angeles County V.A.P. Anger Management Program, Camp Michael Smith, Camp Francis Scobee, Lancaster, CA

## FACILITY DIRECTOR'S REPORT

FIGHTS, FACILITY INCIDENT REPORTS AND DISCIPLINARY REMOVALS (ALL INDICATORS OF NEGATIVE BEHAVIOR)

MONTHLY AVERAGES	Before the Program June to October 2000	After the Program November 2000 – March 2001	Percentage Difference
FIGHTS	6.8	4.2	- 38%
FACILITY INCIDENT REPORT	91.2	71.8	- 21%
TEMPORARY DISCIPLINARY REMOVAL	51	39.2	- 23%

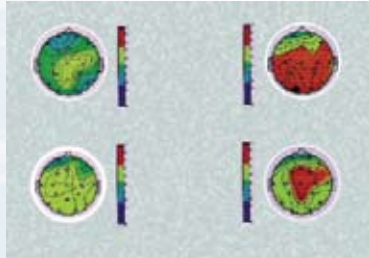
# Medical Summaries of Sudarshan Kriya

One of the most comprehensive breathing techniques taught by the International Association for Human Values is Sudarshan Kriya (SK). Sudarshan Kriya is understood to use specific rhythms of breath to eliminate stress, support the various organs and systems within the body, transform overpowering emotions, and restore peace of mind.

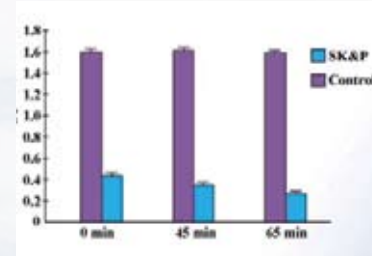
Following is a summary of some key findings independently investigated by modern medical science at hospitals and research institutions.

**Independent research has shown that Sudarshan Kriya and accompanying practices significantly:**

- ▶ REDUCE LEVELS OF STRESS (REDUCES CORTISOL – THE “STRESS” HORMONE)
- ▶ BENEFIT THE IMMUNE SYSTEM
- ▶ REDUCE CHOLESTEROL
- ▶ RELIEVE ANXIETY & DEPRESSION (MILD, MODERATE & SEVERE)
- ▶ ENHANCE BRAIN FUNCTION (INCREASES MENTAL FOCUS, CALMNESS & RECOVERY FROM STRESSFUL STIMULI)
- ▶ ENHANCE HEALTH, WELL-BEING & PEACE OF MIND



*EEG-beta wave measures, indicating increased alertness.*



*Decreased Lactate (an indicator of tension and stress)*

## Conclusions

The subjective reports of increased health, vitality, well-being, and peace of mind by thousands of SK&P practitioners are consistent with research findings to date, which suggest an overall strengthening of the mind/body system. EEG, blood cortisol, and lactate levels reflect a state of relaxation, yet alertness. Significant increases in NK cells and antioxidant enzymes suggest that regular practice may help prevent many serious diseases. Decreases in cholesterol may prevent cardiac disease, and depression is quickly alleviated in a high percentage of individuals. Even though further studies are needed, these findings point to the powerful health restoration and promotion effects of these time-honored practices. The significant further fall in serum cortisol levels, during and following SK&P, among beginning and regular practitioners, suggests that regular practice of SK&P progressively develops greater levels of both relaxation and resilience to stress.

# Feedback from Correctional Staff

*Inmates are often given to sudden, impulsive displays of anger, and it is a tremendous help to themselves and staff when, instead of exploding in rage, they can implement a simple and effective method of relaxation. In addition, the men are continuously encouraged to improve themselves and to bring about a change in their lives. I offer full endorsement of this program.*

**Officer John Mitchell**  
Barnstable County Jail &  
House of Correction

*It has long been my belief that all correctional personnel must find a creative way of limiting the effects of stress on their lives. Stress from day-to-day living, coupled with their workplace stress, takes an unrecognized toll on them. The breathing techniques have made my life better in ways you cannot imagine. Concentration is back; frustration is down. My home life has gotten better. I have recommended the program to everyone I come in contact with at work.*

**James L. Greathouse,**  
Correctional Officer IV  
West Virginia Division of Corrections

*The program is an enlightening experience, offering a refreshing change from usual curricula which attempt to educate from looking 'outside in'. This program does just the opposite: empowering individuals to seek understanding within themselves first, giving rise to an opportunistic perspective on life. The simple, yet profound breathing exercises of this ancient art demonstrated nothing less than a spiritual awakening for many of the participants. Seeing with my own eyes, the effectiveness of helping individuals gain insight into stress, conflict, anger, as well as a sense of well-being, has made me a believer.*

**Scott J. Eiliff, Program Coordinator**  
Madison County, Illinois

*The role of police officer is one of the most intensely demanding and challenging in the arena of public service. The accruing stress of this profession frequently impacts the physical and emotional health. I took the program to learn some personal stress management tools to support me in my role as Chief of the Metropolitan Police Department of the District of Columbia. The techniques are simple, powerful and effective.*

**Charles H. Ramsey**  
Chief of Police,  
District of Columbia



Office of the Criminal Sheriff  
Parish Of Orleans • State Of Louisiana

**Marlin N. Gusman**  
Sheriff

To: Sheriff Marlin N. Gusman  
From: Sergeant Terry Haynes Sr.

Date: June 4, 2007

Subject: The Art Of Living Prison Course

In May 2007 the art of living prison course was held for a period of six days from May 22-24 and continued through the 29 ending on may 31.

Instructed by Ms. Gabriella, the course was given to all inmates that inquired.

The program was geared to instruct and inform the inmates how to channel Negative energy into positive thought through controlling breathing and meditation.

The inmates gave positive feedback stating that they felt better after completing the course and would continue to practice the techniques learned in this program.

Over all I felt that the program was a success and it may also benefit the deputies as well.

Sergeant Terry Haynes



Terrebonne Parish Juvenile Detention Center

3181 Grand Callow Road  
Houma, Louisiana 70363

(985) 853-1201

Fax (985) 853-1165

August 8, 2006

International Association for Human Values  
4520 Fossenden Street NW  
Washington, DC 20016

To Whom It May Concern:

The residents in our juvenile detention facility participated in the weeklong YES! Youth Empowerment Seminar held on-site during the week of July 31 through August 4. Nearly 30 youth of both genders took part in the very invigorating and inspiring course. Based upon the results of the seminar evaluations completed by the youth on the final day, it appears that their perspective and outlook on life were enhanced immeasurably. Practicing the breathing and meditation exercises taught by the trainer in an experiential manner helped the youth to feel at ease by providing a recipe with which they can handle stressful situations and challenging circumstances. By participating in the program, the youth learned to not be bothered by minor annoyances and thereby decrease the likelihood of unreasonable reactions on their part. In fact, many of the youth continue to practice the breathing and meditation techniques on a daily basis in the dorm area during their downtime and have pledged to do so for the next 40 days as suggested by the trainer.

The Administration and staff at our facility would like to extend our gracious thanks and sincere appreciation to the following individuals representing the IAHV organization who gave of their time and energy to make the daily drive from New Orleans to our facility in order to make a difference in these young lives and inspire them to new heights. Specifically, we wish to thank Mr. Zaccari Free (chief trainer), Mr. Paul Olin (assistant trainer), and Mr. Angela Hale (assistant trainer and IAHV contact person) who all went above and beyond to make the program an unqualified success!

We look forward to hosting similar programs in the future, under the auspices of IAHV. Please keep us informed of such opportunities as they become available.

Sincerely,

Ben Meffer  
Social Worker

Cory Butler  
Assistant Director

Jason Hutchison  
Director



GOVERNMENT OF THE DISTRICT OF COLUMBIA  
METROPOLITAN POLICE DEPARTMENT

November 13, 2007

To Whom It May Concern,

I took the Art of Living course a year ago to learn some personal stress management tools to support me in my role as chief of the Metropolitan Police Department of the (State) of Columbia. The techniques are simple, powerful and effective. It's now exciting making them available to members of my police department, since both officers and command members have expressed an interest in learning effective and healthy ways to cope with the demands of their positions.

The role of police officer is one of the most intensely demanding and challenging in the arena of public service. While increasingly being directed to strict community policing and develop effective problem-solving relationships with public and private stakeholders, police continue to be the front-line response in the most difficult and dangerous situations, including gang violence, drug dealing, and terrorism. The men and women committed to the diverse rigors of policing deserve an effective response to the toll this field can take.

Over time, the accruing stress of this profession can and frequently does, as statistics show, impact the physical and emotional health of active and retired police officers. As the chief of a major police department, I feel a responsibility to address policing-related health concerns as well as provide tools that can help prevent stress-related issues.

I am not alone in exploring the opportunity to make these techniques available to police and emergency workers. In the past month the Art of Living has provided programming and assistance to the New York Fire Departments and there is interest from the New York Police Department.

In all honesty, the need for effective tools helping police and other emergency personnel deal with the stress of their work has existed for some time. From my experience, the Art of Living course offers techniques that work.

Sincerely,

Charles H. Ramsey  
Chief of Police



# Inmate Participants Experiences

**Danny:** I relax more and can sleep sounder. For relationships: I learn to talk to people different. I'm not under stress as much as I was. I can comprehend things better. Better feeling about myself. I can rest more fitly. Most definitely recommend to other people. Other Comments: Calms your temper when talking to other people.

**Adult Male:** You have touched my life with something that I will always put to use. These exercises will make my life more joyful and stress free always. [Prison SMART] will help me in my everyday life for the rest of my life, and will help my family through me. This class should be mandatory for all inmates.

**Robella:** I wanna thank you guys for helping me relax and relate to my creator more than before. First I would sleep but now I've learned to relax w/o sleeping. I've learned things I didn't know about people. I believe in myself and goals.

**Felicia:** This has been a blessing. It's gets you to actually deal with yourself and it teaches you to forgive yourself and others from your past so that you can move on. I can express my feelings better. Ability to be calm improved by realizing that things don't always be directed at me. I'm able to break through walls that I had created for years and deal with the pain that I'd held on to for so long.

**Kimberly:** This breathing technique is slow but surely taking out of me all the pain that I have been using drugs/alcohol to cover up. Helped me being able to just take one day at a time and live it without constantly looking back and jumping ahead. Living in the now. Giving now. I do the breathing in the morning/evening. Twice daily. My days start and end peacefully and I try to spread this peace. I don't seem to anger anymore or get upset. I'm a rock that the waves crash on not a sand castle that will wash away.

**Warren:** Sleep knowing that I can rest peaceful. Ability to be calm with a quiet peace. Able to focus better on myself. Builder block of confidence. Need to apply this technique when I get home and to help more help.

**Michael:** Sleep came a bit easier. Ability to be calm has improved. Ability improved to let other people's indiscretions pass more with less affect on me. I one is inclined to blame others for their actions, this course will help me to let that go.

**Raynell:** Helps me keep my cool in the mist of chaos. This is an experience everyone should try.



Northern Regional Jail and Correctional Facility

CECIL UNDERWOOD, Governor  
PAUL KIRBY, Warden



RD 2, BOX 1  
MOUNDSVILLE, WEST VIRGINIA 26041

April 29, 1978

Tom,

Last October you and Susan brought your Prison SMART program to West Virginia and the Northern Correctional Facility. It has long been my belief that correctional personnel, all correctional personnel, must find a creative way of limiting the effects stress has on their lives. Across from day-to-day living coupled with their workplace stress, takes an unrecognized toll on their mental health, family relationships and careers are affected and sometimes obscured.

When you arrived I was having some problems. I was sleeping, but not reacting. I woke up most mornings still feeling fatigued. I was having tension headaches and muscle cramps in the middle of the night. My digestion was all out of whack as well. "Stress was a necessary evil" no more I was not sleeping at night and needed a "boost". My powers of concentration were down. My levels of frustration were up which was leading me to verbal confrontations with staff and inmates. Not a good thing in a maximum/secure custody facility. My family was not immune to its effects, either.

The breathing techniques taught have made my life and work better in ways you cannot imagine. I'm awake and feeling rested generally now before the clock goes off. I don't have to arrive at work with stress which has also improved my sleep and my digestion. The headaches and muscle cramps gone. Concentration is back. Frustration is down. Despite no longer dread heading me come through their door. My home life has gotten better. You, in fact, sometimes my wife tells me to go elsewhere and breathe.

I never realized that something as simple as breathing could have all these benefits. I've recommended the program to everyone I have contact with at work. I've asked my peers to just give it a try and see if they feel they can recommend it to their subordinates. Thank you for coming here and sharing these techniques with me.

Sincerely,  
*James Chambers*  
Correctional Officer IV

## PROBATION AND COURT SERVICES DEPARTMENT

Third Judicial Circuit  
Madison County, Illinois

DAVID R. L. MCGIBBANY  
Director

Letter of Recommendation for PRISON S.M.A.R.T.

TO WHOM IT MAY CONCERN:

The Madison County Juvenile Detention Home has been in receipt of a more interesting and unique program appropriately titled "PRISON S.M.A.R.T." PRISON S.M.A.R.T. is a combination of lecture, instruction and practice session presentations in which special breathing techniques and relaxation exercises are demonstrated and performed repetitiously; the effects of which can induce positive changes within individuals.

Acting under the directives of Mr. Thomas Duffy, founder of the PRISON S.M.A.R.T. FOUNDATION, facilitators Bryan Wagner and Melvin Fousheer conducted themselves professionally in manner and ability being unusual, courteous and flexible, at all times remaining sensitive to the ever-changing demands of the restricted detention environment.

The program is an enlightening experience, offering a refreshing change from usual curricula which attempt to educate from the "outside looking in," whereas PRISON S.M.A.R.T. does just the opposite; empowering individuals to seek understanding within themselves first, giving time to an opportunistic perspective on life. Along with all of this, participants are taught a technique they can use and take with them for the rest of their lives. The simple, yet profound breathing exercises coupled with the philosophy of this ancient art demonstrated nothing less than a spiritual awakening for many of the participants. Seeing with my own eyes, the effectiveness of the program in terms of helping individuals gain personal insight into stress, conflict, anger, as well as promoting a sense of well-being, has made me a believer with this in mind. I personally and professionally recommend PRISON S.M.A.R.T. to everyone, especially those who feel alone, misguided, distressed or discontent. It can make a world of difference.

Respectfully,  
*Joseph J. Sliff*  
Director of Sliff  
Program Coordinator



GOVERNMENT OF THE DISTRICT OF COLUMBIA

DEPARTMENT OF CORRECTIONS  
MAXIMUM SECURITY FACILITY  
Level Three 2118

In my career as a Deputy Warden for the District of Columbia D.C. Department of Corrections, Maximum Security Facility, I have always believed in the importance of educating offenders in ways that positively enrich the persons intellectual and emotional well-being. I am taking this opportunity to express my personal recommendation of the Prison SMART Healing Breath Program as a program that has greatly reduced the potential for violence in the D.C. Department of Corrections. When the inmates are in more control of their emotions and thinking more objectively about their lives as a result of their participation in the Prison SMART Program, they create a less hostile environment for my staff.

In the past two (2) years of application of the Prison SMART Program, many of the staff have requested the services of the Prison SMART Foundation to help them defuse their own stress that results from working in a Penal Institution. Both the staff and myself are very impressed with the benefits gained by the participants. I also wish to mention that I am very pleased with the professional behavior of the Prison SMART Volunteers, Mr. Duffy and Mr. Cupp. They are very skilled in finding solutions to the inmates' problems. Their focus on training the participants in finding their own solutions from inside of themselves is a very important point to educate a person in.

The staff of the District of Columbia Department of Corrections always tries to seek solutions to the challenges that face our country's correctional facilities. One very positive application that we have found was to allow Mr. Duffy and Mr. Cupp to come into our facility and do their job to reduce the stress level of the staff working in the facility and to support the inmates in moving forward in life.

The various psychologists working in the facility have reported that the program has been very successful in facilitating criminal rehabilitation as well as as a program that can be designed to meet the needs of the staff. I would like to encourage other Prison Administrators to give the program a try. We at the D.C. Department of Corrections did and we are very grateful to the SMART Foundation for its professional productive services.

Yours Truly,

*James Chambers*  
Mr. James Chambers  
Deputy Warden for  
Support and Programs

## US Program Participants (partial listing)

SWEENEY YOUTH HOMES (PILOT), SANTA BARBARA, CA

LOS ANGELES PROBATION DEPARTMENT, CA

VIOLENCE ALTERNATIVE PROGRAM, CHALLENGER MEMORIAL YOUTH CENTER, LANCASTER, CA

COCONINO COUNTY DETENTION FACILITY, FLAGSTAFF, AZ

YUBA-SUTTER JUVENILE DETENTION HALL, CA

ALLEGHENY COUNTY JAIL, PITTSBURGH, PA

CAMP MAXINE SINGER, MARYSVILLE, CA

YFRC SANTA ANA, CA

YFRC ANAHEIM, CA

CORRECTIONAL INSTITUTION JAIL AND CAMP, ENGLEWOOD, CO

FCI FEDERAL CORRECTIONS, ENGLEWOOD, CO

BROWARD CORRECTIONAL INSTITUTION, PEMBROKE PINES, FL

HAWAII DEPT OF PUBLIC SAFETY, OAHU, HI

BARNSTABLE COUNTY JAIL, MA

BARNSTABLE COUNTY SHERIFF'S DEPARTMENT, MA

HOGARES ALTERNATIVE SCHOOL, ALBUQUERQUE, NM

JUVENILE DRUG REHAB, ALBUQUERQUE, NM

NEPRC, CLEVELAND, OH

GRAFTON CORRECTIONAL INSTITUTE, GRAFTON, OH

OHIO REFORMATORY FOR WOMEN, MERRYSVILLE, OH

OREGON STATE PENITENTIARY SALEM, OR

COFFEE CREEK CORRECTIONAL INSTITUTE, WILSONVILLE, OR

COLUMBIA RIVER CORRECTIONAL INSTITUTE, PORTLAND, OR

NORTHERN REGIONAL JAIL AND CORRECTION CENTER, MOUNDSVILLE, WV

DISTRICT OF COLUMBIA DEPARTMENT OF CORRECTIONS, LORTON, VA

METROPOLITAN POLICE DEPARTMENT, WASHINGTON D.C.

ORLEANS PARISH PRISONS, NEW ORLEANS, LA

BRIDGE HOUSE D&A RECOVERY CENTER, NEW ORLEANS, LA

RENEWAL CORRECTIONS, PITTSBURGH, PA

LANSING CORRECTIONAL FACILITY, KS

TERREBONNE PARISH JUVENILE DETENTION CENTER, HOUMA, LA

## Participating Countries

ARGENTINA

AUSTRALIA

BRAZIL

BULGARIA

CAMEROON

CROATIA

DENMARK

DUBAI

FRANCE

GERMANY

ISRAEL

INDIA

KENYA

KOSOVO

LITHUANIA

NAMIBIA

NEPAL

NEW ZEALAND

NORWAY

RUSSIA

SIBERIA

SINGAPORE

SLOVENIA

SOUTH AFRICA

SPAIN

SCOTLAND

TAIWAN

THAILAND

UNITED KINGDOM AND GUERNSEY

UNITED ARAB EMIRATES



# Prison SMART World Wide

Active in over 32 Countries Worldwide, Prison SMART Continues to Expand Its Rehabilitation Efforts.



## At Kenya's most notorious prisons, Yoga lessons are part of correction

**BY MICHELLE SCHNEIDER**

**K**enyans have been practicing yoga and meditation for years. But it is only in the past few years that the practice has become a part of correctional programs in the country's most notorious prisons. In the past, inmates at Kenya's most notorious prisons were often violent and uncooperative. But now, yoga and meditation are part of the correctional programs. Inmates are taught yoga and meditation as a way to calm their minds and reduce their stress. The practice has been shown to be effective in reducing recidivism rates. Inmates who practice yoga and meditation are less likely to be violent and more likely to cooperate with the authorities. The practice has also been shown to be effective in reducing the number of inmates who are in prison for life. The practice has been shown to be effective in reducing the number of inmates who are in prison for more than 10 years. The practice has been shown to be effective in reducing the number of inmates who are in prison for more than 20 years. The practice has been shown to be effective in reducing the number of inmates who are in prison for more than 30 years. The practice has been shown to be effective in reducing the number of inmates who are in prison for more than 40 years. The practice has been shown to be effective in reducing the number of inmates who are in prison for more than 50 years. The practice has been shown to be effective in reducing the number of inmates who are in prison for more than 60 years. The practice has been shown to be effective in reducing the number of inmates who are in prison for more than 70 years. The practice has been shown to be effective in reducing the number of inmates who are in prison for more than 80 years. The practice has been shown to be effective in reducing the number of inmates who are in prison for more than 90 years. The practice has been shown to be effective in reducing the number of inmates who are in prison for more than 100 years.



## Yoga Instructor Brings Teaching to Ontario Prison | Nicole Tomlinson, CTV.ca News

A week and a half ago, Mark Fry ventured, heart racing, into a prison common room full of inmates -- and no guards. The IAHV yoga instructor was greeted by the sight of 21 men sitting on the concrete floor of the St. Lawrence Valley Correctional and Treatment Centre in Brockville, Ont.

The residents were poised on bedding they carried from their cells. Yoga mats, Fry said, are hard to come by in prison. "The inmates washed and swept the floor, and set the whole room up," Fry said. "Then they all brought their sheets in, and were just sitting there."

Prison nurses, who Fry said laughed at the program, looked into the room through a bubbled window, wondering how the "kooky" encounter would play out. "They thought it was the stupidest thing they've ever heard of in their lives," Fry said.

## Taiwan IAHV Prison SMART

Through the introduction of Taiwan After-care Association, the IAHV Prison SMART was brought to the Taipei Tu-Chen Detention Center starting in March 2004. Up to November 2005, more than 1000 prisoners have benefited from this program. It is now conducted regularly in Taipei Tu-Chen Detention Center and Taichung Detention Center.

The course happens once every month in Taipei Detention Center, with about 60 inmates in each course, while in Taichung Detention Center, there is a course once every two months with about 100 inmates in each course.

### Effectiveness Study IAHV Prison Courses in Taiwan Feb. - Nov. 2005 No. of Inmates in Survey: 604 | Summary of Research Table:

Parameters	A: Much Better	B: Better	A+B	C: No Change	D: No Comment	Grand Total
Quality of Sleeping	138 (23%)	363(60%)	501(83%)	69(11%)	34(6%)	604 (100%)
Clarity in mind	172(28%)	355(59%)	527(87%)	38(7%)	39(6%)	604 (100%)
Physical Strength	168(28%)	331(55%)	499(83%)	67(11%)	37(6%)	603 (100%)*
Emotional Stability Calmer_Mind	195(32%)	326(54%)	521(86%)	49(8%)	34(6%)	604 (100%)
Health Status	144(24%)	342(56%)	486(81%)	60(10%)	57(10%)	603 (100%)*
Parameters	A: Much Less	B: Less	A+B	C: No Change	D: NO Comment	Grand Total
Emotion of Anger	211(35%)	306(51%)	517(86%)	25(4%)	62(10%)	604 (100%)
Emotion of Fear	196(32%)	295(49%)	491(81%)	37(6%)	76(13%)	604 (100%)
Depression	222(37%)	276(46%)	498(82%)	44(7%)	62(10%)	604 (100%)

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