



YOGA BEHIND BARS
MID-YEAR PROGRAMS REPORT
JUNE 2022



LESS IS MORE

Yoga Behind Bars (YBB) programming has changed significantly due to the Covid-19 pandemic. The majority of our adult programs remain closed, with the exception of our program for veterans and the many classes being facilitated by our Teachers Behind Bars (TBB). We have also successfully launched youth programming at 3 facilities across the state under our contract with the Department of Children Youth and Families (DCYF) and lululemon's Here to Be grant.

Our programs have shrunken in volume, but have grown in intentionality. We've placed a high emphasis on centering our facilitators with lived experience and the impact has been palpable. We're learning and growing in collaboration and are excited to share all of what we've accomplished this year so far.

INCLUDED IN THIS REPORT:

INTRODUCTION TO OUR TEACHERS BEHIND BARS

YOUTH PROGRAMMING UPDATES

- **DCYF CONTRACT**
- **LULULEMON CONTRACT (ECHO GLEN)**

KING COUNTY CONTRACT (MRJC/VET) PROGRAM UPDATES

TRAUMA-INFORMED YOGA TEACHER TRAINING

THE NEXT 6 MONTHS

TEACHERS BEHIND BARS

GARRIDAN NELSON (STAFFORD CREEK CORRECTIONAL CENTER)

Garridan is one of our most active Teachers Behind Bars. This is a testament to his commitment to YBB and to yoga, but also to the impact of a supportive staff (CPPC Branwyn Mansford). Garridan is engaged with advocacy on a larger scale, but specifically around employment classification and treatment behind bars.

Garridan teaches mostly from the 8-limbs of Ashtanga. He teaches classes to the general population (beginner to advanced) and veterans; as well as class supporting folks living with intellectual disabilities and participants in NA/AA.

CLASSES PER MONTH: 25

AVG NUMBER OF STUDENTS: 10

DWAYNE SATTERFIELD (AIRWAY HEIGHTS)

Dwayne is a super kind and generous communicator and speaks well about yoga and YBB. He has recently grew interested in incarceration rates and statistics on a more big-picture scale.

Dwayne's first classes were taught in the gym on the basketball court. He teaches a blend of Hatha and Iyengar. He has taught young and old, abled bodied and disabled, big and small bodies. The stiff, limber, and those in between. He's taught men of all faiths and ethnicities. You may be able to tell: he is of the belief that yoga is inclusive, never exclusive.

CLASSES PER MONTH: 25

AVG NUMBER OF STUDENTS: 10

TEACHERS BEHIND BARS

STEVEN BAUDER (COYOTE RIDGE)

Steven is passionate about yoga and teaches as much for himself as for others. He is a veteran on disability and teaches unpaid. He doesn't have a lot of support inside or outside the facility and is grateful for phone calls. He is working with a lot of back pain, and we sent him a "yoga for back pain" packet in early 2022. He is interested in the mystical and philosophical elements of yoga.

With the exception of chair classes, Steven teaches the same series in every class. The class is geared directly towards men in prison, targeting primarily the hips, hamstrings, back and core. He tries to incorporate as much flow into it as he can to keep body heat up so that participants can get the maximum benefit of any given stretch.

CLASSES PER MONTH: 4-20

AVG NUMBER OF STUDENTS: 10

ARTHUR "AJ" MCKINNON

AJ came to YBB through current TBB, Garridan. He has a 200-hour yoga certificate and had been an informal teaching assistant for Garridan's classes prior to the pandemic. In August, 2021, we received a packet from AJ including an application of sorts to become a teacher for YBB.

Based on his strong candidacy as a teacher for YBB, we received approval from DOC to offer a "YBB Endorsement." This was to serve as a way to back up his position as a teacher without completing the YBB training behind bars. Rosa stepped in to create and facilitate a correspondence course with AJ. AJ has since completed his training and is now a certified trauma-informed yoga teacher.

CLASSES BEGINNING JUNE 2022



DCYF CONTRACT UPDATES

(2022-2023)

Contract deliverables: (18) three-hour workshops; (12) youth-focused workshops and six (6) staff focused works shops at JR facilities and/or other locations to be determined.

COMPLETED WORKSHOPS

4

**NASELLE YOUTH CAMP
LONG BEACH, WA**

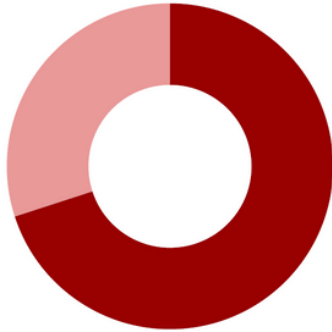
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**GREEN HILL SCHOOL
CHEHALIS, WA**

NASELLE QUANTATIVE SURVEY RESULTS

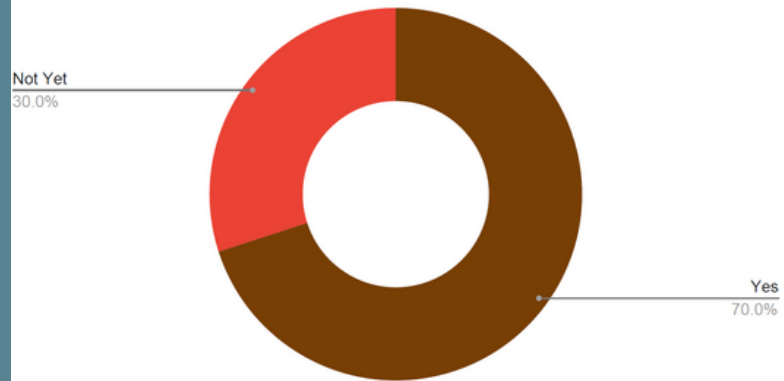
11 YOUTH SURVEYED

Have you been aware of any impacts of trauma or stress in yourself or others?

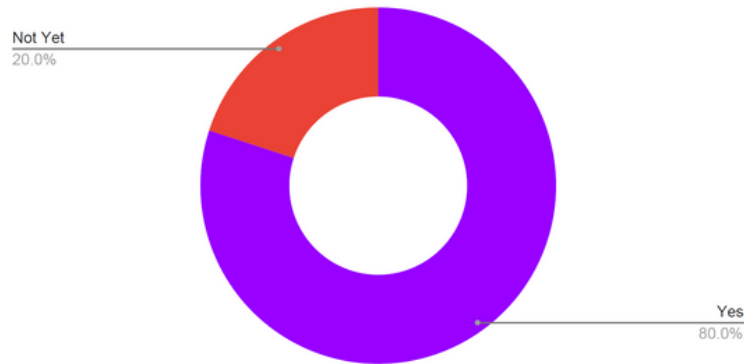


- I have noticed myself or others being impacted by trauma or stress a lot.
- I have noticed myself or others being impacted by trauma or stress a little bit.

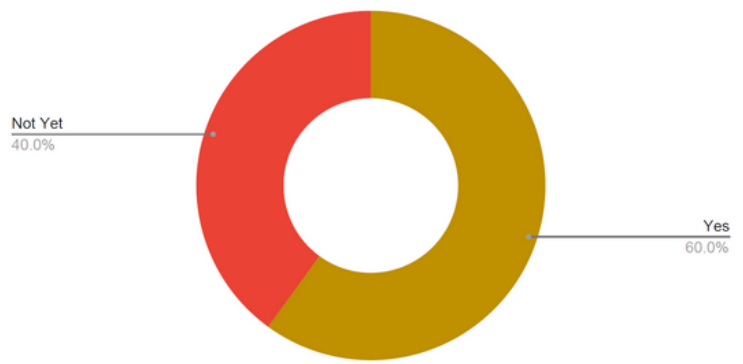
Participant feels prepared to practice movement to reduce tension and stress on their own.



Participant feels prepared to practice breathing to reduce tension and stress on their own.



Participant feels prepared to practice meditation to reduce tension and stress on their own.

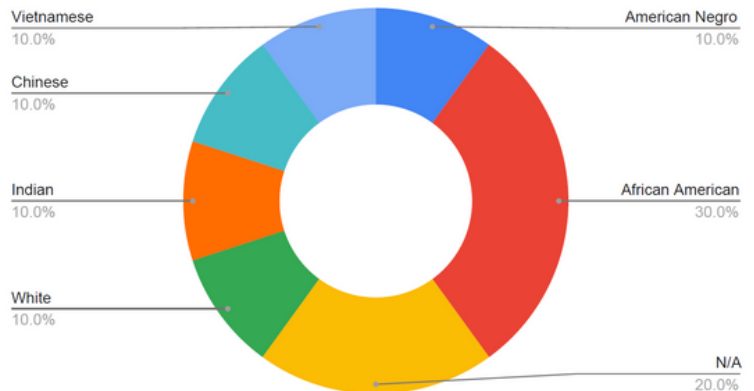


How did your understanding of trauma-informed yoga change as a result of this workshop?

- I don't feel like I understand what trauma-informed yoga is
- I already had extensive knowledge of trauma-informed yoga.
- My understanding of trauma-informed yoga increased a lot, and I feel like I could explain what it is to another person.
- My understanding of trauma-informed yoga increased a little bit.
- My understanding of trauma-informed yoga increased a lot, and I feel like I could explain what it is to another person.* BC



Racial/Ethnic Identity



GREEN HILL SCHOOL QUALITATIVE SURVEY RESULTS

11 YOUTH SURVEYED

IN YOUR OWN WORDS, CAN YOU IDENTIFY A FEW BENEFITS
OF USING THESE TOOLS AT GREEN HILL SCHOOL?

- Self-control
- When the staff are being unreasonable, I can just go to my room and meditate.
- Relieve stress, relax me
- Relieve tension that can include a physical portion and mental side of stress within my body and myself
- It helps relieve tensions
- Stretching and trying to do new things. You never know where life will take you.
- This will reduce the amount of tension with the residents here at GHS
- By practicing yoga at GHS, it will help a lot with our stress and traumas
- Health, my weight.
- It will give me something to look forward to and feel good and be calm.
- Help connect with others
- The benefits of yoga can reduce tension, anger, stress, etc.
- It can make the difference between a bad day and a good one.
- Helpful to destress.
- One major benefit of this workshop for me was I was able to remove my mind from my physical environment, which is prison. This workshop allowed me to go back in time to relive the happiest and memorable moments of my childhood.
- It is stress relieving, can get your mind off of things you are going through in unit or back home. Keep out of fights with mindfulness.
- Help clear mind with deep breathing, help reduce anxiety and anger, helps reduce totality of circumstances to make room for learning how to be my BEST self.

GREEN HILL SCHOOL QUALITATIVE SURVEY RESULTS

11 YOUTH SURVEYED

DO YOU HAVE ANY IDEAS FOR HELPING CREATE A LESS STRESSFUL EXPERIENCE AT GREEN HILL SCHOOL?

- More Yoga! Spoken word
- Create a Yoga Behind Bars program
- Yoga workshop
- Solution focused, be more open, bring to light that Green Hill is supposed to focus on “rehabilitation”
- More physically engaging activities
- By having this yoga class every week
- Doing this yoga class
- More of these yoga classes
- Let the yoga people come in
- Be mindful
- More yoga
- To continue this class, Yoga Behind Bars
- Yoga Behind Bares is a definite program that will allow us, residents, to remove ourselves from our current circumstances and place our minds on what we could achieve outside of here.
- Yoga should be more often
- Trying new things
- Attending this class at least once a week even more 24/7 if possible
- Be kind, show up authentically*

GREEN HILL SCHOOL QUALITATIVE SURVEY RESULTS

19 YOUTH SURVEYED

WHICH TOPIC(S) DID YOU FIND THE MOST INTERESTING AND/OR HELPFUL?

- Breathing, how the body works
- Meditation
- Warrior 3
- Knowing and accepting the trauma that everyone has
- The poetry
- Breathing
- Helpful
- All of them x 2
- The most interesting and helpful activity was the moment we were focused on our body movement and tensions in our body as we laid on our backs in a mode of relaxation.
- The meditation and sound bowls
- The stories behind the instructors and the session that we participate.
- All of it was phenomenal
- The chemistry anything we all can relate to
- Mindfulness
- Sharing stories of struggles, overcoming obstacles and all the stretches and breathing techniques
- Meditation with sound and breathing*

IS THERE ANYTHING ELSE YOU WOULD LIKE TO SHARE?

- Much love and respect
- We thank y'all for coming
- I love this program and would like it to continue
- I want YBB to be at Green Hill
- Thank you for coming
- We could benefit from these workshops
- No
- The workshop allowed me to dig deep into my stresses and tension. In both my mind and body. •It allowed me to remember and recognize the value of my messed up, but beautiful struggle.
- Keep Yoga Behind Bars
- Nothing appropriate
- Nope, yoga is good
- Thanks for taking the time out of your day to come out and share with us
- I am thankful to be a part of this class and to have created the friendships I have in class
- This was a very informative, life altering workshop – tools everyone can benefit from even though not here.



12

**WORKSHOPS
REMAINING**

DCYF CONTRACT NEXT STEPS

(2022-2023)

"One major benefit of this workshop for me was I was able to remove my mind from my physical environment, which is prison. This workshop allowed me to go back in time to relive the happiest and memorable moments of my childhood."

- Greenhill School Participant

ECHO GLEN CHILDREN'S CENTER

(FUNDED BY: LULULEMON GRANT)

(2022-2023)

Program Description: Provide 72 trauma-informed yoga classes delivered to youth behind bars.

**COMPLETED
SESSIONS**

30

**NUMBER OF
ATTENDEES**

(DUPLICATED*)

104

**SPECIAL THANKS TO OUR ECHO GLEN FACILITATORS:
BEN, DAMITHIA AND VOLUNTEER TEACHER ANGELA**



DAMITHIA, INSTRUCTOR MENTOR

Damithia Nieves (She/Her + They/Them) has been a volunteer/mentor with Yoga Behind Bars since 2016 and is the founder of Thrive Centered, whose mission is to continue the work of decolonizing wellness and improving access to healing practices for BIPOC communities and youth. As facilitator and educator, Damithia offers trauma-informed, healing centered and culturally responsive movement and mindfulness practices and programming to youth in schools (K-12) and throughout communities.



BEN, INSTRUCTOR MENTOR

Ben (he/him) has been practicing Yoga for over 5 years and teaching for 4. Completed my 200 Hr Teacher Training in Goa, India in 2017 which was a very life changing experience. October 2020 completed the Yoga Behind Bars Trauma Informed Training (virtually) and have been volunteering at Echo Glen Children's Center since April 2021 through YBB.

MALENG REGIONAL JUSTICE CENTER VETERANS PROGRAM

(FUNDED BY: KING COUNTY)
(2022-2023)

Program Description: The program has introduced trauma informed yoga instruction to incarcerated veterans at the Maleng Regional Justice Center in Kent (MRJC), with modifications for physical barriers, as a form of therapeutic physical activity.

Participants receive:

- 1) Two monthly 1:1 somatic/movement-based sessions provided by trauma-informed certified yoga instructor
- 2) Monthly practice guides mailed to participants for practice
- 3) Two check-ins via mail or through programs staff

**NUMBER OF
PARTICIPANTS**

8

Facilitated by: Chris, Instructor Mentor

Chris (She/Her) began volunteering for YBB in 2014, facilitating a ten-week mindfulness group in the IMU (solitary) at Monroe, incorporating meditation, breath-work, seated movement, writing and group sharing. I became a part time staff member for YBB in September, 2021 working on a project with incarcerated veterans at MRJC and KCCF.



TRAUMA-INFORMED YOGA TEACHER TRAINING (TIYT)

COMPLETED FEB/MARCH



Alyssa Pizarro (She/her/hers)
I was certified in 2015 with the Africa Yoga Project in Kenya with the intention of service being my focus for my yoga teaching. After returning, I started volunteering with YBB in 2016 as an instructor at Remann Hall, and then worked in the Development Department for two and a half years.



Faraji Blakeney (He/Him), but I go by Faraji Bhakti. I'm currently on the board of Yoga Behind Bars. I recently became a grandfather for the second time. I hold a business degree, a 200 hour Yoga Teacher Training certification and am certified in trauma-informed yoga. I'm a community-building, social equity advocate working with the Black Prisoners' Caucus, Civil Survival and through hands-on, boots-on-the-ground work.

22

**TOTAL
PARTICIPANTS
(FULL!)**

6

**SCHOLARSHIPS
TO BIPOC
(TOTAL: \$1794)**



Rosa Vissers (She/Her)
My journey with YBB began in 2009. Since then I have worn many hats, including that of Executive Director from 2013-2019. I've taught yoga in almost every WA prison and in both King County jails, and facilitated the YBB training for 9 years. I am a mama, herbalist, and semi-retired dancer.



Grady Mitchell (He/Him) is a Yoga Behind Bars volunteer/supporter. He became involved with YBB at the Stafford Creek Corrections Center in 2016/17 and has been a self-appointed ambassador of YBB since. Once he understood trauma and its impact, he began his journey to well-being with meditation, and yoga practices which included the practices which included the ability to resist being re-traumatized.

THE NEXT 6 MONTHS

- WE WILL CONTINUE TO ASSESS FOR SAFETY IN RETURNING TO ADULT FACILITIES
- LAUNCHING CIRCLE OF CARE FOR TEACHERS BEHIND BARS (THANK YOU, GIVEBIG DONORS!)
- DCYF WORKSHOPS ARE ONGOING (INCLUDING SPECIFIC SUBSTANCE USE DISORDER AND COMMUNITY-BASED PROGRAMMING)
- ECHO GLEN CLASSES ARE ONGOING
- TENTATIVE FALL TRAUMA-INFORMED YOGA TEACHER TRAINING
- HIRING A NEW FULL-TIME TEAM MEMBER

Thank you

From the YBB Team

