



TRANSFORMATION YOGA PROJECT

JUSTICE & REENTRY SERVICES

Our **Justice & Reentry Services** provide healing alternatives to the effects of mass incarceration on the individual, communal and systemic levels. We envision a world where all people can discover the tools to heal from trauma and to create a meaningful impact in their communities.

Our Mission

Transformation Yoga Project (TYP) is a 501c(3) non-profit that serves people impacted by trauma, addiction, and incarceration through trauma-sensitive, mindfulness-based yoga programs driven by education and research. Founded in 2013 - we offer three different program services: Recovery and Behavioral Health, Justice and Reentry, and Youth.

Nearly everyone - individuals, families, communities - has been impacted by the justice system in some way



2.4 Million

people are currently incarcerated in the US. This is 25% of the world's incarcerated population- higher than any other country.



6 : 1

The rate of incarceration for African American men is 6 x higher than for white men. More African Americans are under supervision than under slavery in 1850.



1 in 34

Pennsylvanians are under supervision. This is the third highest percentage of people on probation or parole in the US.

BENEFITS OF YOGA AND MINDFULNESS FOR JUSTICE INVOLVED

Trauma is pervasive throughout justice system. Holistic, mind-body practices have been shown to help individuals who are impacted develop skills to affect their overall health & wellbeing.

Our programs are backed by the extensive evidence that demonstrates immediate and long-term benefits for individuals involved in the justice system.

a single practice



increases

focus, concentration, & awareness



decreases

perceived stress & physical tension

a regular practice



increases

emotional intelligence, self-regulation, self-esteem, hope & compassion



decreases

anxiety, depression, impulses and hostility

ultimately leading to



overall improved wellbeing



increased

physical, mental, emotional, spiritual & social health

visit www.transformationyogaproject.org/research to learn more about the 30+ research studies that support yoga and mindfulness



OUR JUSTICE & REENTRY SERVICES TRAUMA-SENSITIVE METHODOLOGY

Through the lens of Transformative Justice, our trauma-sensitive, mindfulness-based approach extends to those who are incarcerated, in reentry, in communities disproportionately affected by incarceration, and those working within the justice system. We prioritize sustainable access to programs that teach tools and techniques that support holistic wellbeing.

TYP IS COMMITTED TO:

- an outcomes-based approach to innovative trauma-sensitive & resilience-based programming
- high-level training & education
- sustained access and inclusivity

WE OFFER OUR 13+ INSTITUTIONAL PARTNERS

- weekly yoga and mindfulness classes
- staff and professional development
- peer-to-peer vocational training
- lectures, presentations & workshops.

**We center individuals directly impacted through
our unique training opportunities**



72 INDIVIDUALS

have graduated from our vocational Peer-to-Peer trainings at 5 State & Federal Institutes

39 INDIVIDUALS

who are incarcerated have achieved certification through 200-hours of Yoga Teacher Training

Peer instructors have **5 x** the potential impact than outside instructors

SINCE 2014, WE HAVE SERVED 17,000+ PARTICIPANTS



Yellow = Counties w/ trainings, workshops, and/or weekly classes
Star = Counties where training graduates are leading classes inside facilities to their peers

**CONSISTENTLY, EVALUATIONS OF OUR JUSTICE & REENTRY SERVICES REVEAL IMMENSE
BENEFITS FOR OUR PARTICIPANTS**

"Yoga is a way to help free your soul. It helps calm my anxiety, anger and stress.... It helped me find new ways of being comfortable and taught me a coping skill."

- TYP Participant at State Correctional Institute - Graterford

"I feel anew. Usually when I come to this class I'm coming from a week of ups and downs but after class I feel stress free and emotionally aware."

- TYP Participant at Baylor Women's Correctional Institute



89%

of participants intend to use techniques to reduce stress & anxiety.

80%

of participants at a county prison felt more relaxed or calm afterwards.

**For more information contact:
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