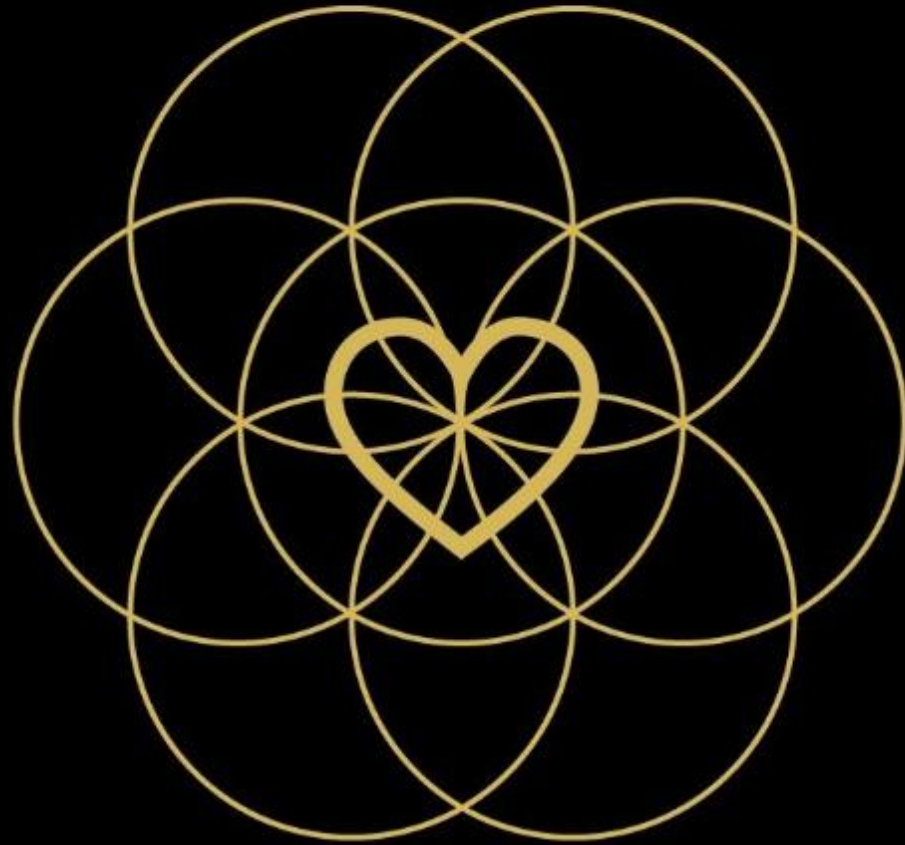


LIVE KARMA YOGA







**'I feel high
I don't
need to
smoke
ever again'**

**'You don't
know how
valuable
this is for
us'**

HM Prison Wandsworth Yoga Statement HM Prison Wandsworth Yoga Statement

Cell Workout

Outside and in!

Trainers around the country share a taste of their training workouts



Zara Karim
Yoga Instructor & Co-Founder
@livekarmayoga @liveyogi_loveyogi

Live Karma Yoga strives for social change and impact through strengthening communities and offering wellbeing practices, accessible and open to all.

My personal background is within Dance and Youth work, holding a background in working with at risk young people and young offenders. Discovering Yoga changed my life significantly, driving me to utilise the practice as a foundation for bringing people together from all walks of life and improving mental, physical and emotional wellbeing.

Together with fellow co-founder Eva our varied team and community partners such as Carneys Community Charity run classes in community spaces that are in need of positive awareness and run Outreach programmes across and beyond South West London. One of our largest projects is within HMIP Wandsworth, where we learn greatly from the men - both inside and through the gate.

Here is a short practice, tried and tested, that we hope will settle your mind, elevate your energy and help you to connect with yourself.

REECETHOMASWATSON

Reece Thomas Watson are specialists in Prison Law, Judicial Review, Mental Health

We are based in Tyneside & cover all prisons in North East.

Our team are experts in:

- Parole Boards, IPP and Lifer Reviews
- CSU
- Pre Tariff Review
- Cat A Reviews
- Recalls
- Independent Adjudications
- Detentions under the Mental Health Act 1983
- 47/49 Transfer

Contact: Kathryn Reece-Thomas Phone: 01642 033440

Write: Gloucester House, 72 Church Road TS18 1TW

Workout

- Start by lying on your back with your legs up in the air;
- Close your eyes and start to breathe deeply;
- Pull knees into chest, and drop knees over to the right with arms extended into a T-shape, and then drop knees to the opposite side;
- Return to your knees back into centre, catching the back of your legs to rock and roll up and down your spine;
- Come up to a seated position, cross-legged if possible;
- Catch your knees and start to move your upper body in circles from one direction to the other;
- Return to sit upright, interlace your hands up above your head and lean over to one side and then to the other;
- Release your hands forward and transition to a tabletop position, pushing your hips up to a downward facing dog;
- In this v shaped position, start to bicycle your legs, pushing alternate feet down to the ground;
- Bend both of your knees and hop forwards, feet hip width distance apart, behind your hands;
- Catch your elbows and sway softly from side to side;
- Extend your arms all the way to standing and then reach one arm forward, the opposite arm back into a twist;
- Return to standing with your arms above you and then take your twist to the opposite side;
- Release your arms by your side, lift your shoulders up to your ears as you breathe in, and then exhale out of the mouth as you drop the shoulders down;
- Stand tall and strong, ready to face whatever your day or evening brings!



Whitney Clark
Whitney Speaks
@miss.acklar @whitneyspeaks

I am an advocate, public speaker, consultant and very fitness driven - having made a short documentary for the BBC in 2020 about how boxing helped me to stay out of prison.

As someone who has lived experience of the justice system, along with the care and mental health systems, I currently work in the Civil Service within justice. Having served time in prison, and being a care leaver myself, my aim is to show the reality and give a true account of the systems. I have spoken at places like number 10, parliament and attended the Queen's garden party in 2017.

Workout

- Jumping jacks
- High knees
- Lunge
- Plank step-out

Repeat each for 30 seconds with 10 seconds rest. Repeat 4 times

- Jump squat
- Standing knee to elbow
- Bridge
- Push-ups

Repeat each for 30 seconds with 10 seconds rest. Repeat 4 times

- Mountain climbers
- Russian twist
- Leg raises
- Crunches

Repeat each for 30 seconds with 10 seconds rest. Repeat 4 times

BARTFIELDS
FORENSIC ACCOUNTANTS

CONFISCATION PROCEEDINGS UNDER POCA!

Bartfields have considerable UK wide experience of handling and preparing Prosecution benefit calculations. Please refer to our website for further details. www.bartfields.co.uk or call on 0333 222 4443 (option 3)

Receivable Category	Prosecution Benefit	Bartfields Benefit
MR	£32,000	£32,000
MR H	£807,000	£37,000
MR M	£271,000	£55,000
MR F	£1,260,000	£134,000
MR O	£1,260,000	£19,000

Contact: Elizabeth Beckett or Emma Whittaker on 0333 222 4443 (option 3)
Bartfields Forensic Accountants
21 Paul's House, 23 Park Square, Leeds, LS1 2ND
info@bartfieldsforensic.co.uk



Lee Marriner
@clean_prep_UK_NORTH
@lees_severson

I am a personal trainer and from Durham in the North was imprisoned for 7 years in a cell to supply cocaine. But I took full advantage of the within the prison, gaining food preparation, fitness amongst others. When I was qualified he helped me to run my Personal Training as a business called 'Clean Prep U.K.' calorie counted meals and what I want to get in shape, I want a healthier lifestyle growth and success of the bid us to open our 'Bistro, where we serve daily calor people in the North East. I who have previously been struggled with their mental people to know that your up and there are a lot of people are willing to give you a chance.

So stay positive, try and find positive thoughts and activities that when your time is world waiting for your count down.

This workout is a cross-fit great for toning and fat burning pyramid style workout and reps of each exercise, worked to low reps, back up to high down again to low reps.

Workout

Take a rest of 30 seconds between exercises. Shorten the rest if it is too easy. If you want to try and complete the full rest - but I should add a note for the faint-hearted.

- 50 sit-ups
- 40 tricep dips
- 30 squats/squat jumps
- 20 lunges (10 each leg)
- 10 press-ups
- 40 sit-ups
- 30 tricep dips
- 20 squats/squat jumps
- 10 lunges (5 each leg)
- 30 sit-ups
- 20 press-ups
- 10 squats/squat jumps

• Finish with 20 sit-ups, 10 press-ups, 20

Cell Workout

Outside and in!

Trainers around the country share a taste of their training workouts



Anthony Johnson / @antjfitness

You should notice over time, with a continuous training schedule, that everyday tasks become easier such as lifting, bending and carrying in turn. Focusing on leg and core exercises allows you to build strength in other areas. For those recovering from injuries, or who do not have a fitness training background, there are various alterations in order to complete exercises such as holding something stable while squatting / lunging i.e. a chair for support, and getting up from a laying down position (on your stomach) to build strength to perform a burpee.

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Workout

- High knees, squats (25 seconds each) - rest 10 seconds
- Star jumps, side planks left (25 seconds each) - rest 10 seconds
- Tuck jumps, side planks right (25 seconds each) - rest (water break)
- Burpees, kick-outs (25 seconds each) - rest 10 seconds
- Jump squats, mountain climbers (25 seconds each) - rest 10 seconds
- Lunges, press-ups (25 seconds each) - rest and repeat twice.

Second round: 40/20, so 10 extras work, that means 10 seconds less rest

Last round: 50/10, so work for 50 seconds then rest for 10. First load of work is done

Once done, you do another 3 exercises with the same set-up - so totalling another 9 minutes

Repeat with another 3 - so another 9 minutes

So workout totals 27 minutes. With a few little breathers / drink - should be around 30 minutes in total

Exercise round 1

- 180 squat jumps same as a normal squat jump but in the air turn 180 degrees and repeat for the allotted time. Try turning back the way you came or you will get dizzy
- Press-ups
- Mountain climbers

Second group

- Jumping lunges
- Dips



Anthony Johnson / @antjfitness

Becoming Prime While Serving

The basics

Hokum Brown

In a later section we will be at psychology - the fourth!

What level are you? It is important to realise that undertaking exercise is not one-size-fits-all; you need to know what suits you and your body. Very simply you should decide if you are:

A beginner - who has not little or no exercise before. You might be overweight, feel unfit and have done little more than walking for weeks or months. You might be an health-care or gym staff who starting to exercise and they as well as bodily fitness. I will be here on body training, which might also help with our general wellbeing as it may mean we sleep better, feel more positive and can achieve and do more. The purposes of body training are threefold, to build up our:

Stamina - which is about our ability to be active to do things. People with plenty of stamina can go on running, jumping, swimming or whatever for longer and we build stamina by gradually doing more each day. So, the lesson is not to try and do too much too soon - build up gradually doing a little more each time you exercise. Stamina arises from efficient lungs, heart and nutrition.

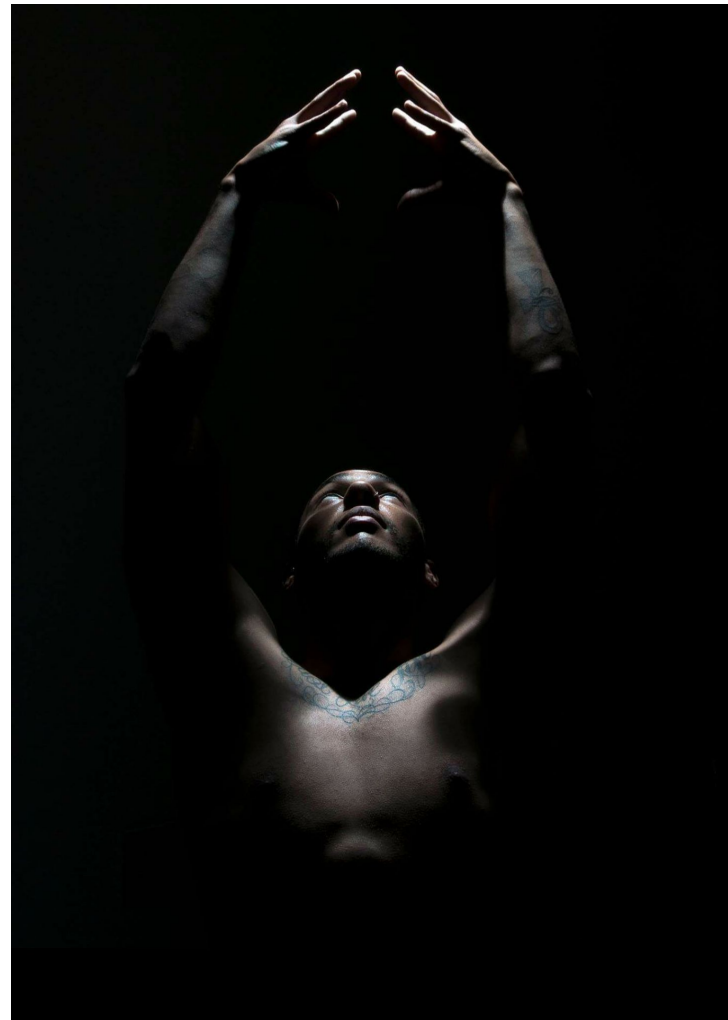
Strength - which is about how good your muscles are; how fast you can run, how much you can lift and how

I'm a qualified personal trainer

Workout

- Astride
- Press-ups
- Sit-ups
- Dorsal
- Burpee
- Spurt
- Squat
- Tuck jump

TS down I way down of every!

















LIVE KARMA YOGA
COMMUNITY
YOGA CLASSES

Charity class Monday 18 Sep 7-8pm (donate as you wish)
Monday 7-9pm (2, 16 & 30 Oct, 6 & 20 Nov, 4, 11 & 18 Dec)
Every Saturday 10-11am
£7 per class

TRC Wandsworth, Alma Rd, London SW18 1AQ

Booking essential
email zara@livekarmayoga.com or eva@livekarmayoga.com



Photo
-Grip






























... RESPONSIBILITY. ... LEVEL
"THIS IS MORE THAN A GAME." LUOL DENG
WELCOME TO THE REGAL 





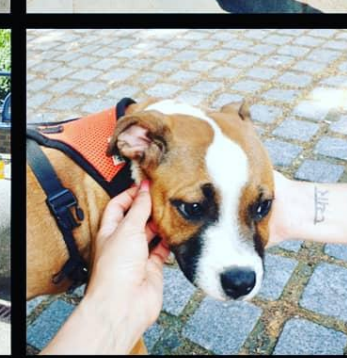
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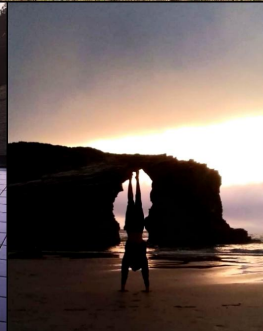








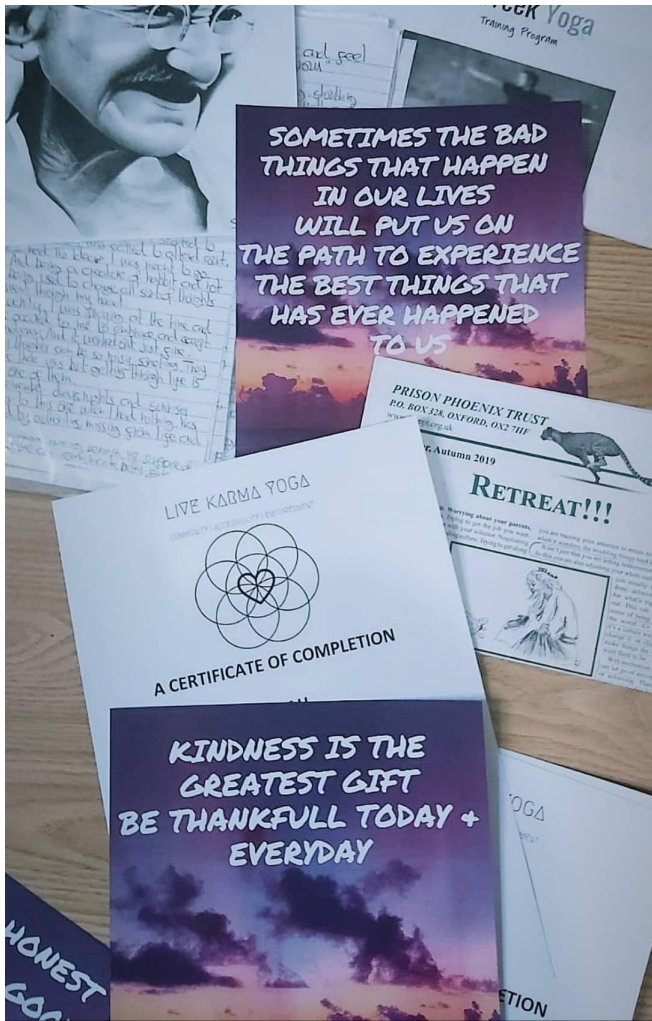






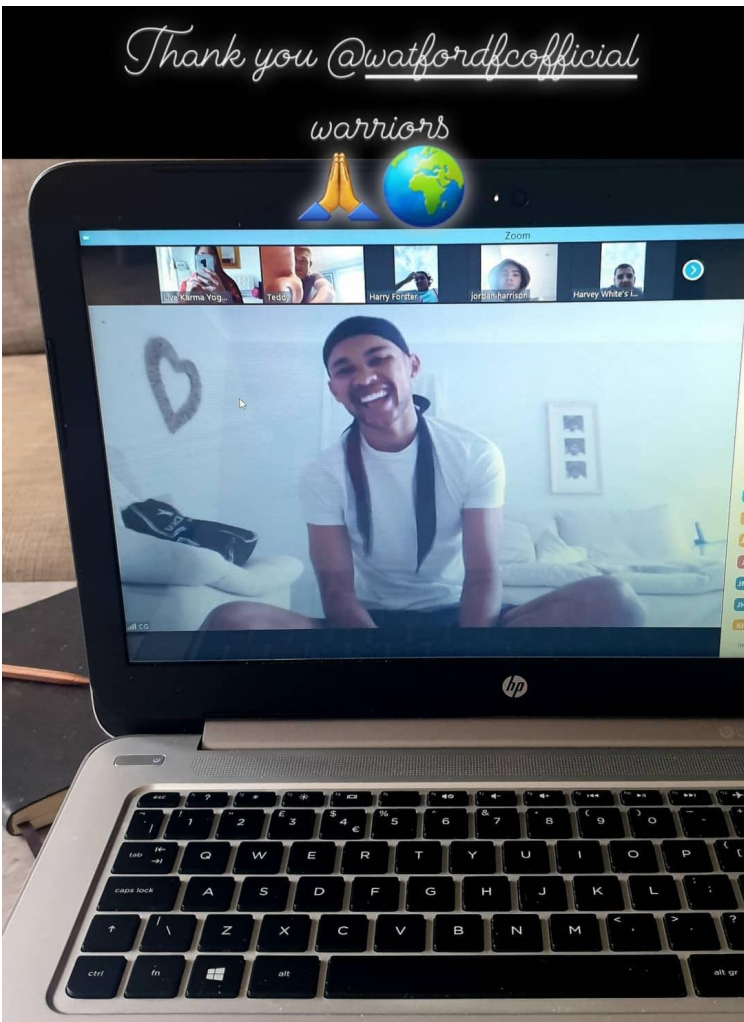




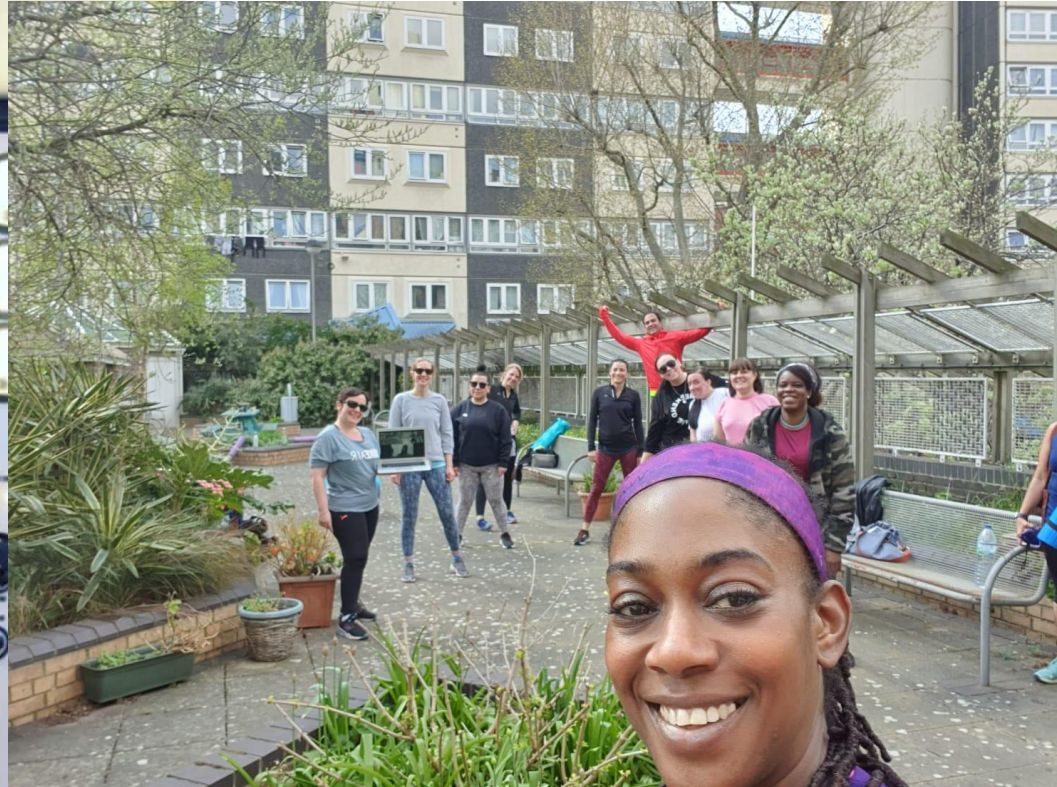
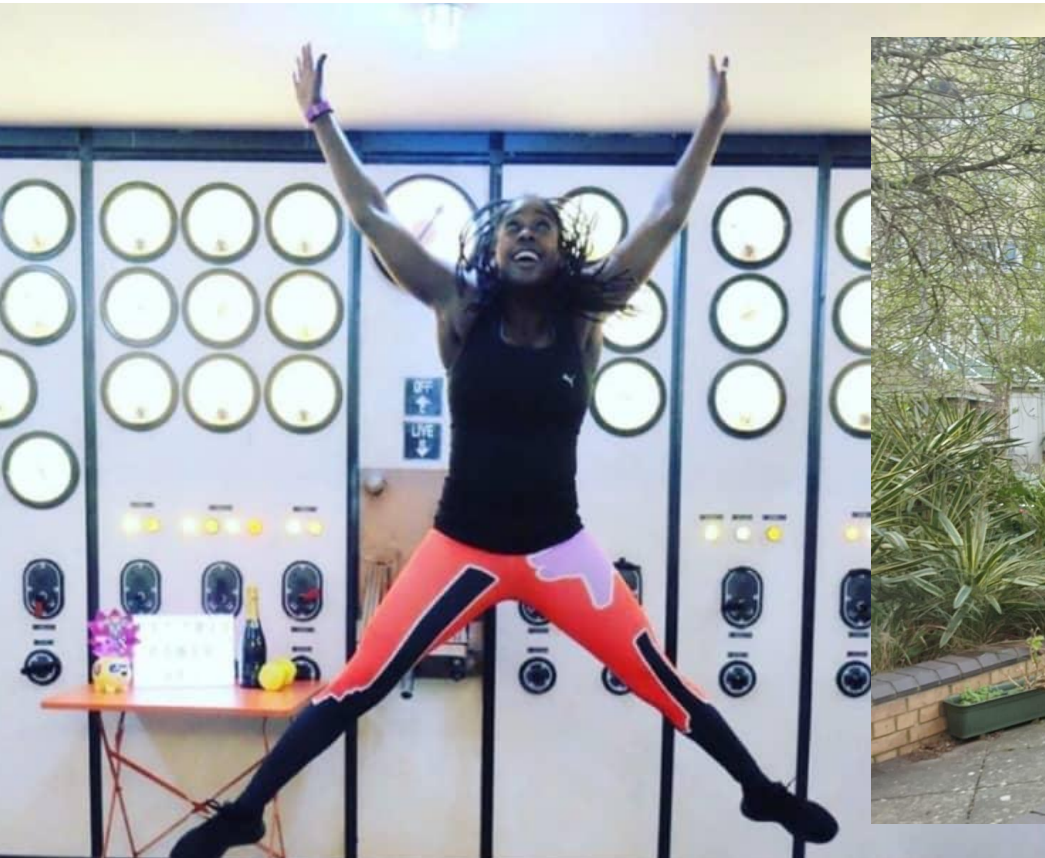












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