

# YOGA

## Correspondence Course

The Correspondence Course is **FREE**.  
It is a 6 module, self-directed course.



## WHAT WILL I LEARN?

Learn about and experience more of yoga's benefits for your body and mind:

- Feel more connected, balanced, strong and flexible
- Feel less stress, anxiety and body pains
- Let go of negative behaviours and thoughts
- Start making choices that benefit you and the world around you



## HOW CAN I ENROL?

1. **Write a letter** stating that you wish to join the course.

2. Ask your Volunteer Coordinator or another support person to **scan and email your letter** to us:

[info@yogainprisonstrust.org](mailto:info@yogainprisonstrust.org)

OR

**Post your letter:**

Yoga Education in Prisons Trust  
P.O. Box 7365  
Newtown  
Wellington, 6011  
New Zealand



YOGA EDUCATION  
IN PRISONS TRUST

[YOGAINPRISONSTRUST.ORG](http://YOGAINPRISONSTRUST.ORG)