

IAHV PRISON PROGRAM

STRESS MANAGEMENT AND REHABILITATION TRAINING
60 COUNTRIES, 30 YEARS, 700,000 BENEFITTED



The mission of the International Association for Human Values (IAHV) Prison Program 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 contribute in a positive way to society.

Countries who have implemented the program include South Africa, Malawi, Zimbabwe, Tanzania, Kenya, Namibia, Careroon, USA, India, Denmark, Russhia, New Zealand, Australia, Singapore, Taiwan, Thailand, Fiji, Dubai, Israel, Mexico, Lithuania, Bulgaria, Kosovo, United Kingdom, Guernsey, Scotiland, Norway, Croatia,

www.prisonprogram.org

CALL: 888-673-8999

"Expand your vision and see that inside every culprit is a victim crying for help. If you heal the victim, you will eliminate crime from the planet", says Sri Sri Ravi Shankar, the Founder of IAHV

COURSE PARTICIPANTS REPORT :

- Decreased destructive behavior
- Improved immunity and physical well-being
- Freedom from traumatic scars of the past
- Greater positive outlook on the future
- Decreased apathy & lethargy
- Increased resilience to daily stressors
- Normalized sleep patterns
- Reduced depression & anxiety
- Increased energy & clarity of mind
- Decreased interpersonal conflict
- Increased confidence in having self control

IAHV Prison Program in collaboration with the Art of Living 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.



The training is a 6-8 day course of two hours per day, which releases stress, energizes the body and re-establishes emotional harmony. The breathing exercises include Sudarshan Kriya®, a process which has been scientifically proven to eliminate stress.



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