

Mindful Prisons

ACTIVE

A secular, trauma-informed mindfulness curriculum co-created with formerly incarcerated people.

SERVES	People currently incarcerated
DELIVERY METHOD	Distance learning, delivered digitally via the Edovo tablet platform
ELIGIBILITY	Available to learners on Edovo in participating facilities
PROGRAM TYPE	Secular, trauma-informed

What It Is

Mindful Prisons is a nine-month, non-religious mindfulness curriculum built specifically for people living inside prison. It was co-created with formerly incarcerated people, so the content reflects the real conditions and challenges of incarceration rather than a generic wellness program.

Because it is secular, Mindful Prisons is often the easiest entry point for facilities that are cautious about religious programming, and it is delivered through Edovo so it can scale across a facility without requiring a facilitator on-site for every session.

Program Format

DURATION	9-month curriculum, one cohort
FREQUENCY	Monthly sessions; in-person format runs full-day, up to 8 hours
CURRICULUM ARC	Mindfulness fundamentals, body awareness, emotions, thoughts, communication, conflict and repair, identity and healing, community, integration and graduation
BACKUP OPTIONS	Correspondence (mail-based) track for facilities without Edovo or in-person access

Why It Matters

Mindful Prisons gives community members practical, trauma-informed tools for working with difficult emotions, reactive patterns, and relationships while incarcerated, and lays groundwork that supports a steadier reentry later.

How Your Facility Can Partner

Provide Edovo access to enrolled learners, or host in-person full-day sessions once a month.

Offer a correspondence track for units without in-person or digital access.

Support cohort scheduling and space for the monthly in-person sessions where applicable.

Contact us to bring Mindful Prisons to your facility's Edovo platform or program calendar.

May all beings be free.