

Yoga and Embodiment
Experiences Inside and Outside of Prison

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This project explores the ways in which individuals relate to their wider social world through their experiences of yoga. Central to the lived experience is the way in which social worlds are embodied, and it is through this process of embodiment that I explore how inmates make sense of prison life, and how yoga may influence their experiences of incarceration, and further, what this may reveal about the practice of yoga itself outside the prison environment.

Csordas' phenomenological approach has underpinned this research so that the body itself can be positioned as the subject of culture. Yoga, as an embodied practice has provided a physical and sensorial starting point from which my informants and I have discussed particular introspective relationships that are created within the self as personal dialectics, and externally, as ways of engaging with space, place and time. A concluding section touches upon the relevance of freedoms and agency as a suggestion for future research along this avenue.