



Tur Cos Ta Posibel

Prison Yoga + Meditation

The project

Prison Yoga + Meditation is committed to bringing trauma-informed yoga, loving kindness, mindfulness, and meditations, as well as self-compassion and breathing practices to incarcerated people here in Aruba so they can cope, heal, and restore their lives and their families.

In KIA we offer mind-clearing journeys of trauma informed yoga and powerful and diverse meditations so that our students can better cope with Post Traumatic Stress Disorder and Post Incarceration Syndrome.

Accommodation and meals

Volunteers will live in a shared house with other international volunteer. Rooms will be shared with one other volunteer of the same gender. Volunteers will receive a weekly food allowance to be able to buy food and household necessities either individually or as a group.

The accommodation is well located, 5 minutes walk from a local beach and with all the appliances and equipment needed for self catering and learning to cook the local food. There is a shared car and 4 bikes which volunteers can use, for some placements volunteers will be provided with a buspass.

European Solidarity Corps
Volunteering project



There are many physical, emotional, and spiritual benefits of having fun and allowing the mind to empty out completely. This is difficult if not impossible inside a jail or prison, but with yoga and meditation yogis inside can have fun and experience the mental and spiritual release of mind clearing.

If you feel this is for you, then please apply and get ready for a life changing process here in Aruba. If you like to know more please to contact us!



For the project. volunteers need to be ...

- Certified minimum 200 hours YTT
- Are also welcome to apply for the project any other Instructors who can master more than one style of dancing and/or movement practices like Contemporary dance

Contact us!

email : freddycarlostromp@gmail.com

/ turcostaposibel@gmail.com

www.turcostaposibel.eu



About us

Name: KIA Aruba

Mentors: Manja van Westerop

The project place

Pos Chiquito where trainees live is a local community towards the south of the island, serviced with a supermarket, laundrette, snack-van and DIY stores for household necessities. There is a lovely beach just over 5 minutes' walk, a local beach bar (frequented by locals not tourists) and three restaurants in walking distance.

The main tourist attractions are in the North of the island around Palm Beach and Noord where there is also a large supermarket (Superfoods) worth the drive for a large weekly shop. The capital Oranjestad is a 15 minute drive or 20 minutes on the bus. The airport is situated 10 minutes from the accommodation.

Location



The country



Capital: Oranjestad

Official language: Papiamentu, Dutch

Climate: Unlike much of the Caribbean region, Aruba has a dry climate and an arid, cactus-strewn landscape. Temperature varies little from 28 °C (82.4 °F), moderated by constant trade winds from the Atlantic Ocean.

Currency: Aruban Florins or US Dollars



Learn some Papiamentu:

| | |
|----------------------|--------------------------|
| Bon Dia | Hello |
| Ayo | Goodbye |
| Masha Danki | Thank You very much ... |
| Hopi Bon | Very good / Well done... |
| Dushi | Sweet / Delicious |
| Con ta bai? | How are you? |
| Bon, danki | Fine, thank you |
| Te majan | See you tomorrow |
| Awa por fabor | Water please... |
| Na bo ordo | You're welcome |
| Dushi | Sweet / Delicious |

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