

2:00 – 3:00 PM

Friday 13th July 2018

DOCUMENTARY

Produced by Ulrike Helmer, presented by Laetitia Schoofs

Prison Pioneers

Behind the tall walls of the prison, every Monday a group of prisoners comes together to participate in a Mindfulness training. Since their incarceration, they have plenty of time to think, often with the weight of a heavy conscience. Using meditation and mindfulness, they move towards the confrontation with their past, hoping to attain more inner peace and a better future. Prison Pioneers gives a unique view inside the prison, the impact of mindfulness on prisoners, and the pioneering work of the first Buddhist chaplains in the Netherlands.

