

**SOAS**  
University of London

**BWY**

AT  
THE  
HEART  
OF YOGA

**AUTUMN SUMMIT 2024**

Yoga: Health, Harm and Healing

**Professor Rosie Meek is a Chartered Psychologist and certified yoga teacher, and was founding Head of the Law School at Royal Holloway University of London, where her teaching and research expertise is in Criminal Justice and in particular prisons.**

As well as researching and writing widely on the role of the voluntary sector and community organisations in supporting prisoner rehabilitation, Professor Meek is best known for her work on the role and impact of sport and physical activity in prison settings: in addition to chapters, journal articles and evaluation reports on the topic, her book 'Sport in Prison' (Routledge) was published in 2013.

A close-up portrait of Professor Rosie Meek, a woman with long, dark, wavy hair, smiling slightly. The background is dark and out of focus.

**Prof. Rosie Meek**

In 2018 she conducted a national review of the provision of physical activity in youth and adult prisons, on behalf of the Ministry of Justice, which led to a number of policy changes.

A Distinguished Fulbright Scholar, she has served on the Economic and Social Research Council's Grant Assessment Panel and the Youth Justice Board's Academic Liaison Panel, and acts as an advisor to the UN Office on Drugs and Crime. She is currently a UKRI Policy Fellow at the Ministry of Justice and has recently completed a review of yoga and meditation in prisons on behalf of the All Party Parliamentary Group for Yoga in Society.