



ILLINOIS DEPARTMENT OF CORRECTIONS
DIRECTOR'S OFFICE
SPRINGFIELD 62702

COVID-19 RESPONSE

JB PRITZKER
Governor

ROB JEFFREYS
Director

Memorandum

To: Men and Women in Custody

From: Alyssa Williams, Chief of Programs and Support Services

Date: June 11, 2020

Subject: Yoga Techniques – Beginner Level, Class 1

During the COVID-19 pandemic, it is important to engage in activity that supports your physical and mental wellbeing. Yoga can ease stress, fight depression, relieve anxiety, increase strength, and improve heart health. With all facilities currently on medical or administrative quarantine, there is little opportunity for recreation. The attached yoga poses can be safely completed in your cell. If you are not regularly active, start slow. Do not exercise if you have a fever, cough, or difficulty breathing. Be safe and smart!



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be who you are!

ASHTANGA YOGA: BEGINNERS LEVEL 2/ CLASS1

Teacher : Yuki Nakazawa
Surya Namaskara A (Sun Salutations A)
35 minutes

1. Straight Standing - Samasthiti

2. Palms Over-Head - Urdhva Hastasana

3. Standing Forwardbend - Uttanasana A

4. Head Up Forwardbend - Uttanasana B

5. Low Push-Up - Chaturanga Dandasana

6. Upward-Facing Dog - Urdhva Mukha Svanasana

Option 2
Hands beside Feet

Variation 2

Variation 3

Neutral Spine

Neutral Spine

INCORRECT ALIGNMENT

Easy Variation
Knees on Mat