To: Men and Women in Custody  
From: Alyssa Williams, Chief of Programs and Support Services  
Date: June 18, 2020  
Subject: Yoga Techniques – Beginner Level, Class 2

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 safety 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!