Memorandum

To: Men and Women in Custody
From: Alyssa Williams, Chief of Programs and Support Services
Date: June 25, 2020
Subject: Yoga Techniques – Beginner Level, Class 3

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!
COVID-19 RESPONSE

JB Pritzker
Governor

Rob Jeffreys
Director

ASHTANGA YOGA: BEGINNERS LEVEL 2/ CLASS 3
Teacher: Yuki Nakazawa
Introduction to Standing Postures
44 minutes

Repeat
Triangle Pose B
on other side