



**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 25, 2020**

**Subject: Yoga Techniques – Beginner Level, Class 3**

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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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**ASHTANGA YOGA: BEGINNERS LEVEL 2/ CLASS 3**

Teacher : Yuki Nakazawa  
Introduction to Standing Postures  
44 minutes

**31. Triangle Pose -**  
Trikonasana (Variation 1)

Variation 2

Variation 3

**32. Triangle Pose B (Twist Version) -**  
Parivrtta Trikonasana

REPEAT on other side

Repeat  
Triangle Pose B  
on other side