

Yoga and Cardio (7-18-2018, 1658L)

I always wanted to try Yoga. A couple years ago 3 or 4 inmates, working with our LTS (Leisure Service) staff began a Saturday morning session. I immediately experienced benefits. I've read that it helps with anxiety (PTSD) and I admit my stress levels dropped greatly for the year we had Yoga here.

It didn't cure my PTS, but I was just starting out when it was cancelled.

A couple of guys in our vet house still do Yoga almost every day in the day room (common area). All my neck aches, and twisted joint pain from the prison mattresses went away thanks to the "super stretches", as I call Yoga.

We're hoping to bring back a Yoga class, but it's a year now since they cancelled it. A great organization called "Yoga Faith" on the West Coast (www.YogaFaith.org) has been trying to help us with books and encouraging mail. If we could get an outside instructor to visit weekly, we could really launch a permanent class.

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Our LTS staff is wonderful, but limited in time and resources. In place of Yoga they conduct a daily cardio class that uses videos from "P-90-X" and "Insanity" classes. I've attended for 4-5 weeks and it kicks my butt everyday. I love it!

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Seems like good sense to me. Keep people healthy...health care costs and fighting from stress will drop and the prison saves money.

Until next time. David