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Hi phxfinn and Cavak!

Great to hear from you!

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I'm going to share your amazing recovery story. We do have a lot of guys with back injuries here. The older guys, like me, tend to have more spine problems left untreated. We just received a donation of 6-DVD's on Yoga. How to go about using them or even seeing them is our next goal.

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I agree, we'd have fewer health and violence problems with a little Yoga.

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Tai Chi is also awesome. I have practiced myself, in private, in my cell for many years. I've probably developed some bad habits now. But I do plan on finding some kind of group once I am out of prison.

Doing this in prison as an organized activity would be great, but the administration seems to feel threatened by anything that looks like martial arts training. I know it's not, but I understand it is easier to keep inmates weak and stupid.

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Until next time, David