

Date: 06/14/2019 08:43 PM CDT

Subject: Peaceful days

Back to Yoga class today. How peaceful I felt afterward. Missed last 6 classes. Twice cancelled for Program schedule and four times due to my class schedule.

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We only meet once a week. I stretch some on my own during the week, but not the full movements. Exercise schedule has improved since the rains stopped. I get a good 5 miles in twice a week. 2 miles running and 3 walking. I walk a mile everyday. Doesn't sound like much, but it is much better than what I could do before I arrived at Kewanee.

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I've been able to drop my guard about 80%. The focus here is positive. School, projects and going home. It's a lot more normal... not the typical prison environment of cut throat criminal minds.

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A true blessing. Out wdl