



No Mat? No Problem!

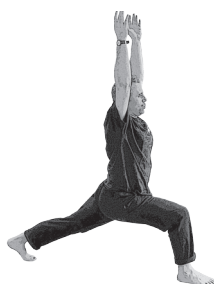


By Lucy

Yoga is infinitely adaptable. You can practise whenever and wherever you are - in bed, outside, in the gym or anywhere there's a free corner. One yoga class was even held in a prison toilet once. That was the only space available and the students didn't want to go without it! You don't need any fancy equipment to do yoga - just your body and mind. Calm music in the background, special clothes, lots of extra equipment - these are all unnecessary. This routine is designed to be done with no yoga mat. Try it, and let us know how you get on!



Down Dog
5 breaths



High Lunge
5 breaths each side



Warrior 2
5 breaths each side



Triangle
5 breaths each side



Standing Twist
5 breaths each side. Use your elbow to go deeper into the twist.



Forward Fold
10 breaths



Sitting

Sit like this for at least 5 minutes.
Focus on the feeling of your breath
flowing in and out of you.

**“Bad times have a scientific value.
These are occasions a good learner would not miss.”**

~ Ralph Waldo Emerson, poet, 1803 - 1882

Across: 1. Frosty 4. Shepherd 9. Reeled 10. Slippers 12. Eats 13. Shays 14. Star 17. Three Wise Men 20. Gift Wrapping 23. Card 24. Lager 25. Scout 28. Charades 29. Slopes 30. Ebenezer 31. Tokens **Down:** 1. Fortels 2. Overture 3. Tree 5. Holly Berries 6. Pope 7. Erects 8. Desert 11. Christmas Eve 15. Genie 16. Heaps 18. Mince Pies 19. Egoists 21. Icicle 22. Ornate 26. Date 27. Alto

This newsletter goes to members of the prison community and to our many friends on the outside who continue to offer us their encouragement. The Prison Phoenix Trust is a small charity depending totally on supporters' kindness and financial generosity to continue in our work to help our friends inside. One way you can help is to consider remembering us in your will. Any sum, however small, is much appreciated.

Prison Phoenix Trust Newsletter
PO Box 328, Oxford, OX2 7HF
registered charity no. 1163558

