



Squeeze your knee over your chest and try to straighten the other leg.

1.



You will be surprised at the power in your legs and feet as you lift the hips high.

2.



Loosen the wrist and ankle joints by rotating the hands and feet for five slow breaths.

3.

Pin the pelvis to the mattress and lift the upper body, keeping the shoulders away from the ears (not easy!)



4.

If you can reach your ankles! lift up your heels, head, knees and chest. If not, hold your trouser cuffs.



5.

Kneel and sink your bottom onto your heels and the head onto the mattress.



6.

## CELL BED YOGA

Some of you say there are big snags to practising yoga and meditation in your cell ...

- *The room's too small!*
- *You've got the lower bunk bed!*
- *You're banged up three in a cell!*

So here is a solution: do it on your bed. Try this sequence, practised in a single cell in HMP Spring Hill which will stretch your body and lift your spirits. It's a great way to ease a back that's tired after lying too long on a sagging mattress. Hold each pose for five breaths (at least). Inhale deeply and naturally through the nose and exhale deeply and naturally through the nose each time. Everything that you do on one side, repeat on the other. It can be done with a bunk bed above you. Enjoy and feel how much space there is in your body when you open your joints... Namaste!\*



7.

Kneel on your heels, widen your knees, stretch forward and sink down. Breathe.



8.

On all fours, tuck the tail bone under, suck up the belly and bring the chin to the chest as you exhale. Then reverse the pose by inhaling, hollowing the back (dropping the belly down) and looking up.

Stretch the hamstrings with one knee bent and one leg straight. Then try it with both legs straight.



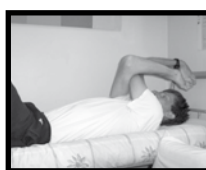
9.

Curl on one side with your knees bent up against the wall. To twist the upper spine, pin down both shoulders, and stretch out the opposite arm.



10.

To open your shoulder blades wrap your forearms around each other and lift your elbows.



11.



12.

Release tense shoulders behind you like this! Don't forget to breathe while doing it.



14.

After yoga, sit on the edge of your bed, bend over and relax completely (as you breathe!)

Use your pillow to release aching shoulders by placing it length ways so it fits between the neck and the hips. Place another support under your head.



13.

**\*Namaste: The sacred in me bows down to the sacred in you.**



... sit on books and your pillow for 5 to 20 minutes enjoying the silence with your breath.

For information about yoga and meditation, write to

The Prison Phoenix Trust, PO Box 328, Oxford OX2 7HF