Basic yoga stretches for small spaces
Breathe deeply in and out with each stretch. Also, be respectful of your body! Only stretch as far as is comfortable and allows you to keep breathing deeply.

Breathing Relaxation and Mindfulness exercise (adapted from Jon Kabat-Zinn 1996)
Assume a comfortable posture lying on your back or sitting. If you are sitting, keep the spine long and let your shoulders relax (ears move away from the shoulders).

Find a gazing point on the floor or close your eyes.

Bring your attention to your belly, feeling it expand gently on the in-breath and fall on the out-breath. Keep your focus on the breathing, „being with” each in-breath for its full duration and with each out-breath for its full duration, as if you were riding the waves of your own breathing.

Every time you notice that your mind has wandered off to something else, notice what it was that took you away and then gently bring your attention back to your belly and the feeling of the breath coming in and out.

If your mind wanders away from the breath a thousand times, then your job is simply to kindly and patiently bring it back to the breath every time, no matter what it becomes preoccupied with.

Practice this exercise for 2-10 minutes at a convenient time every day, whether you feel like it or not, for one week and see how it feels to spend some time each day just being with your breath without having to do anything.

Contact Yoga Behind Bars
PO Box 84494, Seattle, WA 98124  Tel: 206.783.0403  www.yogabehindbars.org
SELECTION OF STUDIOS IN PIERCE COUNTY (updated fall 2017)

KEY: Y = Yin  HA = Hatha  V = Vinyasa  RS = Restorative  H = Hot  G = Gentle  I = Iyengar  N = Nidra  A = Ashtanga

|| Offers: drop in $7, sliding scale $7-15, free Qigong class Monday eve

Bikram Yoga Center, Tacoma: H 253.761.9007  http://www.hotyogatacoma.com/
|| Offers: Karma yoga program, works with formerly incarcerated women at New Phoebe House

|| Offers: Normal classes $10-12, $50 per month, $15 first week, may offer work trade

|| Offers: work study, 3 classes for $35 for new members

|| Offers: small, affordable ($9/class) for all levels

|| Offers: $10 drop in

|| Offers: weekly $5 community class

|| Offers: 2 weeks for $20 for new students

|| Offers: Karma yogi program, $10 for 10 classes for first time students

|| Offers: several low-cost drop in classes

|| Offers: $8 cash-only classes, can also call/email Anne about discounted classes

*Yoga is offered at YMCAs and many gyms as part of a membership, ask your local gym—YMCA provides financial assistance for members