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 SPOKANE COUNTY (updated fall 2017)

KEY: Y = Yin  HA = Hatha  PV = Power Vinyasa  RS = Restorative  H = Hot  G = Gentle  I = Iyengar  N = Nidra

Beyoutiful Hot Yoga, Spokane: H  509.703.8875  http://beyoutifulhotyoga.com/
|| Offers: Karma yoga program, inquire for discounts at studio

|| Offers: would offer 20% off to referred YBB students

|| Offers: ask at studio

Yarrow, Spokane: H  Bikram/Baptiste inspired. no phone  http://yarrowyoga.com/
|| Offers: 1st month $40, work trade available

The Mellow, Spokane: HA  RS  Y  G  509.270.0001  http://mellowmonkeyyoga.net/
|| Offers: drop in pay-what-you-can $5-15—no one turned away

Sunflower Yoga, Spokane: I  509.535.7369  http://sunfloweryoga.net/
|| Offers: ask at studio

Coil, Spokane: yoga, dance, aerial. 509.577.3211  http://coilspokane.com/
|| Offers: ask at studio

Mat, Liberty Lake: yoga and martial arts. 509.998.8342  http://themat.info/
|| Offers: ask at studio

North Pines, Spokane: yoga and pilates. 509.928.1400 no website
|| Offers: ask at studio

Yasodhara Yoga, Spokane: Yasodhara yoga. 509.838.3575  http://yasodhara.org/
|| Offers: free class Thursday night.

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