

Yoga can help you relax and is good exercise too

"I was depressed, stressed, fatigued, couldn't seem to relax, and hardly slept. Just kept on thinking and thinking. After starting yoga, I began feeling better within myself and slept for the first time in almost three months. In just over two months, my weight has dropped from 15 to 13 stone," said one convert, who is practising yoga at Holloway.

Women in prison can get free books and a CD to help you learn yoga and meditation. All you need to do is write to the Prison Phoenix Trust, a charity, stating your name, prison number and address.

Contact: Prison Phoenix Trust, PO Box 328, Oxford OX2 7HF.

To find out about yoga classes in your prison, ask around - try the gym, education, or chaplain.

