

Free prison yoga: freedom behind bars essay sample

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The article Prison Yoga: Freedom Behind Bars provides a glimpse of a yoga program that is different from the typical audience of yoga. The yoga industry, as mentioned in the article continuously grow up to date, its increase popularity has spread across different states in the United States. Yoga is now being considered as a million-dollar industry. However, the topic showcases another side of yoga. Lu DiGrazia, a yoga teacher, brought another use to the popular meditation medium. It is inspiring to read about people creating effort to reach out to the people behind bars. The program helps people inside the prison and to once again see their value in society. I believe that it is a good therapy for them because it allows them to release tensions within their systems to aid in their progress as individuals. It is useful to make prisoners see that there are still people who see them as people, that they must not lose hope for themselves.

The article shows that yoga can be used as a medium to reconnect people behind bars to society. This project reduces their hopelessness and anger towards the world behind bars. It will also make them value interaction more, in order for them to better represent themselves to other people. Yoga is popular because of its many health benefits; it will better the people inside prison because of the stress incorporated in their environment. Yoga will help them disregard unwanted tension to help them heal mentally and emotionally. The article inspires people to do great things with their passion, just like DiGrazia uses yoga to revive a sense of hope to prisoners.