

daily GOOD

To know that you are a prisoner of your mind is the dawn of wisdom. --Nisargadatta Maharaj

Inmates Take Yoga to Reduce Jail Sentence

Prisoners in the Indian state of Madhya Pradesh are being freed early if they complete yoga courses. For every three months spent practicing postures, balancing and breathing, the inmates can cut their jail time by 15 days. The authorities say the lessons help to improve the prisoners' self-control and reduce aggression. Some 4,000 inmates across the state are benefiting from the scheme, and many go on to become yoga instructors.

Be The Change:

Learn more about the benefits of yoga for prison inmates.