



COUNTY OF SACRAMENTO

Probation Department

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PRESS RELEASE

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Namaste Away From Drugs A Sacramento County Probation Drug Court Client Success Story

Sacramento, CA- Dwight Armstrong grew up in South Sacramento in a single parent home. At fifteen years old, his drug addiction began and caused him to spend many years of his life incarcerated. At the age of sixty, Dwight was given the opportunity to participate in the Sacramento County Probation Drug Court program. In 2013, with the guidance of probation staff and Judge Lawrence G. Brown, he completed all his probation requirements and graduated successfully from Drug Court. Today, Dwight is seven years clean, a certified yoga instructor thanks to the owners of Solfire Yoga, and a contracted employee with Sacramento County Probation. Dwight mentors our Drug Court clients and teaches them to use yoga as a therapeutic tool to connect and engage in a safe and positive environment.

"I was proud of Dwight when he graduated our court in 2013, and I'm even more so today. He has truly 'paid it forward' by continuing to inspire those on their own paths to recovery. Every Drug Court program should be so fortunate to have a person of Dwight Armstrong's character in its ranks."- Judge Brown

"We selected Dwight for a scholarship to our first teacher training because he was dedicated to his yoga practice and was interested in learning more about yoga both personally and to be able to give back to the program that helped him. When word got out Dwight was teaching, 65 people showed up to take his class to support his efforts and to be inspired in the authentic and personal way Dwight teaches. Dwight is a man of integrity. He's authentic—the real deal. He's not afraid to use his own life struggles to encourage people to reach for the best they can do. We love and appreciate Dwight so much! Taking a Dwight class is a treat!"- Ellen Moe, Solfire Yoga

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